

## Grade 9 Art & Culture Worksheet

---

### Warm ups for dance and drama

#### **Part One: True and false statements**

State whether each of the following statements regarding warm-up exercises is true or false.

1. Warm-up exercises can be used to physically warm-up the body as well as focus the mind on an upcoming task. \_\_\_\_\_
2. Warm-up exercises should relax the body. \_\_\_\_\_
3. Shouting is a good way to warm-up the voice. \_\_\_\_\_
4. Ice-breakers are warm-up exercises for groups of people that do not know each other. \_\_\_\_\_
5. Warm-ups need not be done if dancing is not going to be strenuous.  
\_\_\_\_\_
6. Warm-up exercises should never develop dance skills because their sole purpose is to prepare the body. \_\_\_\_\_
7. Warm-up exercises should be done in safe environments and should never hurt the body or voice. \_\_\_\_\_
8. Warm-up routines should be fun and keep the performer focussed. \_\_\_\_\_
9. A good dance warm-up routine will never involve stretching. \_\_\_\_\_
10. If the body aches during a warm-up routine it means that the warm-up is really working well. \_\_\_\_\_

[10 marks]

## Grade 9 Art & Culture Worksheet

---

### **Part Two: Devise an original warm-up exercise**

You are going to work with a partner. You must devise an original warm-up exercise for dance or drama.

The warm-up must:

- ☒ condition the body or voice;
- ☒ develop a dramatic or dance skill;
- ☒ first isolate one part of the body before moving on to the whole body.

You will be expected to conduct a warm-up session with the class using your exercise. Carefully study the rubric so you know how you will be assessed.

## Grade 9 Art & Culture Worksheet

### Rubric to assess warm-up exercise for dance

Criteria	Level 4	Level 3	Level 2	Level 1
<b>Conditioning of body or voice</b>	Excellent development of exercise routine that conditions body/voice in a creative way. [8 – 7 marks]	Pleasing development of exercise routine that conditions body/voice. [6 – 5 marks]	Fair development of exercise routine that generally conditions body/voice. [4 – 3 marks]	Unable to develop an exercise routine that conditions body/voice. [2 – 0 marks]
<b>Develops a dramatic or dance skill</b>	Excellent development of a dance/drama skill. [8 – 7 marks]	Good development of a dance/drama skill. [6 – 5 marks]	Fair development of a dance/drama skill. [4 – 3 marks]	Poor development of a dance/drama skill. [2 – 0 marks]
<b>Area of body isolated before moving on to full body warm-up</b>	Clear isolation of body part, well warmed-up, clear progression to full body warm-up. [4 marks]	Fair isolation of body part, satisfactorily warmed-up, good progression to full body warm-up. [3 marks]	Unclear isolation of body part, partially warmed-up, unclear progression to full body warm-up. [2 marks]	Unable to isolate body part for warm-up, lack of progression to full body warm-up. [1 mark]
<b>Demonstration to class and whole class involvement</b>	Demonstration is effective and clear; class participated enthusiastically. [8 – 7 marks]	Demonstration is good; class participated actively. [6 – 5 marks]	Demonstration is fairly well done; class participated satisfactorily. [4 – 3 marks]	Demonstration is poor resulting in class participated unenthusiastically. [2 – 0 marks]
<b>Overall effectiveness of warm-up</b>	Very effective. [2 marks]	Effective. [1 mark]	Not effective. [0 marks]	–

[30 marks]

## Grade 9 Art & Culture Worksheet

---

### Part Three: Assess the warm-up routine of another group

Use the following checklist to assess the warm-up routine of another group:

#### Checklist to peer assess a warm-up exercise for dance or drama

Criteria	Yes	Maybe/ sometimes	No
Was it clear what the purpose of the warm-up exercise was?			
Were the instructions given by the group clear?			
Area of body isolated before moving on to full body warm-up.			
Did you enjoy doing the warm-up?			
Do you think this warm-up was successful?			
Write down one thing you really liked about this warm-up.			
Write down one way this warm-up could be improved.			

## Grade 9 Art & Culture Worksheet

### Suggested Solutions

Question number	Possible marks	Solution
1	10	1. True 2. True 3. False 4. True 5. False 6. False 7. True 8. True 9. False 10. False
2	30	See rubric in Appendix of Assessment Tools.
3	No marks	<p>Encourage learners to peer assess in an honest and constructive manner.</p> <p>Allow peers to verbally criticise the warm-up exercises by offering one positive comment and one “to be improved” comment.</p> <p>Encouraging fair and sensitive critique of peer work will develop the learners positively and holistically. Intervene if criticism becomes personal or hurtful.</p> <p>See checklist in Appendix of Assessment Tools.</p>

## Grade 9 Art & Culture Worksheet

### Rubric to assess warm-up exercise for dance

Criteria	Level 4	Level 3	Level 2	Level 1
<b>Conditioning of body or voice</b>	Excellent development of exercise routine that conditions body/voice in a creative way. [8 – 7 marks]	Pleasing development of exercise routine that conditions body/voice. [6 – 5 marks]	Fair development of exercise routine that generally conditions body/voice. [4 – 3 marks]	Unable to develop an exercise routine that conditions body/voice.  [2 – 0 marks]
<b>Develops a dramatic or dance skill</b>	Excellent development of a dance/drama skill. [8 – 7 marks]	Good development of a dance/drama skill. [6 – 5 marks]	Fair development of a dance/drama skill. [4 – 3 marks]	Poor development of a dance/drama skill.  [2 – 0 marks]
<b>Area of body isolated before moving on to full body warm-up</b>	Clear isolation of body part, well warmed-up, clear progression to full body warm-up.  [4 marks]	Fair isolation of body part, satisfactorily warmed-up, good progression to full body warm-up. [3 marks]	Unclear isolation of body part, partially warmed-up, unclear progression to full body warm-up. [2 marks]	Unable to isolate body part for warm-up, lack of progression to full body warm-up.  [1 mark]
<b>Demonstration to class and whole class involvement</b>	Demonstration is effective and clear; class participated enthusiastically. [8 – 7 marks]	Demonstration is good; class participated actively. [6 – 5 marks]	Demonstration is fairly well done; class participated satisfactorily. [4 – 3 marks]	Demonstration is poor resulting in class participated unenthusiastically. [2 – 0 marks]
<b>Overall effectiveness of warm-up</b>	Very effective. [2 marks]	Effective. [1 mark]	Not effective. [0 marks]	–

## Grade 9 Art & Culture Worksheet

### Checklist to peer assess a warm-up exercise for dance or drama

Criteria	Yes	Maybe/ sometimes	No
Was it clear what the purpose of the warm-up exercise was?			
Were the instructions given by the group clear?			
Area of body isolated before moving on to full body warm-up.			
Did you enjoy doing the warm-up?			
Do you think this warm-up was successful?			-
Write down one thing you really liked about this warm-up.			
Write down one way this warm-up could be improved.			