

Primary in Dance

Examination and Class Award

GLOSSARY OF TERMS

Teacher's arrangement

Teachers should choreograph an arrangement to include the requirements of the exercise. Where applicable, within the group children may be arranged individually, in pairs, in trios, etc. providing that the examiner can see all children. The level of complexity of the arrangement should allow all children to demonstrate the performance requirements of the exercise. All children should have an equal opportunity to perform.

Teacher's choice of formation

Teachers can place candidates in any formation providing that the examiner can see all children.

Suggestion

Any statement preceded by 'suggestion' indicates that what follows is highly recommended but not compulsory.

P1. WARM-UP

Performed altogether

Teacher's arrangement

MUSIC A 3 1 count = 1 bar
CD1 26 4

MUSIC B 4 2 counts = 1 bar
CD1 27 4

Movement to include any of the following – bounce, walk, run, or spin with free use of arms and head, in any direction or pattern.

P2. LEGS AND FEET

Performed altogether
 Examination: Students in a straight line
 Class Award: Teacher's choice of formation

MUSIC A 4 2 counts = 1 bar
 CD1 28 4

MUSIC B 2 2 counts = 1 bar
 CD1 29 4

Commence: Facing 1 sitting with legs and feet together stretched forward parallel Arms at sides, finger tips touching floor

Intro
 4 counts Hold

1 Bend right knee sliding right foot backward

2 Extend right leg foot stretched

3 Flex right foot

4 Stretch right foot

5-8 Repeat to other side

1-4 Repeat using both legs

5-7 Hold

Release body over legs, leaning forward and taking the arms forward with impulse then lift arms above head and circle outward

8 Hold

Return to commence position

1-16 Repeat all

P3. ARMS AND HEAD - Music A

Performed altogether

Examination: Students in a straight line

Class Award: Teacher's choice of formation

MUSIC A 2 2 counts = 1 bar
CD1 30 4

Commence: Facing 1 sitting cross legged Arms at sides finger tips touching floor

Intro
4 counts

1-3 Hold

4

Arms lift (breathe)

1-2

Arms 1st

3-4

Arms open

5-12

Repeat twice

13-16

Arms to open 5th, head and eye line lift

1-4

Both arms lower to sides and right arm circles across, overhead and down

5-8

Repeat with left arm

1-4

Repeat with both arms

5-8

Lift arms to open 5th

1-4

Hold

5-8

Lower arms toward sides

&

Lift arms

1-16

Repeat first 1-16

P3. ARMS AND HEAD - Music B

Performed altogether
 Examination: Students in a straight line
 Class Award: Teacher's choice of formation

MUSIC B 3 1 count = 1 bar
 CD1 31 4

Commence: Facing 1 sitting cross legged Arms at sides finger tips touching floor

Intro
 2 counts

1 Hold

2

Arms lift (breathe)

1

Arms 1st

2

Arms open

3-6

Repeat twice

7-8

Arms to open 5th head and eye line lift

1-2

Both arms lower to sides and right arm circles across, overhead and down

3-4

Repeat with left arm

5-6

Repeat with both arms

7-8

Lift arms to open 5th

1-2

Hold

3-4

Lower arms toward sides

&

Lift arms

1-8

Repeat first 1-8 counts

P4. BEND AND RUN

Examination: Performed two at a time. Students side by side
Where three candidates are presented, the exercise may
be performed 2 + 1 or 2 + 2 with one child performing
twice.

Class Award: Performed altogether. Teacher's choice of formation

MUSIC A 3 1 count = 1 bar
CD1 32 4

MUSIC B 3 1 count = 1 bar
CD1 33 4

Commence: Upstage facing 1
Feet together parallel

Arms relaxed by sides

Intro
4 counts Hold

1 Bend knees

Breathe arms forward low, palms
down

2 Stretch knees

Arms return to sides

3-4 Repeat

5-8 Rise and run forward, end feet
together in parallel

On rise breathe arms forward to just
below shoulder height, palms down
On run arms lower softly to sides

1-4 Repeat 1-4

5-8 Rise and run backward

On rise breathe arms forward to just
below shoulder height, palms down
On run arms lower softly to sides
palms forward

1-16 Repeat all

P5. BEND AND POINT

Examination: Performed two at a time. Students side by side
Where three candidates are presented, the exercise may be performed 2 + 1 or 2 + 2 with one child performing twice.

Class Award: Performed altogether. Teacher's choice of formation

MUSIC A 3 1 count = 1 bar
CD1 34 4

MUSIC B 4 2 counts = 1 bar
CD1 35 4

Commence: Upstage facing 1
Natural 1st position

Holding skirt or hands clasped low behind body

Intro
4 counts Hold

-
- 1-2 Bend knees and stretch
 - 3-4 Repeat
 - 5 Bend knees
 - 6 Extend right leg in front, foot stretched
 - 7 Close right foot to 1st knees bent
 - 8 Stretch
 - 9-12 Repeat 5-8 to other side
 - 13-15 3 walks forward
 - 16 Close 1st
 - 1-16 Repeat all

Females: arms demi 2nd or holding skirt

Males: wide demi-bras

Arms return to commence position

P6. TRANSFER OF WEIGHT

Examination: Performed two at a time.
Where three candidates are presented, the exercise may be performed 2 + 1 or 2 + 2 with one child performing twice.

Class Award: Up to four candidates: Performed altogether
Five or more candidates: Performed in two groups

Free choice of floor pattern

Suggestion: use imagination – eg catching butterfly or dragonfly

MUSIC A 2 1 count = 1 bar
CD1 36 4

MUSIC B 2 2 counts = 1 bar
CD1 37 4

Commence: Natural 1st position

Arms by sides

Intro
4 counts

Hold

Mime looking for butterfly

1-4 4 transfers of weight from side to side, with tilting movement onto bent supporting leg

Free use of arms
Looking for imaginary butterfly

5-6 Run in direction of eye focus

&7 Swish forward with either foot and jump joining feet together in parallel, hold on bend

Reach and 'catch' movement

8 Stretch knees

'Release' movement

1-16 Repeat twice

Last time hold on to 'catch'

1-4 Spin

5-6 Run into centre and finish in free patterned group

7 Feet together in parallel knees bent

8 Stretch knees

'Release' movement arms high, head and eyeline lifted

P7. MARCHES

	Performed altogether		
	Teacher's choice of formation and floor pattern		Suggestion: pom poms or flags
MUSIC A	2	2 counts = 1 bar	
CD1 38	4		
MUSIC B	2	2 counts = 1 bar	
CD1 39	4		
Commence:	Standing on one leg the other leg extended in front		Arms in opposition
Intro 4 counts	Hold		
	1	Step forward with other foot to side of knee	Arms swing forward and back in opposition or with downward swing to finish one arm across body and other to side
	2-4	Hold	
	5-8	Repeat to other side	
	9-16	8 marches	Arms swing on each march as counts 1-8
	1-16	Repeat all	
	1-32	Repeat all ending feet together	

P8. JUMPS

Examination: Performed two at a time. Students side by side.
Where three candidates are presented, the exercise may be performed 2 + 1 or 2 + 2 with one child performing twice.

Class Award: Up to four candidates: Performed altogether
Five or more candidates: Performed in two groups
Teacher's choice of formation

MUSIC A 4 2 counts = 1 bar
CD1 40/41 4

MUSIC B 6 2 counts = 1 bar
CD1 42/43 8

Commence: Facing 1 feet together parallel Arms relaxed by sides or clasped low behind back

Intro
4 counts Hold

-
- | | | |
|-------|---|------------------|
| 1-4 | 4 jumps on place | |
| 5-8 | 4 jumps turning $\frac{1}{4}$ turn to right or left on each | |
| 9-12 | 4 jumps on place | |
| 13-16 | Free arrangement of jumps or movements executed on place | Free use of arms |
| 1-16 | Repeat all | |

p9. SPRINGS

Examination: Performed two at a time. Students side by side.
Where three candidates are presented, the exercise may be performed 2 + 1 or 2 + 2 with one child performing twice.

Class Award: Up to four candidates: Performed altogether
Five or more candidates: Performed in two groups
Teacher's choice of formation

MUSIC A 2 2 counts = 1 bar

CD1 44/45 4

a

MUSIC B 2 2 counts = 1 bar

CD1 46/47 4

Commence: Upstage and travel toward 1 or
commence one child in each
corner and travel anti clockwise
from corner to corner
Feet natural 1st

Hands clasped low behind back or
holding skirt

Intro
4 counts

Hold

-
- 1-8 8 spring heels or spring points on
place, commencing right or left
- 9-16 8 natural springs forward,
working foot behind
- 1-8 Repeat counts 1-8
- 9-15 7 natural springs forward,
working foot behind
- 16 Jump feet together

P10. HOPS, JUMPS AND SPRINGS

Examination: Performed two at a time. Students side by side.
Where three candidates are presented, the exercise may be performed 2 + 1 or 2 + 2 with one child performing twice.

Class Award: Up to four candidates: Performed altogether
Five or more candidates: Performed in two groups
Teacher's choice of formation

MUSIC A 2 2 counts = 1 bar
CD1 48 4

MUSIC B 4 2 counts = 1 bar
CD1 49 4

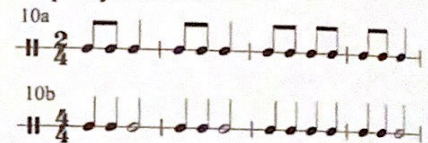
Commence: Upstage facing 1
Feet together parallel

Arms relaxed by sides

Intro
4 counts Hold

1-16

Clap rhythm twice:



1&2 Travelling forward throughout
Spring onto right or left, hop,
jump into natural 2nd

Arms relaxed by sides and used in a
natural manner or clasped low behind
body

3&4 Repeat to other side

5& Spring onto right or left, jump
into natural 2nd

6& Repeat to other side

7& 2 jumps in natural 2nd

8 Jump in natural 2nd making half
turn to right or left to face 3

1-8 Repeat all facing 3, end facing 1

P11. GALOPS AND SKIPS

Performed altogether with or without a partner
Teacher's arrangement

MUSIC A 6 2 counts = 1 bar
CD1 50/51 8

MUSIC B 2 2 counts = 1 bar
CD1 52/53 4

An equal number of sideways
galops and skips
Perform a total of 32 counts

P12. RUN AND LEAP

Performed following on without a break in the music

Examination: One after the other

Class Award: Up to four candidates: one after the other

Five or more candidates: two at a time plus one if
necessary

MUSIC A 3 1 count = 1 bar
CD1 54 4

MUSIC B 4 2 counts = 1 bar
CD1 55 4

Commence: Upstage left corner facing 6
Feet together parallel

Arms relaxed by sides

Intro
4 counts

1-3 Hold

4 Rise

1-4 Run forward and free leap or
spring

Arms free

5-8 Run forward to end downstage
right facing 6 or clockwise to end
facing 1 (depending on studio
size) finish with feet together then
rise and balance

Arms relaxed by sides then
extending to side palms down

Will also be taken to the other side

P13. BOUNCING BALL DANCE

Examination: Performed two at a time. Students side by side.
Where three candidates are presented, the dance may be performed 2 + 1 or 2 + 2 with one child performing twice.

Class Award: Up to four candidates: Performed altogether
Five or more candidates: Performed in two groups
Teacher's choice of formation.

CD1 56

6 2 counts = 1 bar
8

Commence: Upstage facing 1
Feet together parallel

Arms relaxed by sides

Intro
8 counts

1-4 Hold

5-8 Mime looking for ball

Free use of arms

1-3 3 skips forward toward 1

Arms swing in opposition

4 Jump feet together

Free arms

5-6 Transfer of weight to right

Mime looking for ball

7-8 Repeat to other side

1-4 Step up onto a rise with right foot
left foot joins

Clasp hands in front of body and
mime seeing ball on floor in front

5-6 Short run forward

7-8 Pick up imaginary 'ball

1-4 Jump, hold knee bend

Mime throwing ball up into air with
impetus, look up and catch

5-8 Repeat

1

Mime dropping ball and react

2 Hold

3-4 Jump feet to natural 2nd and hold

Mime look for ball

- | | | |
|-----|--|--|
| 5-6 | Bend down | Mime pick up ball |
| 7-8 | Jump feet together and hold | |
| 1-3 | 3 sideways gallops to right | |
| 4 | Transfer of weight to right | |
| 5-8 | Hold | Mime patting the ball to floor 3 times and catch |
| 1-8 | Repeat to other side | |
| 1-8 | 8 skips circling anti-clockwise to end upstage left corner | Mime holding ball in front of body |
| 1-4 | Run toward downstage right and free leap or spring | Mime throwing ball into air, look up |
| 5-6 | Continue run to end downstage right | |
| 7-8 | Hold at any level | Mime catching ball |

P14. DRESSING-UP DANCE

Examination: Performed two at a time. Students side by side.
Where three candidates are presented, the dance may be performed 2 + 1 or 2 + 2 with one child performing twice.

Class Award: Up to four candidates: Performed altogether
Five or more candidates: Performed in two groups
Teacher's choice of formation.

Small trunk, suitcase or box with hinged lid containing simple dressing-up item (scarf, hat) placed centre front

CD1 57 2 2 counts = 1 bar
4

Commence: Upstage left corner, upstage right corner or centre back facing trunk
Feet together parallel

Intro
4 counts

1-4 Hold

Mime looking around to see if anyone is about

1-4 4 'creeping' walks forward on toes

Right index finger over mouth or mime 'I hope I will not be seen'

5-8 Run to trunk end facing 1

Natural use of arms

1-2 Transfer of weight to right

Free use of arms
Look to right

3-4 Repeat to other side

5-6 Close right foot

Open trunk look inside

7-8

Mime 'happy', clap hands

1-4

Take simple dressing up item out of trunk and show to audience

5-8 Run backward facing 1

Hold item of clothing in front of body

- | | | |
|-----|--|---|
| 1-4 | Step to right close and bow | |
| 5-8 | Step to left and close facing 6 | Put item of clothing on and hold with one or two hands |
| 1-3 | 3 skips forward commencing right | |
| 4 | Jump feet together | |
| 5-8 | 4 spring heels or spring points travelling slightly backward commence extending left | |
| 1-4 | 4 skips circling clockwise commencing right | |
| 5-7 | Run continuing clockwise to end upstage centre | |
| &8 | Swish forward with either foot and jump joining feet together facing 1 | |
| 1-2 | | Mime 'listen' |
| 3-4 | | Mime 'someone's coming' |
| 5-8 | Run forward to trunk | Taking off dressing up item |
| 1-2 | | Put dressing up item in trunk |
| 3-4 | | Close lid |
| 5-8 | Run toward 8 and free leap or spring | Free use of arms |
| 1-3 | Continue run and end feet together in parallel, knees bent facing 8 | |
| 4 | | Look back toward trunk right index finger over mouth or 'hide' position |

P15. COOL-DOWN AND REVERENCE

Performed altogether
 Examination: Students in a straight line
 Class Award: Teacher's choice of formation

CD1 58 3 1 count = 1 bar
 4

Commence: Facing 1 Arms relaxed by sides
 Natural 1st position

Intro
 4 counts Hold

1-4

Lift arms to open 5th and lower to
 sides, breathing in and out with the
 movement

5-12 Repeat twice

13-14 Step and curtsy or bow

Free use of arms

15-16 Repeat to other side