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Level 1 Dance 2024

91939 Demonstrate understanding of the elements of dance in a dance sequence

EXEMPLAR

Merit

TOTAL 06

Time stamp:1:13-1:45

The purpose of the dance

The purpose of my dance sequence was to show the relationship between four friends who find each other in year nine and through the rest of their highschool years they go through friendship problems but they always cross paths and find their way back to each other when they're at their lowest. Our dance sequence was based on a poem called *"not to keep"* written by *Robert Frost*. We used *weight bearing, counter balance and proximity* to communicate this idea.

Aspect 1: Relationship

Proximity

Definition of proximity: how near or far away two or more objects are in relation to each other, for example, two body parts or two dancers.

Why proximity

Proximity can be used to show the complicated dynamics of the relationships amongst the four friends. Through adjusting their distance from one another, we expressed a range of feelings and

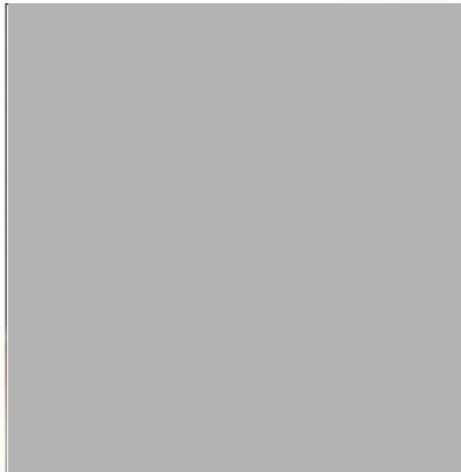


bonds including closeness, disagreements, togetherness. Moving closely together as an example. This emphasises how tight and close our relationship and teamwork is. But standing apart showed personal space and unresolved tension that the friends have., showing how their interactions developed and impacted one another, which made the audience more relatable and engaged in the dance. In this first example we come close together and reach towards each other which represents the meeting of the four friends.



Example 2: in this photo the two on the left are showing close proximity and the two on the right are showing far proximity and we are all looking at each other. We decided to use this technique to show no matter how far or how close we are from each other we will always be there for each other no matter what. We also

wanted to emphasise that friendships are a forever thing and that even though we stop being friends we will always care for each other.



Example 3: in this photo we are close together showing an intimate proximity (within 30cm of each dancer). Valentine is on the ground on her knees, Rahwa is standing close to Valentine behind her and Bernadette and Callum are standing behind each other creating a chain, a symbolisation we are stuck and there for each other. We decided to use this technique because sometimes friendships can feel like prison, and you're stuck between being their friend because you feel like you owe it to them but then you don't wanna be friends with them anymore because of

the things they have done to you. We emphasised this to show that friendships are sometimes hard and a map.

Counterbalancing/Weight bearing

Definition of counter balance: One or more dancers combine their weight in stillness or in motion to achieve a movement or design that is interdependent.		Definition of weight bearing: One or more dancers carry the weight of another dancer to achieve a movement or design that is dependent.	
Examples of counter balance and weight bearing			
Describing the counter-balances/weight bearing	Callum is lifting Rawha in a sitting position and spinning her around once while rahwa is putting all her weight onto callum making him carry all the weight	our bodys are leaning away from each other while our hands are holding each other keeping our bodys from falling.	I lift Rahwa by letting her fall over my shoulder letting me carry her body weight over my shoulder.

weight bearing

We used weight bearing during our dance to show that we are there for each other and are willing to carry each others pain so that they don't have to feel what they are feeling alone an to show we are there for eachother. Using this aspect in our dance helps us show how dependent and supportive each other is to one another. This showed trust and strength of our relationship by supporting one another both physically (caring each other in the dance) and emotionally (the story line of the dance) in the dance. For example when I lifted up Rahwa carrying all her weight this emphasised how deep we are connected to one another and how our friendship is based on stability and mutual support. With the aspect weight bearing, the dance takes on a dynamic quality that shows the friends mural support and dependence, improving the performances storytelling and emotional impact

Merit

Subject: Dance

Standard: 91939

Total score: 06

Grade score	Marker commentary
M6	<p>Merit understanding is evidenced by depth and detail of chosen dance elements, e.g. intimate, close, and far proximity. Weight-bearing and counterbalance are differentiated with clear, detailed, and accurate definitions, e.g. dancers are dependent (weight-bearing) or interdependent (counterbalance).</p> <p>The opening six sentences of "Why Proximity" explains in some detail the connections between elements and purpose.</p> <p>Three specific examples (intimate, close, and far proximity) show detail and depth.</p> <p>The opening two sentences of "Why Proximity" show thorough understanding of the role, value, and contribution of proximity in the sequence, and this is illustrated by the chosen examples. The response explains how varying types of proximity helps to communicate the purpose or to create effect.</p> <p>Written and visual evidence of understanding is further supported by purposeful use of proximity in the sequence. Components are applied with variety to contribute to the idea and purpose of the sequence. Examples have been chosen to illustrate this purposeful use.</p> <p>The response is focused on the dance elements and components. Clear links are made to purpose, and to ideas.</p> <p>To achieve Excellence the response needs to:</p> <ul style="list-style-type: none">• show similar understanding of a second element• give further detail in the elements and components, e.g. personal, social, and distant proximity.