

Year 9 Dance

Summer Term

Music Videos



Isolation Work 2022

### Task 1:

Create your own dance warm up using the four stages of a dance warm up. List at least 5 actions for each category.

|              |                 |
|--------------|-----------------|
| Heart Raiser | Joint Mobiliser |
| Stretch      | Stretch         |

Task 2: Watch two different music videos and analyse the actions, space, dynamics and relationships.

1. [Blake McGrath - Missing You \(Official Video\) - YouTube](#)
2. [\(51\) Janet Jackson - Rhythm Nation - YouTube](#)

Describe what actions, space, dynamics, and relationships you can see within the choreography.

|          |               |
|----------|---------------|
| Actions  | Space         |
| Dynamics | Relationships |

### Task 3: Define the key dance actions

1. Jump -
2. Turn -
3. Travel -
4. Gesture -
5. Stillness -
6. Transfer of Weight –

### Task 4: Extended writing questions

1. How does Blake McGrath Missing You show the themes of a break up? (6 Marks)

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