

GETTING READY FOR PACK

Creative and Performing Arts Dance

We are delighted you have chosen to study Performing Arts at Haywards Heath College

WHAT YOU WILL STUDY

Year 1

Planning for a Career in the Creative and Performing Arts

The purpose of this unit is to familiarise you with the processes associated with effective career planning. The aim of the unit is to provide opportunities to align/link your overarching career aims with the opportunities provided within the course.

Dance Techniques and Performance

The purpose of this unit is to develop your skills and techniques in Jazz Dance informed by a clear understanding of the history and context of this style. You will utilise feedback, reflection and rehearsal to develop your individual skills in this style of dance and apply these to both studio and theatre performances.

Performance Preparation

The purpose of this unit is to prepare you for participation in a performance production by developing your understanding of the styles and contexts of performance genres, exploring and developing a range of skills and techniques required for auditions/interviews for roles in performance productions as well as developing your planning and rehearsal skills in collaboration with others.

Ensemble Dance Performance

The purpose of this unit is to provide you with the opportunity to practically understand the challenges of developing dance technique, performance and choreography in a specific style. You will perform in two dances, one taught and one choreographed by you.

Year 2

Choreography

The purpose of this unit is to enable you to further understand and apply a range of principles and approaches to choreography and how you can use dramatic effect and music to influence and inspire dance creation.



Applying Safe Dance Practice

The purpose of this unit is to understand the principles and values of Safe and Healthy Dance Practice and enable you to prepare for any dance activity in an effective way.

Leading Dance	The purpose of this unit is to provide you with practical understanding and skills to plan, devise and deliver a dance session.
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WHAT YOU NEED

You are a blank canvas as an actor and performer, and it is important that your performances are not impacted by the clothing that you wear in terms of this restricting your movement or your characterisation. Therefore, all performing arts students (Drama, Dance and CAPA) are required to wear all black clothing to a practical lesson and be prepared to work barefoot.

Equipment	General
	<p>All:</p> <ul style="list-style-type: none"> - Laptop or Tablet - Notepad - Pen - Pencil and rubber - Highlighters <p>Clothing</p> <p>All:</p> <ul style="list-style-type: none"> - Black Jumper (or cardigan) - These are available to purchase from the online store. Please see link below. <p>Girls:</p> <ul style="list-style-type: none"> - Black Leotard - Black Sports Bra - Black Footless Dance Tights - Tan-Coloured Convertible Tights - Black Character/Theatrical Shoes (3" heel)  <p>Boys:</p> <ul style="list-style-type: none"> - Black shorts - Black jazz pants  <ul style="list-style-type: none"> - Black (Tight Fitting) T-shirt (or leotard) - Black Jazz Shoes

ENRICHMENT	
Trips	Compulsory and non-compulsory theatre trips will take place throughout the year, and you will be informed by letter and email.
Guest Speakers	Talks from industry professionals will take place as a part of our careers week in performing arts where students will get the opportunity to hear from a wide range of professionals from theatrical right managers to performers, directors and teachers.
Events	You will take part in a wide range of performances throughout the year from acting and dance showcases to a full-scale musical in term 3. You will also take part in college wide careers and open events.

SUMMER WORKING TASK INFORMATION
Completion Date: First Lesson Week Commencing 08/09/25
<p>This pack will help you make the best possible start to studying this subject. The tasks in this pack:</p> <ul style="list-style-type: none"> • should take you about 4-6 hours to complete. • should be handed into your teacher when teaching starts from 8th September 2025 with your name on it for assessment. <p>If you need help: The tasks are designed to get you prepared for studying at a higher level and to become an effective independent learner. You should try to get as far as you can working on your own but if you do need help, please email us at info@haywardsheath.ac.uk telling us which Getting Ready For pack you are working on and what help you need. Help is available throughout the summer holidays.</p>

SUMMER WORKING TASK	
Skills Focus	Reflective analysis Research
Task 1	<p>Planning for a Career in the Creative and Performing Arts - Skills Audits</p> <p>Please complete the documents attached below rating your current organisational, acting, singing and dance skills. Please try and provide as much information of your knowledge of each skill in the boxes provided.</p>
Task 2	<p>Dance Techniques and Performance - Jazz Dance</p> <p>Carry out research into the origins of jazz dance using some of the resources below to guide you. You need to answer the following questions:</p> <ul style="list-style-type: none"> - Why was jazz dance formed? - What are the key characteristics of this form of dance? - Where did it start? - What were its early developments and what impacted these?

	<p>- Who are some of the key practitioners in the development of jazz dance?</p> <p>Please make sure that you explore key points when researching in depth e.g. if one piece of research mentions specific forms of dance, you will then need to research these forms in greater depth.</p> <p>You must be able to tell us where you got all of your information. Please submit these on a written document.</p> <p>This task can be presented as a written report, a PowerPoint presentation, a verbal presentation, blog, or video.</p> <p>Useful resources to help you get started: (these are just a starting point for your research)</p> <p>Rooted Jazz Dance - Google Books Jazz Dance - Google Books History of Jazz The history of Authentic Jazz dance (Part 1) (nationaljazzarchive.org.uk) History of Jazz Dance (youtube.com) What Is Jazz Dance? (youtube.com)</p>
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RECOMMENDED READING/WATCH LIST	
	<p>Musical Theatre: A History Publisher: Bloomsbury Methuen Drama (2nd Edition) Author: J, Kenrick - 2017 ISBN: 9781474267007</p> <p>Choreography: Creating and Developing Dance for Performance Publisher: The Crowood Press Ltd Author: K, Flatt – 2019 ISBN: 9781785006111</p> <p>Fosse: The Biography Publisher: BBC Books Author: S, Wasson - 2019 ISBN: 9781785944499</p> <p>Fifty Contemporary Choreographers (first or second edition) Publisher: Routledge, London. Author: M. Bremser and L, Sanders (editors) – 1999 and 2011 ISBN: 9780415380829</p> <p>20th Century Dance in Britain Publisher: Dance Books, London Author: J, White. (editor) – 1985 ISBN: 9780903102858</p> <p>Art Without Boundaries, the World of Modern Dance Publisher: Dance Books, London Author: J, Anderson – 1997</p>

ISBN: 9781852730574

Useful Websites:

[What Is Musical Theater? - History & Terms - Video & Lesson Transcript | Study.com](#)

[Playbill: Broadway, Off-Broadway, London News, Listings and Tickets](#)

[London Musicals Guide & Touring Musicals Listings \(musicaltheatrenews.com\)](#)

[BBC Two - Bitesize Secondary, Dance - Choreography, Approaches to choreography](#)

[Bob Fosse | Biography, Style, Musicals, Movies, Awards, & Facts | Britannica](#)

[Various Clips of Bob Fosse Dancing - Bing video](#)

[Home | One Dance UK](#)

Podcast:

[BBC Radio 3 - Sound of Dance, Origins of Jazz Dance](#)

[Why Dance Matters | Podcast on Spotify](#)

[Conversations on Dance | Podcast on Spotify](#)

Task 1

DANCE Skills, techniques, and practices	Level of competence 1– 10 (low) (high)	Explain your current experience and abilities in each area	How will you improve and develop this skill/practice?
Physical skills			
Posture			
Alignment			
Balance			
Coordination			
Control			
Flexibility			
Mobility			
Strength			
Stamina			
Extension			
Isolation			
Technical skills			
Spatial awareness			
Clarity of actions			
Elevation			
Use of breath			
Transference of weight			
Timing			
Sense of rhythm			
Expressive skills			
Projection			
Focus			
Spatial awareness			

Facial expression			
Phrasing/musicality			
Mental skills			
Movement memory			
Focus and commitment			
Concentration			
Confidence			
Effective rehearsal process			
Planning for rehearsal			
Response to feedback			
Capacity to improve			
Safe working practices			
Safe execution			
Clothing – Inc. jewellery			
Footwear			
Hairstyle			
Warm-up			
Cool-down			
Nutrition			
Hydration			
ORGANISATION	Level of competence	Explain your current experience and abilities in each area	How will you improve and develop this skill/practice?
Skills, techniques, and practices	1– 10 (low) (high)		
Time Management			
Meeting Deadlines			
Responding to emails			
Updating professional social media			
Self-discipline			
Working with others			

