

Dance

General

- Try to ensure you keep your fitness and technique levels high throughout the Summer, stretch regularly.

Unit 12

- Continue to research into the history of contemporary dance and ensure your bibliography is up to date.
- Find YouTube sessions of different techniques to try. Graham, Limon, Release and Alexander technique are all different techniques.
- Consider which choreographer and styles you would like to use for our piece.
- Find and create a bank of music to use in lessons and for our piece.

Unit 3

- Read through the handouts I have given you for this unit.