



CLASS OF 2022

Getting ready for GCSE Dance

Suggested activities to help prepare you for GCSE Dance:

Exercise is the best way you can prepare for GCSE Dance

Take part in vigorous exercise at least 3 times a week – but aim for five. Make sure you exercise for at least 30minutes at a time and build up to develop your physical skills. Please see the suggestions below:

Run outside – if you are new to running, have a look at this free guide. Lots of people have great success doing couch to 5K. If you run already, challenge yourself by increasing the length of time you run for, or increase the distance, but try to keep your time the same:

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

Cycle outside – set yourself new challenges and follow a range of routes to prevent boredom – why not meet a friend and go for a bike ride together? Can you go further and faster each time? You could use a free app like the one listed below to keep a track of your rides. This can be really motivational:

<https://www.endomondo.com/>

Yoga inside/ outside – wherever you have space! This is an excellent app, which has given students and teachers free access until January 2021. If you are new to yoga, try the beginners setting, for a short duration and gradually build yourself up. It is normal to be very unstable in the positions to start off with, but with practice you will get there. Yoga is an excellent exercise for dancers. Give it a go:

<https://www.downdogapp.com/web>

Other ways you can prepare for GCSE Dance:

Watch dance! Use Vimeo or Youtube and search for contemporary dance. Type in the following choreographers/ companies/ dance works to make sure you are watching high quality work, appropriate for GCSE Dance:

Suggested Choreographers: Christopher Bruce, Itzik Galili, Kenrick H2O Sandy, James Cousins, Lucy Bennett, Wayne McGregor, Akram Khan, Matthew Bourne

Suggested Dance works: Shadows, A Linha Curva, Emancipation of Expressionism, Within Her Eyes, Artificial Things, Infra

Suggested Dance Companies: Akram Khan dance company, Rambert Dance Company

Learn vocabulary! - revisit teams and look at the subject specific vocabulary list for GCSE Dance