DANCE GR 8

INSTRUCTIONS
1. Read the instructions and questions carefully before you answer them.
2. Use the mark allocation as a guide to the length of your answers.
3. All questions are compulsory, write clearly and neatly.

QUESTION 1  MULTIPLE CHOICE

1.1 Dance technique has some good tips which among others include the following;
A. Posture and alignment.
B. Prepare yourself mentally for a movement.
C. Your body needs to move as a whole unit and not as isolated parts.
D. All the above. (1)

1.2 These are cooling-down tips;
A. Choose music that is slow, gentle and calming, and that has no lyrics.
B. Do breathing exercises
C. Both A and B.
D. None of above. (1)

1.3 Bicycle pump is when...
A. you begin to balance on your hands and legs.
B. your knees do not touch the ground and slowly begin to rock and
while you are doing this.
C. you shift your weight from one foot to the other by pulling in one leg
toward your chest and your other leg.
D. All the above. (1)
1.4 When we isolate our limbs, we refer to...
A. head and neck.
B. hands and fingers.
C. arms and legs.
D. toes and heels. (1)

1.5 Leg swings on the floor warm-up the...
A. hip sockets.
B. face muscles.
C. leg muscles.
D. feet muscles. (1)

1.6 In doing some movements in a general space, at a certain point you freeze which implies...
A. being motionless in an action.
B. being in a slow motion in an action.
C. being fast in action.
D. Being moderate in action. (1)

1.7 In warming up the whole leg, one can do the...
A. kick, kick thrice.
B. kick, kick once.
C. kick, kick twice.
D. kick, kick fast repeatedly. (1)
1.8 Cooling down means to return the...to normal after physical activity.
A. heart rate
B. pulse
C. blood
D. muscle

1.9 Spotting works well when turning your body and find a...
A. corner.
B. place.
C. spot.
D. tree.

1.10 Dance element, which is time encompasses.
A. slow motion.
B. double time.
C. varying accents and polyrhythm.
D. all the above.

QUESTION 2 MATCHING TYPE
Match COLUMN B to COLUMN A and write the correct answer.

<table>
<thead>
<tr>
<th>Column A</th>
<th>Column B</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.1 Dance technique</td>
<td>A. when two parts work in a balance manner.</td>
</tr>
<tr>
<td>2.2 Counterbalancing</td>
<td>B. Ability to dance for a long time without getting tired.</td>
</tr>
<tr>
<td>2.3 Locomotor movement</td>
<td>C. Tired and lazy.</td>
</tr>
<tr>
<td>2.4 Asymmetry</td>
<td>D. The smooth, constant and effortless flow of movement.</td>
</tr>
<tr>
<td>2.5 Dance conventions</td>
<td>E. Sometimes called axial movements e.g. curling and uncurling, bending, twisting, swinging and kicking.</td>
</tr>
<tr>
<td>2.6 Non-locomotor movement</td>
<td>F. When two parts work in an unbalanced way.</td>
</tr>
<tr>
<td>-----------------------------</td>
<td>---------------------------------------------</td>
</tr>
<tr>
<td>2.7 Stamina</td>
<td>G. Move from one space to another e.g. walking, running, leaping, hopping, jumping, sliding and galloping</td>
</tr>
<tr>
<td>2.8 Lethargic</td>
<td>H. When one weight balances another.</td>
</tr>
<tr>
<td>2.9 Symmetry</td>
<td>I. Keep the floor clean, wear proper dance clothes, show respect and be aware of your space and others.</td>
</tr>
<tr>
<td>2.10 Fluidity</td>
<td>J. the correct way to execute movements in dance.</td>
</tr>
</tbody>
</table>

**QUESTION 3**

**TRUE OR FALSE**

State whether the following statement is true or false.

3.1 In dance the movements and gestures can tell the meaning of a story.  
(1)

3.2 When expressing anger in dance, one could use fast, big, heavy movement.  
(1)

3.3 An abstract way to show “a broken heart” is to fall onto the floor.  
(1)

3.4 Choreographic devices are the tools and elements used to compose a dance such as space, repetition of movement, force or energy and timing in movements.  
(1)

3.5 A line of dancers facing towards the audience gives a less powerful feeling.  
(1)

3.6 Pathways or patterning, dancers can make zigzag, circle, spirals and parallels.  
(1)

3.7 Energetic dancers become slow and tired.  
(1)

3.8 African Contemporary dance often deals with social issues in the community, such as HIV/AIDS, abuse, peer pressure and gender issues.  
(1)

3.9 Improvisation is free and unrehearsed movement.  
(1)

3.10 Dancing low, middle and high are not the three basic levels used in dance.  
(1)
QUESTION 4

4.1 List FIVE dance careers you have learnt. (5)

4.2 Why is it important to warm-up before a performance? (5)

(10)

QUESTION 5

5.1 Give TEN dance steps procedures you have learnt. (10)

GRAND TOTAL 50
GENERAL EDUCATION AND TRAINING

CREATIVE ARTS

DANCE

MEMORANDUM

NOVEMBER 2014

GRADE 8

MARKS: 50
TIME : 1HOUR
Grade 8 Creative Arts dance Oct / Nov 2014 memo

QUESTION 1
1.1 D (1)
1.2 C (1)
1.3 D (1)
1.4 C (1)
1.5 A (1)
1.6 A (1)
1.7 D (1)
1.8 A (1)
1.9 C (1)
1.10 D (1) (10)

QUESTION 2
2.1 J (1)
2.2 H (1)
2.3 G (1)
2.4 F (1)
2.5 I (1)
2.6 E (1)
2.7 B (1)
2.8 C (1)
2.9 A (1)
2.10 D (1) (10)

QUESTION 3
3.1 TRUE (1)
3.2 TRUE (1)
3.3 TRUE (1)
3.4 TRUE (1)
3.5 FALSE (1)
3.6 TRUE (1)
3.7 FALSE (1)
3.8 TRUE (1)
3.9 TRUE (1)
3.10 FALSE (1) (10)

QUESTION 4

4.1 - Dance teacher (1)
    - Choreographer (1)
    - Dance therapist (1)
    - Dance writer (1)
    - Dance manager (1)
    - Rehearsal Director (1)
    - Dancer (1)
    - Set Designer (1)
    - Lighting Designer (1)
    - Costume Designer (1)
    - Physical Therapist (1)
    - Make-up Artist (1)
    - Hairstylist (1)
    - Masseuse / Masseur (1) (Any five) (5)

4.2 - Increase heart rate. (1)
- Increase intake of oxygen. (1)
- Increase joint and muscle flexibility. (1)
- Prevent injuries. (1)
- Focus one's mind during rehearsal. (1) (5)

QUESTION 5

5.1 - Come in and bow

- Personal space

- Warm-up
- General space
- Freeze
- Transfer weight from right to left and left to right
- Going down and rise
- Touching the ceiling
- Pulling up, pulling forward and push
- Articulation: toe, ball, heel and bend
- Body isolation: left arm and right arm
  : shoulders inwards and backwards
  : Right foot and left foot
  : Right leg and left leg

Arial elevation: Galloping, hopping, jumping and skipping

Cooling down: breath in and out, lie down (10)

(choose any 10 appropriate answers)

GRAND TOTAL 50

GRAND TOTAL 50