

HHS Dance Department

Year 7 Dance – Mission Impossible

	Knowledge, Skills, Understanding
Higher	<p>Perform Can demonstrate their knowledge and understanding of warm up with excellent participation during warm up activities, this can also be seen in independent warm ups and their ability to lead others. Can perform the set athletic skills demonstrating an excellent accuracy of action, extension and control of energy. Can perform fluid and smooth transitions from low to medium to high level with excellent control throughout. Can perform contact skills with excellent confidence and control, working sensitively in a group.</p> <p>Choreograph Can make inventive creative decisions in choreographing movements on all three levels for the stimuli “over, under and around”. Can show a sophisticated variety of choreographic decisions in terms of space, partner work and devices (including some advanced devices) to improve the overall piece.</p> <p>Evaluate Can give detailed reasons and explanations for the importance of warming the body up to enhance performance and ensure safety in dance. Can give insightful comments/feedback on the success of my own and others work to improve quality and performance.</p>
Intermediate	<p>Perform Can demonstrate their knowledge and understanding of warm up with effective participation during warm up activities, this can also be seen in independent warm ups. Can perform the set athletic skills demonstrating effective accuracy of action, extension and control of energy. Can perform fluid transitions from low to medium to high level with some control throughout. Can perform some contact skills with good confidence and control, working well in a group.</p> <p>Choreograph Can make creative decisions in choreographing movements on all three levels for the stimuli “over, under and around”. Can show a creative variety of choreographic decisions in terms of space, timing and devices to improve the overall piece.</p> <p>Evaluate Can give varied reasons for the importance of warming the body up to enhance performance and ensure safety in dance. Can give considered comments/feedback on the success of my own and others work to improve quality and performance.</p>
Foundation	<p>Perform Can demonstrate their knowledge and understanding of warm up in their participation during warm up activities (teacher led only). Can perform the set athletic skills demonstrating some accuracy of action, extension and control of energy. Can perform some fluid transitions from low to medium to high level with some control however it may not be sustained throughout. Can perform some contact skills with an attempt at showing confidence and control however it may not be sustained throughout. Contributes some ideas during group work.</p> <p>Choreograph Can make simple decisions in choreographing movements on all three levels for the stimuli “over, under and around”. Can show some simple choreographic decisions in terms of space, timing and devices to improve the overall piece.</p> <p>Evaluate Can give basic reasons for the importance of warming the body up to enhance performance and ensure safety in dance. Can give simplistic comments/feedback on the success of my own and others work to improve quality and performance.</p>

