

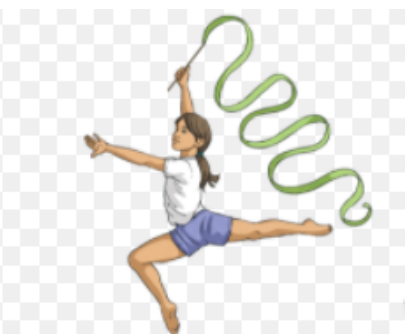
What I should already know

- Actions, gestures, body shapes, rhythms and travelling patterns
- How to respond physically to a range of stimuli, particularly musical accompaniment
- How to convey the mood and feeling of the dance using movement
- How to discuss and evaluate my own work and that of my peers
- Be able to demonstrate rhythm and spatial awareness

Key Vocabulary

transitions	Linking movements smoothly
posture	The position in which you hold your body
Elongated spine	Stretched / extended
plie	Bend of the knee
Rotational movement	Circular movement
spiral	Winding in a continuous and gradually widening curve
tempo	The speed at which a passage of music is played
improvise	Composing movements spontaneously
interpretation	Stylistic representation / developing dance technique
Artistic impression	Body movement responding to the music

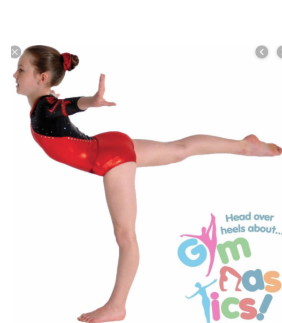
Stag Shape



Spiral shape



Arabesque



Rhythmic Gymnastics

Rhythmic Gymnastics Ribbon Movements: Ribbons are used to display rhythmic flow of movement featuring circular, oval, spiral, and wavelike motions. The goal is to gain total body involvement.

Rhythmic gymnastics involves many movement qualities such as balance, poise, grace, flow of body, coordination and rhythm. You will also develop your skills of agility, flexibility and posture.

