

Modern Techniques will encompass several techniques such as Graham, Limone, Cunningham and Modern Theatre techniques. The skills and attributes highlighted below are based on various principles:

The focus on the movement of breath through the body, the dynamic use of weight in each body part, and the fluid succession of one movement into the next as found in the Limone technique.

Curves and tilts of the spine, tilting and pivoting while travelling through space, and twists and fast footwork make up the Cunningham technique.

Modern theatre dance is a rhythmical dance style known for its theatrical qualities. The techniques involve travelling steps, high kicks, leaps and turns.

Contractions and releases, spirals and, fall and recovery encompass the general techniques in the style of Graham. This is characterised by floor work and the use of abdominal and pelvic contractions.

A gradual build up from year 7 to year 11 will culminate in the students' knowledge to be able to achieve the following LOF's.

Assessments: 3 practical and 6 written per year

Term 1	Term 2	Term 3
80% Practical 20% Written (2 written assessments)	80% Practical 20% Written (2 written assessments)	80% Practical 20% Written (2 written assessments)

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Subject content and Learning Outcomes

***The teacher needs to gauge the level of the students and progress according to the students' individual needs***

By the end of year 11, students need to be able to execute each of the following techniques:

Graham Technique	Cunningham Technique
Physical skills and attributes:  I can identify and execute the basic exercises within the Graham vocabulary/technique.  I can execute simple Graham-based combinations.  I can demonstrate contractions, release and spirals in all positions.  I can apply principle exercises from floor-work to standing.	Physical skills and attributes:  I can perform and execute the Cunningham Technique correctly  I am aware and know the technical terms within the Cunningham Technique  I can perform any combinations which include: curves, arches and tilts  I can use my body in space, using rhythm and articulate the technique correctly

I can execute simple Graham repertory.	I can apply any of the skills and techniques learned and put them into combinations and sequences  I can perform Cunningham technique repertoire
<p>Technical Skills:</p> <p>I am able to perform the following Graham principles:</p> <ul style="list-style-type: none"> <li>- breathings, contractions and release;</li> <li>- spirals (3s and 6s);</li> <li>- deep stretches;</li> <li>- turns around the back;</li> <li>- Graham plies;</li> <li>- Footwork with spirals and contractions;</li> <li>- Side contractions and fan kicks;</li> <li>- Adagio;</li> <li>- Circular walks;</li> <li>- Triplets;</li> <li>- Step draws;</li> <li>- Traveling steps;</li> <li>- Jumps and leaps;</li> <li>- Simple Graham-based combinations.</li> </ul>	<p>Technical Skills:</p> <p>I am able to perform the following Cunningham technique principles:</p> <ul style="list-style-type: none"> <li>- Warm up: bounces forward with arch, tilts to the side and pliés including use of arms, in parallel and second position</li> <li>- Warm up: curves, arches and tilts with feet in parallel and first position, transfer of weight from one foot to the other with tendues</li> <li>- Pliés and rises with curves forward and tilts to the sides including use of arms</li> <li>- Tendues and going through the feet in parallel, first and second position with curves forward and tilts to the sides including use of arms; also done in different speeds to build up to fast footwork</li> <li>- Arm swings with upper body twist combination with travelling steps, curves, arches and tilts</li> <li>- Adage exercise including high extension développés, curves, arches, tilts and twists</li> <li>- Adage exercise from the corner using travelling steps</li> <li>- Travelling steps up and down using different directions, curves, arches and tilts</li> <li>- Travel exercises including upper body twists and pivoting on one leg</li> <li>- Jumps from the corner: in parallel, first and second position, running step</li> <li>- Elevated sequence using jumps and upper body twists</li> </ul>
<p>Knowledge/Practical Assessment:</p> <p>I have a very good knowledge of the basic principles of the Martha Graham technique.</p> <p>I can execute movements using proper body lines and alignment.</p> <p>I am aware of the structure of a Graham class.</p>	<p>Knowledge/Practical Assessment:</p> <p>I am aware of the line of the body that Cunningham's technique emphasises on</p> <p>I have good knowledge on the technique and principles of the Cunningham technique</p> <p>I am aware of the technical terms used</p>

I am able to choreograph a short solo using Graham techniques.	I am able to choreograph a combined solo sequence using the Cunningham Technique
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Limone Technique	Modern Theatre Technique
<p>Physical skills and attributes:</p> <p>I can identify and execute the Limone technique correctly</p> <p>I can execute simple Limone basic combinations</p>	<p>Physical skills and attributes:</p> <p>I am able to learn all the dance movements and show them separately and ultimately incorporate them into a sequence</p> <p>I am able to remember and perform with appropriate style eg. Lyrical/jazz/contemporary etc. as a routine and be able to perform it as a solo.</p>
<p>Technical Skills:</p> <p>I am able to:</p> <ul style="list-style-type: none"> <li>• Warm up my body using the correct muscle groups through various exercises.</li> <li>• Include breathing and its influence on movement.</li> <li>• Impact the weight on individual body parts and create expression by doing this.</li> <li>• Understand and demonstrate the flexibility of the spine and its functions</li> <li>• Understand and demonstrate the isolation of body parts.</li> <li>• Understand and demonstrate the dynamics between fall and recovery.</li> <li>• Understand and demonstrate the extremes of rebound, suspension and succession of movement.</li> <li>• Understand and demonstrate the use of floor as a place from which to rise, return to and then rise from again.</li> <li>• Explore a range of movement between freedom and gravity.</li> </ul>	<p>Technical Skills:</p> <p>I am able to:</p> <ul style="list-style-type: none"> <li>- Warm-up including: bouncing, stretching, travelling, change of levels , various rhythms</li> <li>- Execute tendus/Glisses in parallel, with turnout, using arms, changing direction and using various patterns and time signatures</li> <li>- Do floor exercises: including abdominal exercises, leg stretching, back exercises, contractions, kicks (front and side). Initially with rational limbering and developing rhythmical limbering exercises.</li> <li>- Clap a given rhythm and reproduce it in a simple sequence</li> <li>- Perform the following dance movements:</li> </ul> <p>Arm exercises: lyrical movements (lyrical style) Jazz movements (jazz style)</p> <p>Turns: inwards and outwards pirouettes in parallel and with turnout, at varying levels, spin turns,</p> <p>Kicks: forward/ back and side: on a plié with a jump, on a rise, straight leg, developpé</p> <p>Walks: extended walks, circular springs,</p> <p>Isolations: hip, shoulder, head, arms, hands, feet, use of varying rhythms and directions and levels</p> <p>Leaps and travelling movements: forward leaps, sideways leaps, straight leg or with a developpé, triple runs, pas de bourree</p>
<p>Knowledge/Practical Assessment:</p> <p>I am able to create a sequence incorporating the movements identified as part of the Limone</p>	<p>Knowledge/Practical Assessment:</p> <p>I am able to create an isolation sequence</p>

<p>technique.</p> <p>I am able to analyse a choreographic piece identifying steps derived from the Limone technique</p>	<p>I am able to perform a routine as a solo piece</p>
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<p>Written Assessment Questions:</p> <p><b>Year 7</b></p> <p>Term 1:</p> <p>a) What are the main technical elements of Graham Technique?</p> <p>b) Choose a contemporary dancer of your choice and write about him/her.</p> <p>Term 2:</p> <p>a) What are the main technical elements of Limone Technique?</p> <p>b) Choose a contemporary piece of your choice and explain the story.</p> <p>Term 3:</p> <p>a) What are the main technical elements of Cunningham Technique?</p> <p>b) Choose a contemporary dance company of your choice and write about it.</p>	<p>Written Assessment Questions:</p> <p><b>Year 9</b></p> <p>Term 1:</p> <p>a) What is incorporated in movement analysis?</p> <p>b) Choose a contemporary dancer of your choice and write about him/her.</p> <p>Term 2:</p> <p>a) How would a choreographer/dancer combine different types of principles and basic exercises into one whole variation/sequence?</p> <p>b) Choose a contemporary piece of your choice and explain the story.</p> <p>Term 3:</p> <p>a) What dramatic effect or otherwise can a piece of music have on a choreography?</p> <p>b) Choose a contemporary dance company of your choice and write about it.</p>	<p>Written Assessment Questions:</p> <p><b>Year 11</b></p> <p>Detailed presentation on a chosen contemporary performance of your choice (including story line, music, costumes etc) – to be delivered as follows:</p> <p>Part 1: Portfolio (can include synopsis, pictures, information about composer and choreographer etc)</p> <p>Part 2: Presentation (can include demonstration, media power point, pictures, model etc)</p>
<p><b>Year 8</b></p> <p>Term 1:</p> <p>a) Explain the use of different levels within the use of space.</p> <p>b) Choose a contemporary dancer of your choice and write about him/her.</p> <p>Term 2:</p> <p>a) Explain the term elevation and give examples.</p> <p>b) Choose a contemporary piece of your choice and explain the story.</p> <p>Term 3:</p> <p>a) Explain the use of isolations and what quality should be achieved in an isolation exercise.</p> <p>b) Choose a contemporary dance</p>	<p><b>Year 10</b></p> <p>Term 1:</p> <p>a) Compare and contrast the different qualities between the 3 different contemporary styles (Graham, Cunningham and Limone).</p> <p>b) Choose a contemporary dancer of your choice and write about him/her.</p> <p>Term 2:</p> <p>a) Pick a contemporary variation of your choice and describe the elements.</p> <p>b) Choose a contemporary piece of your choice and explain the story.</p>	

company of your choice and write about it.	Term 3: a) Write a short critique on a contemporary variation of your choice. b) Choose a contemporary dance company of your choice and write about it.	
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