 Sample words for glossary inclusion

This list is not definitive. Teachers can select terminology appropriate to the background knowledge and needs of the group. Students will learn new vocabulary over the 4 weeks of the unit as they perform and then discuss their work. It should be emphasised to students that some terms, although already “known”, may have a different meaning when applied to dance.

Performance

Composition

Appreciation

Space

Time

Dynamics

Elements of dance

Dance terminology

Glossary

Warm-up

Cool-down

Safe dance practice

Movement

Body maintenance

Alignment

Anatomy

Balance

Centre/off centre

Control

Focus

Gravity

Injury prevention

Kinesiology

Line

Extension

ContemporaryModern dance

Turnout

Parallel

Performance quality

Style

Technique

Level

Direction

Dimension

Planes

Pathways

Floor patterns

General space

Personal space

Performance space

Static

Limitations

Capabilities

Metre

Beat

Rhythm

Tempo

Accent

Rhythmic patterns

Stillness

Release of energyWeight

Force

Movement quality

Locomotor

Non-locomotor

Combinations

Sequences

Analysis

Context

ICT

Strength

Flexibility

Coordination

Endurance

Skill

Turn

Fall

Elevation

Plié

Base of support

Jump

Pull up

Flexed

Spotting

Transition

Choreographer