

## THEALE GREEN SCHOOL TRANSITION DANCE ACTIVITY

### A massive welcome to TGS from Theale Green Dance Department!

Every year students come to us with different experiences in Dance. This maybe a new subject for you, for some you may take part in lessons outside of school and for some you may have dance on your primary school curriculum. Do not worry, lessons are practical and will support you developing a range of skills including teamwork, leadership and problem solving.

In Year 7 we will cover a number of themes including Secret Agents, African Gumboot and a professional work called 'The Wild Child'. You will learn how to choreograph, perform, and appreciate dance as well developing an understanding of health, safety and fitness.



## DANCE CHALLENGE

In Year 7 we will explore **African Gumboot**. A cultural dance style from Southern Africa which involved creating rhythms with your body including slapping, clapping, and stomping. Traditionally performed in gumboots or wellington boots it was devised by slave workers who worked in the gold mines.

Your challenge is to create a short phrase of movement where you make rhythms with your body. It must include:

- Slapping, clapping' and stomping
- Change of levels and be a minimum of 16 counts long.

You may like to watch the following videos for inspiration.

<https://www.youtube.com/watch?v=yV-4fHMVSxA>

<https://www.youtube.com/watch?v=v3LgD3zC7AU>

*If you want to take this challenge to the next level..... You could research what the African Gumboot dancers traditionally wore in the mines. Draw and label a picture of the costume.*

We would love to see your choreography, feel free to email us pictures and videos to [transition@thealegreen.w-berks.sch.uk](mailto:transition@thealegreen.w-berks.sch.uk) . If you are happy for them to be shared on social media, please let us know. We would really like to show the rest of the year group what you are all achieving. We will also reward house points for all work shared with us – start collecting them now!

**Good luck!**