

## LEVEL 3

DANCE	
<b>WIDER READING (ALL THESE BOOKS ARE IN THE SUNSHINE STUDIO)</b>	<ul style="list-style-type: none"><li>• Conditioning for Dance - Eric Franklin</li><li>• Matthew Bourne and His Adventures in Dance - Alastair Macaulay</li><li>• Matthew Bourne and His Adventures in Motion Pictures - Alastair Maculay</li><li>• Fifty Contemporary Choreographers - Martha Bremser</li></ul>
<b>PERFORMANCES TO WATCH</b>	<ul style="list-style-type: none"><li>• Christopher Bruce - Swansong, Ghost Dances, Rooster, Shadows</li><li>• Matthew Bourne - Cinderella, Nutcracker, Romeo and Juliet, The Red Shoes, Sleeping Beauty</li><li>• Bob Fosse - All that Jazz, Blackbird, Sweet Charity</li><li>• Blake McGrath - Instead, Missing you</li><li>• Andrew Winghart - Cry me a river, Step into the light, Emergence</li><li>• Itzik Galili - A Linha Curva</li><li>• Yetsirah Company - Jeremy Lepine Shallows</li><li>• Jasmin Vardimon - Yesterday, Medusa</li></ul>
<b>PRACTICAL ACTIVITIES</b>	<ul style="list-style-type: none"><li>• Try flexibility/core stability/conditioning activities to improve your fitness and health overall as a dancer - push yourself each time</li><li>• Set aside 15 minutes each day to complete these tasks</li><li>• Copy online tutorials in dance styles you're not as confident with to improve your choreography memory bank</li><li>• Put some music on and improvise, you might come up with movements you didn't know you could do!</li><li>• If there is a movement or motif you haven't mastered yet, practice at home, don't stop when you just get it, keep going till you are really confident you've mastered it</li></ul>

<b>PRACTITIONERS/ CHOREOGRAPHERS TO RESEARCH</b>	<ul style="list-style-type: none"> <li>● Christopher Bruce</li> <li>● Matthew Bourne</li> <li>● Andrew Winghart</li> <li>● James Cousins Company</li> <li>● Martha Graham</li> <li>● Merce Cunningham</li> </ul>
<b>ANY ADDITIONAL TASKS</b>	<ul style="list-style-type: none"> <li>● <a href="https://new-adventures.net/">https://new-adventures.net/</a> Menu &gt; Learn and Explore</li> <li>● Includes interviews, education resource packs and practical activities</li> <li>● Go to the theatre and watch as much dance work as possible</li> <li>● Attend as many dance workshops in and out of school as you can</li> </ul>
<b>LEARN TO LEARN</b>	<ul style="list-style-type: none"> <li>● Create a knowledge organiser with all the information you learn about practitioners</li> <li>● Film yourself and watch it back, be critical and repeat as many times necessary</li> <li>● Create a vocabulary bank whenever you hear a new dance terminology, add it and add the definition</li> <li>● Create a command word bank, write the definition and then attempt to write a paragraph where you are evaluating/analysing/ comparing/etc.</li> </ul>