



Adopting Alternative Roles Pupil Resource Card

PERFORMER

Planning & preparation

- You will need to ensure that you are warmed up and ready to engage fully in the dance. This warm-up should be relevant to dance, prepare you mentally and physically for the dance you are about to engage in, prevent you from being injured and familiarise you with the available space
- You should be dressed appropriately, including bare feet or dance trainers if required. You should have removed all your jewellery and tied back long hair. You may need to bring layers of spare clothing in case of long periods of inactivity. It is your responsibility to keep yourself warm should these occasions arise and be ready for when the choreographer needs you
- Ensure you have eaten appropriately before the session. This should include food and drinks that will provide sufficient energy and hydration to ensure you can sustain vigorous activity over an extended period. You will need to eat and drink early enough before the session to not incur stomach cramps
- Bring a water-based drink in a secure drinking bottle

Responsibilities

You are responsible for:

- Your conduct during the session ensuring that you are open-minded and positive at all times
- Making the choreographer aware of any medical conditions that may effect your performance
- Listening and responding to instructions from the choreographer
- Asking questions to seek clarification
- Carrying out all instructions to the best of your ability
- Working with any other dancers in an effective, efficient, considerate and amicable way
- Making notes of the dance on a Story Board planner, to help you memorise your part
- Practising what you have been asked to do so that you do not forget it in between sessions. Refer to your Story Board to ensure you are practising correctly
- Raising any difficulties with what you have been set, in a calm non-threatening way, by providing solutions or alternatives that may assist the choreographer's thinking





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Getting help

- Use the PESS Approach to Teaching Dance CD-Rom and website
- Ask your peers
- Digitally record your performance to establish if you can improve your performance in relation to what you have been asked to do
- Attend additional dance sessions to continue to improve your performance

Next steps

If you enjoy your role as a performer you could:

- Ask your teacher if you can become involved in any choreography for school productions, displays etc.
- Work with a community dance company and ask to shadow a choreographer
- Set up your own dance group and continue to choreograph dances
- Research the possibilities for taking GCSE, A Level or BTEC qualifications involving dance. (See Qualifications section)
- Discuss possible careers that are linked to choreography with your careers advisor
- Research university and college courses linked to choreography

