 Understanding terminology quiz

This exercise can be conducted as a mock exam in silence or as a class activity where individual students are asked to demonstrate or explain one or two answers each. (The latter is preferable as it encourages students to be using the vocabulary not just knowing it).

1. Explain what is meant by the term “the Elements of Dance”?
2. Demonstrate a static shape on a low level.
3. Discuss the difference between locomotor and non-locomotor.
4. Give an example of a release of energy.
5. Describe the difference between parallel and turned out.
6. List the three types of Space referred to in Dance.
7. What is alignment?
8. Demonstrate a phrase of movement which contains a jump, a turn and a plie.
9. Discuss the three levels used in Dance.
10. Give an example of a rhythmic pattern using body percussion.
11. Define the terms “centre” and “off centre”?
12. List three components of fitness directly related to Dance.
13. What is meant by the term “Safe Dance”?
14. Show 2 different balances which use different bases of support.
15. How would you complete an effective cool-down?
16. Demonstrate the difference between flexion and extension.
17. Why do dancers need to warm up?
18. Demonstrate two different types of jumps.