

Dance

National 5

Entry Requirements

Pupils considering studying National 5 Dance would preferably have excelled in the S3 Elective Course. Pupils in S3 will have shown a commitment to developing their performance skills and knowledge and understanding of developing dance choreography.

Progression through Physical Education

Higher
Physical
Education

Exercise and
Fitness
Leadership

CSLA

Course Content

Pupils will continue to study Contemporary and Jazz dance styles, whilst working towards the National 5 qualification. All pupils who choose to take National 5 Dance will be expected to:

- Take an active part in every dance lesson, irrespective of the dance style.
- Be prepared to work collaboratively with all pupils in the class to choreograph routines and dances.
- Be prepared to perform in front of others and give and receive feedback on performance skills and qualities.

There are two main areas to the course:

1. Technical Solo

Pupils will learn a contemporary dance routine which they will practice and then perform on their own to a visiting external examiner. Pupils will be expected to showcase their own dance skills and perform to the very best of their ability on the day.

2. Practical Activity - Choreography

Pupils will research a topic of their choice and create a 1 minute 30 second dance performance to represent their findings. Pupils will not perform this dance themselves; they will teach the dance to two other pupils who will perform it for the visiting external examiner. Pupils will write an essay which explains the concepts and structure within their choreographed dance.

Skills Developed

The following provides a broad overview of the subject skills, knowledge and understanding developed in the course:

- exploring a range of dance skills and techniques
- exploring a range of performance skills as appropriate to a specific dance style
- using evaluative skills in relation to self and others
- demonstrating and applying knowledge and understanding of dance
- exploring choreographic principles, devices and structures
- using evaluative skills within the creative process through choreography
- responding to stimuli using imagination and creativity
- conveying thoughts, meaning and ideas through movement
- exploring the origins of a specific dance style
- gaining knowledge and understanding of safe dance practice
- exploring the impact of theatre arts in choreography
- exploring the origins of a specific dance style

Assessment

Technical Solo

This performance counts towards 35% of the overall final mark.

Practical Activity - Choreography

Pupils will write an essay which explains the concepts and structure within their choreographed dance. Together with the practical performance of their choreography, this section counts towards 45% of the overall final mark.

Written Exam

Pupils will have to complete a written exam within the SQA exam diet. The paper is worth 30 marks and has three sections; Evaluation of Technical and Performance Skills, Knowledge and Understanding of a Dance Style and Evaluation of a Professional Choreography. This section counts towards 20% of the overall final mark.

Related Careers

Possible careers relating to Physical Education include:

- Dance teacher
- Professional dancer
- Fitness instructor
- Musical Theatre

Some famous faces who have used their dance or fitness skills to build a career include AJ and Curtis Pritchard, Torvil and Dean, Oti Mabuse, Philip Schofield and Joe Wicks.

