

1. ASSESSMENTS

Students will complete all 3 assessment components.

Component 1: Year 8 or 9

Component 2: Year 10

Component 3: Year 11 or 12

Component 1	Component 2	Component 3
Basic Introduction to Jazz Funk and Street Dance	Further developing technical skills	Creating a choreography
90% Practical 10% Written assignment	90% Practical 10% Written assignment	90% Practical 10% Written assignment

2. Subject content and Learning Outcomes

Component 1	Component 2	Component 3
Physical skills and attributes: I am able to demonstrate knowledge and understanding of the importance of a warm-up and a cool-down.	Physical skills and attributes: I can follow warm-up and cool-down exercises with the appropriate resistance, control and placement as required.	Physical skills and attributes: I can prepare a sequence of movements by combining a sequence of steps into a simple choreography
Technical skills: <u>Arm Movements/Positions</u> I am able to perform the following: Circles, Diagonal, Horizontal, Indian, Opposition, Parallel <u>Body Movements/Positions</u> I am capable of showing: Contraction, Expansion, Extension, Actions - Hip/Middle Body/ Pelvic/Rhythmical Body/Rib-Cage/Shoulder, Isolation, Release <u>Compound Steps</u> I can perform the following: Ball Change-Kick, Ball Change-Step, Flick-Ball Change, Heel-Ball Change, Kick-Ball Change, Knee-Ball Change, Step-Ball Change	Technical skills: <u>Arm Movements/Positions</u> I am able to perform the following: Pull, Swings, Vertical, V-High/Low, Accurate Points/Uncle Sam Points <u>Body Movements/Positions</u> I am capable of showing: Rotation, Shimmy, Freeze (non-acrobatic), Lurch <u>Compound Steps</u> I can perform the following: Step-Hook, Battle Rock, Charlie Rock, Cross Step/Indian Step and Reverse	Technical skills: <u>Arm Movements/Positions</u> I am able to perform the following: King Tut, Muscle Man/Uplock, Pace, Punch, Throw, Wrap <u>Body Movements/Positions</u> I am capable of showing: Neutral/Zero, Rock Steady, Single Pop, The Lock <u>Compound Steps</u> I can perform the following: Helicopter/Coffee Grinder/Catherine Wheel/Sweep, Scoo B Doo, Six Step

<p><u>Foot patterns/Actions</u></p> <p>I am able to demonstrate: Ball Change, Bounce, Brush, Close, Closed, Cross, Dig, Drag, Flex, Lifts- Heel/Knee, Hook, Lunge, Plié</p> <p><u>Head Movements, Kicks, Spins</u></p> <p>I am able to move my head in these positions: Contemporary, Inclined, Lowered, Neutral, Nodding, Raised, Turned I am able to flick and to kick. I can do Spins, Turns- Cross/Open/Turn, Corkscrew</p>	<p><u>Foot patterns/Actions</u></p> <p>I am able to demonstrate: Runs – Simple/Tantrum, Scuff, Shunt, Stamp, Step, Swivels, Tap, Walk, Crawl</p> <p><u>Head Movements, Kicks, Spins</u></p> <p>I am able to use head movements freely. I am able to flick and kick to a higher level. I can combine spins and turns with other steps</p>	<p><u>Foot patterns/Actions</u></p> <p>I am able to demonstrate: Egyptian Twist, Romeo Twist, Skywalk, Slide, Two Step, Walk Out</p> <p><u>Technical Terms</u></p> <p>I can define the following: a) Rhythm, Rhythmical Expression b) Contraction, Release, Relaxation c) Centring/Balance, Poise, Posture d) Pattern, Routine e) Accent, Time Signatures, Tempo, Musical Accent</p>
<p>Knowledge – Practical/Written Assignment:</p>	<p>Knowledge – Practical/Written Assignment:</p>	<p>Knowledge – Practical/Written Assignment:</p>