



A-Level Dance

Suggested activities to help prepare you for Year 13 A-Level Dance:

Exercise and dance technique practice is the best way you can prepare for A-Level Dance

Take part in vigorous exercise at least 3 times a week – but aim for five. Make sure you exercise for at least 30 minutes at a time and build up to develop your physical skills. Please see the suggestions below:

Run outside – if you are new to running, have a look at this free guide. Lots of people have great success doing couch to 5K. If you run already, challenge yourself by increasing the length of time you run for, or increase the distance, but try to keep your time the same:

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

Cycle outside – set yourself new challenges and follow a range of routes to prevent boredom – why not meet a friend and go for a bike ride together? Can you go further and faster each time? You could use a free app like the one listed below to keep a track of your rides. This can be really motivational:

<https://www.endomondo.com/>

Yoga inside/ outside – wherever you have space! This is an excellent app, which has given students and teachers free access until January 2021. In our lessons this half term, we have been doing 30 minute classes at beginner level. See if you can build up to an hour, or see if you can repeat the practice several times a week. It's also a great stress reliever (we can all do with de-stressing!):

<https://www.downdogapp.com/web>

Dance Technique classes – This is so important! Please try to do as many of these classes as possible. To find the classes, type 'Rambert Dance Company Home Studio' into YouTube to find the classes. These classes develop the technique you need to achieve the higher grades in A-Level Dance. I would strongly advise you sticking to the Rambert programme over accessing any other zoom/ online classes. This link will take you to the first one:

<https://www.youtube.com/watch?v=fSp0sGLSKQ8>

Other ways you can prepare for A-Level Dance:

Watch dance! Use Vimeo and Youtube and the links I have previously sent you to re-watch all of the set works. You can't watch them too often! The better you know these works, the easier you will find the written exam.

Akram Khan – 'Desh', 'Zero Degrees'

Matthew Bourne – 'Swan Lake', 'The Car Man'

Sidi Larbi Cherkaoui – 'Sutra'

Christopher Bruce – 'Rooster' (plus additional works, such as 'Ghost Dances', 'Swansong', 'Shadows')