Traditional, classical and native dances*

Siyavula Uploaders

This work is produced by OpenStax-CNX and licensed under the
Creative Commons Attribution License 3.0†

1 ARTS AND CULTURE

2 Grade 7

3 EXPRESSION AND COMMUNICATION

4 Module 7

5 TRADITIONAL, CLASSICAL AND NATIVE DANCES

Dance

Dancing moves us. It excites us. It reveals to us aspects of life and human emotion. As with any art, the true purpose of dancing must always remain the expression of human feeling. Dance is the expression of action – special, rhythmic, accented. A dance must convey meaning or power.

In this module we examine and explore the purpose and function of different forms of traditional, classical and native dances performed in South Africa and which reflect our national heritage.

6 Activity 1:

7 To be able to appreciate the dances of different cultural groups in South Africa

8 [LO 4.1]

As South Africa is a multicultural country, we have a vast variety of dance to appreciate and experience.

[U+F034] Traditional African: Zulu war dances, gumboot dances, etc.
[U+F034] Western Classical: Ballet
[U+F034] Western Modern: Modern dance, tap, Hip Hop, disco, jazz
[U+F034] Eastern/Asian: Indian, Japanese
[U+F034] European: Spanish dance, Hungarian dance, Greek dance

Exercise

You have to choose a dance from our multi-cultural society and explore the following elements characteristic of your selected dance:

[U+F034] movement principles
[U+F034] stylistically defined dance techniques

*Version 1.1: May 9, 2009 11:41 am -0500
†http://creativecommons.org/licenses/by/3.0/

[U+F034] overall structure
[U+F034] style
[U+F034] visual aids: pictures, photos, video, etc.
[U+F034] musical aids: instruments, tapes, CD's, etc.
[U+F034] theatrical aids: costumes, props, etc.
Presentation

Present the dance you have chosen to the class having done research on all aspects available to you of the particular dance and open up a new and exciting dance experience to your classmates.

The more visual aids and information you can use in your presentation, the more your classmates will be able to learn and appreciate the dimension of dance you have to offer them.

9

10 Activity 2:

11 To warm up before dance activities

12 [LO 4.1]

Before you can begin creating your dance, your body must be properly warmed up to prevent injury and to prepare you for the activities that will follow.

This warm-up can be done to music. Choose music you feel comfortable with that is not too fast.

Breathing exercise
[U+F036] Stand with feet hip-width apart, arms down at the sides.
[U+F036] Lift your arms above your head while inhaling through your nose.
[U+F036] While exhaling through your mouth, drop your arms and bend your knees at the same time.
[U+F036] Repeat four times.

Neck warm-up
[U+F036] Stand with your feet hip-width apart, arms down at your sides.
[U+F036] Drop your head forwards and lift. Repeat eight times.
[U+F036] Turn your head from side to side (right to left). Repeat eight times.
[U+F036] Turn your head from right to left, moving your head down and up in a semi-circular movement. Repeat eight times.

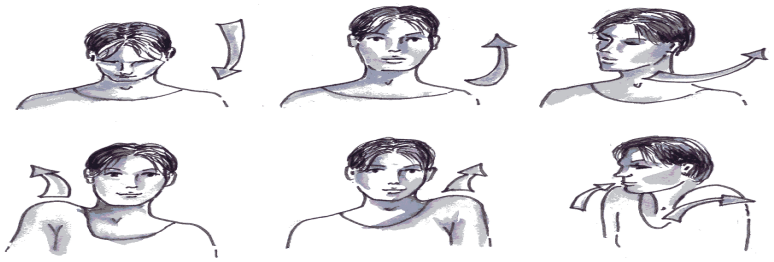

Figure 1

Shoulder warm-up
[U+F036] Lift your right shoulder up and down.
[U+F036] Lift your left shoulder up and down.
[U+F036] Lift and drop shoulders alternately (repeat eight times).

[U+F036] Lift and drop both shoulders (repeat eight times).
[U+F036] Rotate your left shoulder backwards.
[U+F036] Rotate both shoulders backwards (repeat eight times).
[U+F036] Rotate your right shoulder forwards.
[U+F036] Rotate your left shoulder forwards.
[U+F036] Rotate both shoulders forwards (repeat eight times).

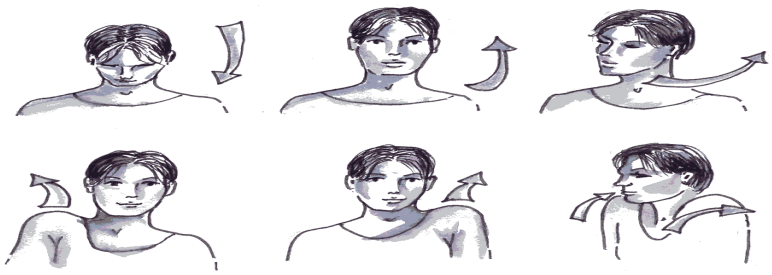

Figure 2

Arm warm-up

[U+F036] Lift both arms to the side up and down (repeat eight times).

Keeping both arms straight, lift them to shoulder height, then up straight above the head, back to shoulder height and down (repeat eight times).

Upper body warm-up

[U+F036] Stand with feet hip-width apart, knees slightly bent, hand on hips. Keep hips facing forward. Turn upper body to the right. Return to centre. Turn upper body to the left. Return to centre. Repeat eight times.

Leg warm-up

[U+F036] Facing forward, a step to the right. With feet and body still facing forward, take a step to the left. Repeat eight times.

[U+F036] Step to the right. Lift left leg.Lift foot towards buttocks.
[U+F036] Step to the left. Lift right leg.Lift foot towards buttocks.
[U+F036] Repeat eight times.
[U+F036] Step right. Face forward. Lift left knee.
[U+F036] Step to the left. Lift right knee.
[U+F036] Repeat eight times.

[U+F036] With hands on hips keep feet apart and lunge from side to side, keeping both feet firmly on the floor. Repeat eight times.

[U+F036] Lunge to the right and hold for eight counts.
[U+F036] Lunge to the left and hold for eight counts.
[U+F036] Stand with feet a hip-width apart. Bend knees and place hands on hips.
[U+F036] Lift toes alternately, keeping heels on the floor. Repeat eight times.
[U+F036] Lift heels alternately. Repeat eight times.
[U+F036] Walk on the spot (16 counts).

You should be breathing normally throughout the warm-up exercises.

.

13 Activity 3:

14 To be able to appreciate and performTHE INDIAN DANCE

15 [LO 4.1]

Research Indian dance by collecting pictures and information on this style of dance. If possible, watch Indian videos. Use this information to choreograph your dance eventually.

Notice the movement of the arms, head, body and legs.

Creating your Indian Dance

[U+F034] Experiment with different arm movements typical of the Indian dancers you have come across in your research.

[U+F034] Experiment with different hand movements.

[U+F034] Experiment with different hip movements.

[U+F034] Experiment with different spine movements.

[U+F034] Experiment with different shoulder movements.

[U+F034] Experiment with different leg movements.

[U+F034] Select arm, hand, hip, spine, shoulder and leg movements.

[U+F034] Combine your selected movements

[U+F034] Choose Indian music and experiment with your selected movements and the music.

[U+F034] Create your special Indian dance.

16 Activity 4:

17 To be able to cool down and stretch in a correct mannerafter dance activities

18 [LO 4.1]

It is important that the muscles used during the exercise are stretched or you will have "stiff" muscles for the next few days.

Choose music with a slow tempo.

Breathing exercise

[U+F036] Stand with your feet hip-width apart, arms at sides.

[U+F036] Lift your arms above your head while inhaling through your nose.

[U+F036] While exhaling through your mouth, drop your arms and bend your knees at the same time.

Neck stretch

[U+F036] Raise your right arm and then touch the left side of your head.

[U+F036] Slowly pull the head to the right side towards the right shoulder while you drop the left shoulder.

[U+F036] Repeat on left side.

Arm stretch

[U+F036] Take the right arm across your chest and with the left hand slowly pull the arm towards your body.

[U+F036] Repeat with your left arm.

Chest stretch

[U+F036] Take arms straight back and clasp hands behind your back. Open chest area. Pull arms away from your body.

Back stretch

[U+F036] Bring arms straight forward.

[U+F036] Clasp hands and open up shoulder blades.

[U+F036] Contract your stomach muscles and bend your body slightly forward.

[U+F036] Keep knees bent.

[U+F036] Pull arms away from your body and drop your head forward.

Hamstring and calf stretch
[U+F036] Place one foot forward.
[U+F036] Straighten knee of extended leg.
[U+F036] Bend supporting leg.
[U+F036] Lift toes of extended leg keeping the heel on the floor.
[U+F036] Slowly bend your body forward from the waist, keeping your back straight.
[U+F036] Place hands on knees. Hold stretch for eight counts.
[U+F036] Change legs.
Quadriceps stretch
[U+F036] Stand up straight with feet a hip-width apart. Lift one foot to the back, bending the knee (heel to buttocks). Keep supporting leg slightly bent. Hold and pull foot towards your buttocks with your hand. Extend other arm for balance. Hold stretch for eight counts.
[U+F036] Change legs.
Shake all moveable parts of the body.
Repeat breathing exercise.

19

20 Assessment

Learning Outcomes(LOs)
LO 4
EXPRESSION AND COMMUNICATION The learner will be able to analyse and use multiple forms of communication and expression in Arts and Culture.
Assessment Standards(ASs)
We know this when the learner:
DANCE (4.1)
• explores and presents the purpose and function of different forms of traditional, classical or native dances available in South Africa and which reflect our national heritage;

Table 1