

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]



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:

- x condition the body or voice;
- ★ develop a dramatic or dance skill;
- irst 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.



Rubric to assess warm-up exercise for dance

Criteria	Level 4	Level 3	Level 2	Level 1
Conditioning of	Excellent	Pleasing	Fair	Unable to develop
body or voice	development of exercise routine that conditions body/voice in a creative way. [8 – 7 marks]	development of exercise routine that conditions body/voice.	development of exercise routine that generally conditions body/voice.	an exercise routine that conditions body/voice.
	[6 / marks]	[6 – 5 marks]	[4 – 3 marks]	[2 O marks]
Develops a dramatic or dance skill	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]
Area of body isolated before moving on to full body warm-up	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]
Demonstration to class and whole class involvement	Demonstration is effective and clear; class participated enthusiastically. [8 – 7 marks]	Demonstration is good; class participated actively. [6 – 5 mark]s	Demonstration is fairly well done; class participated satisfactorily. [4 – 3 marks]	Demonstration is poor resulting in class participated unenthusiastically. [2 – 0 marks]
Overall effectiveness of warm-up	Very effective. [2 marks]	Effective. [1 mark]	Not effective. [0 marks]	_

[30 marks]



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.			



Suggested Solutions

Question	Possible	Solution			
number	marks				
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	Encourage learners to peer assess in an honest and constructive			
		manner.			
		Allow peers to verbally criticise the warm-up exercises by offering			
		one positive comment and one "to be improved" comment.			
		Encouraging fair and sensitive critique of peer work will develop			
		the learners positively and holistically. Intervene if criticism			
		becomes personal or hurtful.			
		See checklist in Appendix of Assessment Tools.			



Rubric to assess warm-up exercise for dance

Criteria	Level 4	Level 3	Level 2	Level 1
Conditioning of	Excellent	Pleasing	Fair	Unable to develop
body or voice	development of	development	development	an exercise routine
	exercise routine	of exercise	of exercise	that conditions
	that conditions	routine that	routine that	body/voice.
	body/voice in a	conditions	generally	
	creative way.	body/voice.	conditions	
	[8 –7 marks]		body/voice.	[2 – 0 marks]
		[6 – 5 marks]	[4 – 3 marks]	
Develops a	Excellent	Good	Fair	Poor development
dramatic or	development of	development	development	of a dance/drama
dance skill	a dance/drama	of a	of a	skill.
	skill.	dance/drama	dance/drama	
	[8 – 7 marks]	skill.	skill.	[2 – 0 marks]
		[6 – 5 marks]	[4 – 3 marks]	
Area of body	Clear isolation	Fair isolation of	Unclear	Unable to isolate
isolated before	of body part,	body part,	isolation of	body part for
moving on to	well warmed-	satisfactorily	body part,	warm-up, lack of
full body	up, clear	warmed-up,	partially	progression to full
warm-up	progression to	good	warmed-up,	body warm-up.
	full body warm-	progression to	unclear	
	up.	full body	progression to	
		warm-up.	full body	
		[3 marks]	warm-up.	[1 mark]
			[2 marks]	
	[4 marks]			
Demonstration	Demonstration	Demonstration	Demonstration	Demonstration is
to class and	is effective and	is good; class	is fairly well	poor resulting in
whole class	clear; class	participated	done; class	class participated
involvement	participated	actively.	participated	unenthusiastically.
	enthusiastically.	[C F manufal	satisfactorily.	[2 0 marks]
Overell	[8 – 7 marks]	[6 – 5 marks]	[4 – 3 marks]	[2 – 0 marks]
Overall	Very effective.	Effective.	Not effective.	
effectiveness of	[2	[1	[01	
warm-up	[2 marks]	[1 mark]	[0 marks]	_



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.			