



CONNECT**2**COLLEGE

PERFORMING ARTS DANCE PRE-ENROLMENT RESOURCE PACK



Performing Arts Dance

Activity Pack for schools

#tmcperformingarts#futuretmcstudent

Yr 11

The tasks in this activity pack are designed to support your transition from school to college if you are planning on following a career within Performing Arts Dance. You should attempt to have a go at each of the activities in this pack, building a portfolio which demonstrates your skills and knowledge. You can bring this portfolio along with you during your first weeks here with us at The Manchester College.

Yr 10

If you would like to have a go at any of the activities in this pack, it's a great opportunity to start building your portfolio of skills and knowledge for college. This would be useful for you to bring along with you to any of your interviews or applicant evenings next year.

We also have a competition running alongside this activity pack. See this link for more details <https://youtu.be/CLASxYN7uU>. Learn the commercial routine then create a TIK TOK making it your own. The best TIK TOK win a £50 voucher to purchase some dance wear. Send all TIK TOKS to **tmc_performingarts** (Instagram).

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If you haven't yet applied and are still considering your applications, check out our courses in Performing Arts [here](#)

Watch List

Watch the following links

Ballet

https://www.youtube.com/watch?v=4XXhSwYA_k - The Evolution of Ballet Darcey Bussell

<https://www.youtube.com/playlist?list=PLFEuShFvJzBww3IVbFABGB0HbIxNQ2TiA> - Ballet Evolved full playlist

<https://www.youtube.com/watch?v=M8zytT-8uul> - World Ballet day – Royal Ballet full company class 2019

Contemporary

<https://www.youtube.com/channel/UCIsA6esOofSdrHCeNZaQUTA> - Ballet Boys channel

<https://www.youtube.com/watch?v=U0CuMWTQUy8> - Akram Khan

<https://www.youtube.com/user/MotionhouseDT> - Motionhouse Channel

<https://www.youtube.com/user/AileyOrganization> - Alvin Ailey Channel

Jazz dance

https://www.youtube.com/watch?v=t14vhjUwe_o - Bob Fosse Documentary

<https://www.youtube.com/user/bfree77> - Brian Friedman YouTube channel

https://www.youtube.com/watch?v=xF_AZ367t8 - Josh Assor – Cop Chase

<https://www.youtube.com/watch?v=mcrZIK3gqbU> - Bob Fosse – The Frug

<https://www.youtube.com/watch?v=czH2tAlwMDs> - Kiss Me Kate – Too Darn Hot – 2019 Tonys

https://www.youtube.com/watch?v=y_Sz7_7T50Q - Newsies – Seize The Day

https://www.youtube.com/watch?v=bxoC5Oyf_ss - West Side Story – Prologue

<https://www.youtube.com/watch?v=thBuaPsxHhc&t=53s> - Brian Friedman – Lady Powers

<https://www.youtube.com/watch?v=va8VDBGcKS4> - Chicago – All That Jazz

Social Media to check out

Instagram

@tmc_performingarts

@themcrcollege

@onedanceuk

Inspiration/ research

Sally Carman TMC Performing Arts Patron	Jerome Robins	Darcey Bussell
The Royal Ballet	Mat Mattox	Wayne McGregor
Motionhouse	Jack Cole	Alvin Ailey
Martha Graham	Luigi	Akram Khan
Mathew Bourne	Brian Friedman	Ballet boys
Bob Fosse	Ballet Russe	Company Chameleon

Activity 1 – Body conditioning activity

Please see below some body conditioning exercises for you to complete. You should aim to complete this 3 times a week in preparation for starting in September. Log your weekly progress in your portfolio think about the following

- How you felt the first time you did the routine?
- Does the routine get easier the more you complete it?
- What are you able to do with ease?
- What are you struggling with?
- How did you find the challenges?
- Why do you think body conditioning is essential to the dancer?
- Which muscles are being used in each of the exercises?

Body Conditioning

Make sure you are wearing suitable clothing, have space to complete the exercises.

Most importantly put on your favourite music.

Cardio

- Run on the spot for 1 minute.
- Shuttle Runs and touch down at each end for 1 minute.
- Star Jumps x20
- Repeat shuttle runs for 1 minute.
- Run on the spot for 30 seconds.
- Run on the spot lifting knees to hip height for 30 seconds.
- Deep lunges forward with leg lifts x10 on each leg.

Repeat the cardio set.

Core

- Sit up crunches x8
- Repeat crunches with knees in towards the chest x8
- Repeat crunches again, this time with legs up towards the ceiling x8

Make sure you relax your shoulders and keep the neck long. Work on not bunching the stomach and think about the belly button being drawn towards your spine.

- Back lifts x16
- Hold up for 8 counts

In your back lifts you will need to lay face down on the floor, place the back of your hands in front of your forehead, then lift your head and shoulders off the floor as high as you can. Do not shorten the neck, keep it long and in line with the spine.

- Hold press up position for 16 counts.
- Hold press up position on 1 hand, with the other arm held out to the side, for 8 counts.
- Repeat the one-handed press up position on the other hand for 8 counts.

Make sure in your press up position your body is long and you are not arching the spine. Keep the arms in line with your shoulders and fingers pointing forward.

Repeat the core exercises

Challenge: Complete the cha cha slide press up challenge. Send in any pictures and videos of you completing this. https://www.youtube.com/watch?v=x_YFkVSp34s

Please feel free to tag us in your videos **@tmc_performingarts** on Instagram and we will reshare **#tmcperformingarts#futuretmcstudent**

Activity 2 – Stretching Activity

Please follow the link below

Stretching Exercises <https://youtu.be/25FzOwh4KEU>

Here you will find a stretch routine for you to complete. You should aim to complete this 3 times a week in preparation for starting in September. Log your weekly progress in your portfolio think about the following

- How you felt the first time you did the stretches?
- Do the stretches get easier the more you do them?
- What are you able to do with ease?
- What are you struggling with?
- How are you finding the challenges?
- Why do you think stretching is essential to the dancer?
- Which muscles are being used in each of the stretches?

Please include photos in your portfolio to show your progress over the weeks

Please feel free to tag us in your videos **@tmc_performingarts** on Instagram and we will reshare **#tmcperformingarts#futuretmcstudent**

Activity 3 - Contemporary dance combination

Please follow these two links below:

Contemporary Dance Routine - <https://youtu.be/oiNWeXNIGEE>

Contemporary Dance Routine Counts & Music - <https://youtu.be/fV2sUSjflQY>

Music: Vamp by Trentemoller

Here you will find a short contemporary dance combination. Please learn the combination and video yourself performing the completed routine.

Please feel free to tag us in your videos **@tmc_performingarts** on Instagram and we will reshare **#tmcperformingarts#futuretmcstudent**

Activity 4 - Commercial dance combination

Please follow this link:

Commercial Dance Routine - <https://youtu.be/NOwX-k-UFNU>

Here you will find a short commercial dance combination. Please learn the combination and video yourself performing the completed routine.

Please feel free to tag us in your videos **@tmc_performingarts** on Instagram and we will reshare **#tmcperformingarts#futuretmcstudent**