

BTEC Dance Summer Independent Learning Activity

Welcome to BTEC Dance, please complete the following tasks ready for your first day.

Task 1: Understand the structure and function of the human body. For this task you need to create a presentation on several bodily structures showing an understanding of how each of these supports the 'Healthy Dancer'. This should also include specific detail of how each area is used or developed in a variety of tasks during rehearsal and performance.

Bodily structure:

1. The function of the skeleton -
 - how the bones support, move and protect
 - Main areas of the body - spine, shoulder, legs
 - Alignment of the body in relation to dance technique
2. Muscle groups -
 - Tendons
 - Ligaments
 - Movement of the skeleton - flexion, extension, adduction and abduction.
3. Circulatory system
 - How blood is transported around the body to support the dancer.
4. Respiratory system
 - How the body regulates its temperature in relation to dance classes and performances.
5. Nervous system
 - How the body detects pain
 - How dancers use their long term memory

Throughout this presentation knowledge of each of the bodily structures should be linked to the training and development of a dancer.

Task 2: Create a mood board containing the main food groups and comment on how each of the groups;

- Repair muscle
- Release energy
- Aid concentration
- Rehydrate

You should give clear and considered examples.

Task 3 : Download myfitnesspal app and create a food diary entering everything you eat over a three day period.

Following this evaluate your own diet in relation to the knowledge and understanding carried out in task two. Specifically comment on:

- Unhealthy food choices
- Healthy food choices
- Were you conscious of what you were eating given the task set
- Were you always open and honest.
- How would your 'myfitnesspal' data differ from;

- A) Ashley Banjo
- B) One of your parents/carers
- C) Katerina Johnson Thompson

Please ensure you bring this work to your first Dance class in September.