



Sample assessment task	
<b>Year level</b>	10
<b>Learning area</b>	The Arts
<b>Subject</b>	Dance
<b>Title of task</b>	Contemporary technique and performance
Task details	
<b>Description of task</b>	Students perform an extended sequence in the contemporary genre, demonstrating technical and performance skills. In a written response, students explain the importance of warm-up and cool down procedures relevant to contemporary dance and rehearsal preparation.
<b>Type of assessment</b>	Summative
<b>Purpose of assessment</b>	To assess students' skill development and inform reporting at the end of the learning cycle
<b>Assessment strategy</b>	Movement skills Written work
<b>Evidence to be collected</b>	<ul style="list-style-type: none"> <li>• Teacher observation</li> <li>• Video documentation</li> <li>• Written response</li> </ul>
<b>Suggested time</b>	6–8 hours
Content description	
<b>Content from the Western Australian Curriculum</b>	<p>Dance skills that further develop and refine technical competence in relation to body control, accuracy, posture/alignment, strength, flexibility, placement, balance, coordination, articulation and endurance</p> <p>Safe dance practice of style-specific techniques, including working in the contemporary genre</p> <p>Importance of warm-up and cool down procedures relevant to the genre/style for dance and rehearsal preparation</p> <p>Systematic and corrective rehearsal strategies (practising transitions between dance sequences, exits and entrances, appropriate to genre/style)</p> <p>Dance performance opportunities, demonstrating appropriate expression, projection, focus, commitment to movement and musicality</p>
Task preparation	
<b>Prior learning</b>	<p>Students have practised skills that develop technical competence in relation to body control, accuracy, posture/alignment, strength, flexibility, placement, balance and coordination safely</p> <p>Students have practiced performance skills appropriate to the dance genre/style</p> <p>Students have learnt about warm-up and cool down for dance</p>
<b>Assessment differentiation</b>	<p>Teachers should differentiate their teaching and assessment to meet the specific learning needs of their students, based on their level of readiness to learn and their need to be challenged.</p> <p>Where appropriate, teachers may either scaffold or extend the assessment tasks.</p>

Assessment task	
<b>Assessment conditions</b>	Performance (to be assessed by teacher) Written response under test conditions
<b>Resources</b>	<ul style="list-style-type: none"> <li>• DVD/MP4 of extended sequence</li> <li>• Sound device and music '<i>Clowns</i>' by Billy Lloyd</li> <li>• Choreographic notes</li> <li>• Video camera and tripod to record performances</li> </ul>

## **Instructions for teacher**

### **Technique and performance**

Students perform an extended sequence in the contemporary genre, demonstrating technical dance skills, performance skills and movement retention.

For the performance, students:

- demonstrate and refine technical competence in relation to body control, posture/alignment, placement, balance, strength, flexibility, coordination, accuracy, articulation and endurance safely in style-specific techniques
- demonstrate performance skills, including appropriate expression, projection, focus, musicality and commitment to movement
- demonstrate accuracy in movement retention and clarity of movement in relation to the choreographic intention.

**Choreographic intent:** Finding the balance in the ebb and flow of life. As the current of life sweeps you along, how do you ride the waves and find your own sense of balance so you can soar?

Extended sequence is approximately one and a half minutes in length.

### **Written response**

Students complete a written response, under test conditions, about the importance of warm-up and cool down procedures relevant to contemporary dance and rehearsal preparation.

<b>Sample marking key</b>	
<b>Dance technique and performance</b>	
<b>Description</b>	<b>Marks</b>
Alignment (posture, parallel, turnout, high release, arm alignment, pelvis placement, knee alignment in plie, maintaining alignment in balance positions)	
Demonstrates a sustained level of control of body alignment appropriate to the choreography of the sequence; consistently applies safe dance practices.	5
Demonstrates control of body alignment appropriate to the choreography of the sequence; applies safe dance practices.	4
Demonstrates some inconsistencies in control of body alignment appropriate to the choreography of the sequence; generally applies safe dance practices.	3
Demonstrates many inconsistencies in control of body alignment appropriate to the choreography of the sequence; aware of safe dance practices.	2
Demonstrates limited control of body alignment appropriate to the choreography of the sequence; applies few safe dance practices.	1
<b>Subtotal</b>	<b>5</b>
<b>Description</b>	<b>Marks</b>
Technique (extension, articulation, strength, flexibility, balance, coordination, transfer of weight, capacity to move in and out of the floor, contrast in speed and force)	
Demonstrates a highly coordinated and skilled execution of the range of technical dance skills, demonstrating a high level of competence in contemporary technique.	5
Demonstrates a coordinated and skilled execution of the range of dance skills in contemporary technique.	4
Demonstrates a coordinated execution of most of the dance skills in contemporary technique.	3
Demonstrates a coordinated execution of some of the dance skills in contemporary technique, but with some inconsistencies.	2
Demonstrates a limited execution of dance skills in contemporary technique with many inconsistencies.	1
<b>Subtotal</b>	<b>5</b>
<b>Description</b>	<b>Marks</b>
Interpretation of choreographic intent (Choreographic intent: Finding the balance in the ebb and flow of life. As the current of life sweeps you along, how do you ride the waves and find your own sense of balance so you can soar?)	
Performs the dance with a clear and sustained connection to the choreographic intent.	3
Performs the dance with an intermittent connection to the choreographic intent.	2
Performs the dance with a limited connection to the choreographic intent.	1
<b>Subtotal</b>	<b>3</b>
<b>Description</b>	<b>Marks</b>
Performance	
Performs with sustained rhythmic accuracy throughout the sequence; performance uses appropriate expression and is focused and committed.	4
Performs with rhythmic accuracy that is mostly sustained throughout the sequence; performance uses appropriate expression and is mostly focused and committed.	3
Performs with inconsistent rhythmic accuracy throughout the sequence; performance uses some appropriate expression, focus and commitment.	2
Performs with limited rhythmic accuracy throughout the sequence; movements are largely marked rather than performed.	1
<b>Subtotal</b>	<b>4</b>

Description	Marks
Accuracy	
Performs the choreography with no errors.	3
Performs the choreography with some errors.	2
Performs the choreography with significant errors.	1
<b>Dance technique and performance total</b>	<b>3</b>
<b>Total</b>	<b>20</b>





<b>Sample marking key</b>	
<b>Written response</b>	
Warm-up importance	
Description	Marks
Explains, in detail, the reasons why warm-up is important, including increasing core body temperature, blood flow and joint mobility, reduce risk of injury, perform at optimum level and mental preparation	3
Explains some of the reasons why warm-up is important, including increasing core body temperature, blood flow and joint mobility, reduce risk of injury, perform at optimum level and/or mental preparation	2
Outlines some of the reasons why warm-up is important, including increasing core body temperature, blood flow and joint mobility, reduce risk of injury, perform at optimum level and/or mental preparation	1
<b>Subtotal</b>	<b>3</b>
Contemporary dance rehearsal warm-up description	
Description	Marks
Describes, in detail, a contemporary dance rehearsal warm-up, including relevant cardio, stretch and strength activities as well as specific exercises relating to the performance	5
Describes, in some detail, a contemporary dance rehearsal warm-up, including relevant cardio, stretch and strength activities as well as specific exercises relating to the performance	4
Describes a contemporary dance rehearsal warm-up, including some relevant cardio, stretch and strength activities as well as specific exercises relating the performance	3
Outlines a contemporary dance rehearsal warm-up, including some relevant cardio, stretch and strength activities some of which may not be related to the performance	2
Lists some suitable warm-up activities, including some relevant cardio, stretch and/or strength activities; may/may not include genre-specific technique	1
<b>Subtotal</b>	<b>5</b>
Dance terminology	
Description	Marks
Uses a range of relevant dance terminology	2
Uses some relevant dance terminology	1
<b>Subtotal</b>	<b>2</b>
<b>Written response total</b>	<b>10</b>
<b>Total</b>	<b>30</b>



## Choreographic notes for set sequence

**Choreographic intent:** Finding the balance in the ebb and flow of life. As the current of life sweeps you along, how do you ride the waves and find your own sense of balance so you can soar?

- 1–2 stand parallel
- 3–4 ripple to high release
- 5–6 stand parallel
- 7–8 ripple to high release
- 1–2 scoop arms and C-curve
- 3–4 push forward and high release
- 5–6 drop swing
- 7–8 reach arms directly above shoulders, palms front
- 1–4 controlled lower of arms directly out from shoulders
- 5–8 arms first position, C-curve
- 1–2 head leads to flat back, arms directly out from shoulders
- 3–4 reverse back to C-curve
- 5–6 roll up through body initiated from knees and arms circle
- 7–8 drop swing with jump
- 1–2 arms swing up, right then left
- 3–4 arms collapse, right then left to end forward fold (5)
- 6 lift torso, arms wide (flat back)
- 7–2 release to forward fold, grabbing each elbow and roll up to standing with arms above head
- 3–4 walk left, right and release arms to sides
- 5–7 slide left foot forward and transfer of weight to back then front in small circular manner
- 8 articulate right foot to parallel
  
- 1–2 right arm circles to back using torso, transfer weight to right foot, articulating through to knee
- 3–4 extend right knee and transfer to left, articulating through to knee, left arm/shoulder circles to the back
- 5–6 rebound on left leg to articulate through to knee and left arm/shoulder girdle circles forward
- 7–8 extend left knee and transfer to right, articulating through to knee, right arm/shoulder girdle circles forward
  
- 1–2 repeat legs to left and keep pelvis to the front, rotate torso to the right and curve over, right arm side, left arm up both slightly curved
- 3 arms 4<sup>th</sup>, palms forward, left leg parallel retire
- 4–5 step left foot out and bend knee as arms and torso circle clockwise. Keep right leg straight and maintain pelvis
- 6 extend right leg balancing on left, arms opposite 4<sup>th</sup>, creating long line from right fingers to toes
- 7–8 tuck right leg in and spiral down to sit and roll across sit bones. (Don't tuck right toes under, foot must remain elongated)
- 1–2 transfer weight across left knee to right foot
- 3–4 roll back across sit bones to sit left leg extended and right leg bent
- 5–6 circle left arm around, torso reaching to
- 7–8 lift onto right knee into full side stretch
- 1–2 left arm circles back as sit and reaches behind you to the floor
- 3 right leg and arm turn to plank
- 4 head turns to front (check alignment)
- 5–7 lower to floor using all counts keeping elbows in (optional lower on knees to maintain alignment)

- 8 roll to the back to constructive rest arms wide
- 1–2 leg swing right leg
- 3–4 return to constructive rest
- 5–6 leg swing left leg
- 7–8 keep length in left leg and swing to long sit facing stage right
- 1–2 both hands reach to floor behind you (1), swing left leg over to lunge facing stage left
- 3 wide plie in 2<sup>nd</sup> to front
- 4–6 low arabesque standing on right leg, arms 1<sup>st</sup> arabesque (long line right arm to left foot)
- 7 hold
- 8 arms to side, left leg retire, rise right foot
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- 1–2 step left, right to downstage right corner
- 3–4 step onto left leg and turn right leg side, at 45 degree angle, arms diagonal left down, right up (optional turn on or off-balance)
- 5–6 step right, left to upstage left corner
- 7–8 step onto right leg and turn left leg side, at 45 degree angle, arms diagonal right down, left up (optional turn on or off-balance)
- 1–2 step left to side (stage right) then hop right retire
- 3–4 step back right left
- 5–6 slide to plie in second and air turn to the right, arms second to first
- 7–8 repeat 5–6
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- 1–2 step right and fouette, left arm circles over
- 3–4 run left, right, left
- 5 prepare for barrel
- 6 barrel jump straight legs
- 7–8 face downstage left corner and ball change right, left in lunge, right arm reach back corner
- 1 slide right foot
- 2 kick left, right arm up
- 3 left arm up, leg drops to cross in front of right leg
- 4–6 arms collapse right, then left as turn to parallel facing downstage left corner
- 7–8 ripple to high release
- 1–2 step forward right, left to C curve as arms scoop
- 3–4 arms push wide on diagonal as develop kick to side, close first turnout
- 5 plie, C-curve and arms first
- 6 pivot to parallel
- 7–8 roll up to parallel front
- 1–2 swing arms up right then left as step right then left to parallel 4<sup>th</sup> on rise facing downstage right corner
- 3–4 arms collapse at elbows right, then left as retire left leg on bent supporting right leg
- 5 left leg swings back to
- 6 table top balance (left leg arabesque, arms wide, flat back)
- 7–8 swing leg through to parallel 4<sup>th</sup> left leg in front as arms drop and grab elbows to come above head
- 1 jump back onto right leg as left leg extends forward and arms throw forward. Left side of pelvis leads back as everything else reaches forward
- 2–4 run to upstage left back corner
- 5–6 kick right leg to side as turn on left foot (optional holding left with right hand or not)
- 7–8 run right, left, right

- 1 split leap right leg forward, arms second arabesque
- 2 exit space