Your notes

GCSE Dance: revision notes

Safe working practice

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Before and after dancing

- Warm up: raise the pulse, mobilise the joints and stretch, to raise body temperature and prepare the muscles and mind.
- Cool down: lower the heart rate gradually and stretch, to remove waste products and reduce stiffness.

Looking after the body

- Nutrition: a balanced diet with carbohydrates for energy and protein for repair.
- **Hydration**: drink water before, during and after dancing.
- Rest and recovery: allow muscles to recover between intense sessions.
- **Safe execution**: use correct technique, such as landing through the feet with bent knees after a jump, to protect the joints.

Clothing and environment

- Wear clothing that allows movement and footwear suited to the style (or bare feet where appropriate).
- Remove jewellery and tie back hair to avoid injury.
- Check the floor is clean and suitable, and that there's enough space.

Key terms

Warm-up	Preparing the body and mind for dancing.
Cool-down	Gradually lowering the heart rate and stretching after dancing.
Hydration	Having enough water in the body.
Safe execution	Performing movements with correct technique to avoid injury.
Mobilisation	Moving the joints through their range to prepare them.

Quick questions

Cover the answers and test yourself: remembering is what makes it stick.

1. Why warm up before dancing?
2. What is the purpose of a cool-down?
3. Why remove jewellery before dancing?
4. How should a dancer land after a jump?
5. Why is hydration important?
6. What does carbohydrate provide for a dancer?
7. Why should hair be tied back?
8. What is mobilisation in a warm-up?

Answers

1. To raise body temperature and prepare the muscles
2. To lower the heart rate gradually and reduce stiffness
3. To avoid injury
4. Through the feet with bent knees
5. It prevents tiredness and cramp
6. Energy
7. To avoid it blocking vision or getting caught
8. Moving the joints through their range

What to do next

Practise 10 questions on this topic

Try 3 exam questions, with mark schemes

Read the lesson, one step at a time

Free revision for GCSE and KS3 at lycolearn.co.uk. Some notes are for one exam board only, and say so in brackets.

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