

# DANCE ACADEMY

## Episode 22: Flight or Fight Response

### Clip: Leap of Faith

#### Activity: Free Form

#### Theme: Dance Skills

#### Elements of dance: body, space, time, relationships

1. As a class, view the clip, *Leap of Faith*, where Tara is recovering from an injury. Also view *Dance Academy* Episode 22, *Flight or Fight Response*, and take particular note of where Christian's friends perform their dancing. The outdoors area is covered in concrete so the dancers use thick cardboard to pad the surface so that they can perform floor moves without immediate injury. Have students consider how the use of cardboard assists the dancers to perform safely.
2. On the cardboard, the dancers take it in turns to "free form", or improvise movement. The dancers do not plan the movement prior to entering the circle (free form is often done within a circle, but does not have to be). Often a dancer will start with a signature move and use it to inspire other movements. The other dancers encourage each other's movements, so that dance experimentation can be bold and original.
3. In a class circle, complete a warm-up session. Have each student contribute their own warm-up movement and repeat it several times before moving onto the next student's idea. Keeping the circle, put on some music and ask students, one at a time, to walk across the circle and take another person's place. This "releases" the second student who then walks across the space to "release" another student. Students must remember who has been released so that everyone has a turn to walk across the space to the music.
4. Repeat this activity, but now have students pause in the middle of the space and create a Hip Hop pose or freeze then continue on to take a place in the circle.
5. Repeat the activity, but in this version, ask each student to perform a movement for five seconds. The rest of the class can count, clap, and call out encouragement.
6. Repeat the activity, but this time, ask students to 'free-form'. Allow the students the freedom to elect their own movements to perform as they move across the circle. Other students should watch and encourage each performance.

7. As a class, discuss the student responses to the above dance activity. Have students use **Student Activity Sheet E22.3: Free Form Reflection** to reflect on the activity and what they learned from it. Ask them to respond to the following questions:
- What parts did individuals enjoy the most?
  - What movements were interesting?
  - Who surprised them?
  - How did they feel about free form?

### Download

- Student Activity Sheet E22.3: Free Form Reflection

### Useful resources

- Ausdance Video Segment 4 - Safe Warm Up, Basic Contemporary Dance.
- Ausdance Video Segment 5 - Alignment for Dance, Neutral Spine.
- [Ausdance Factsheet 2: Caring for the dancer's body](#)
- [Ausdance Factsheet 7: Safe dance floors](#)
- [Ausdance Factsheet 13: Safe spaces for dance](#)
- [Ausdance Factsheet 14: First aid for dancers](#)
- [Dance Academy \(first year\) website - Dance Maker](#)

# DANCE ACADEMY

NAME: .....

Student Activity Sheet: E22.3

Episode 22: Flight or Fight Response

Activity:

Free Form  
Reflection

Clip:

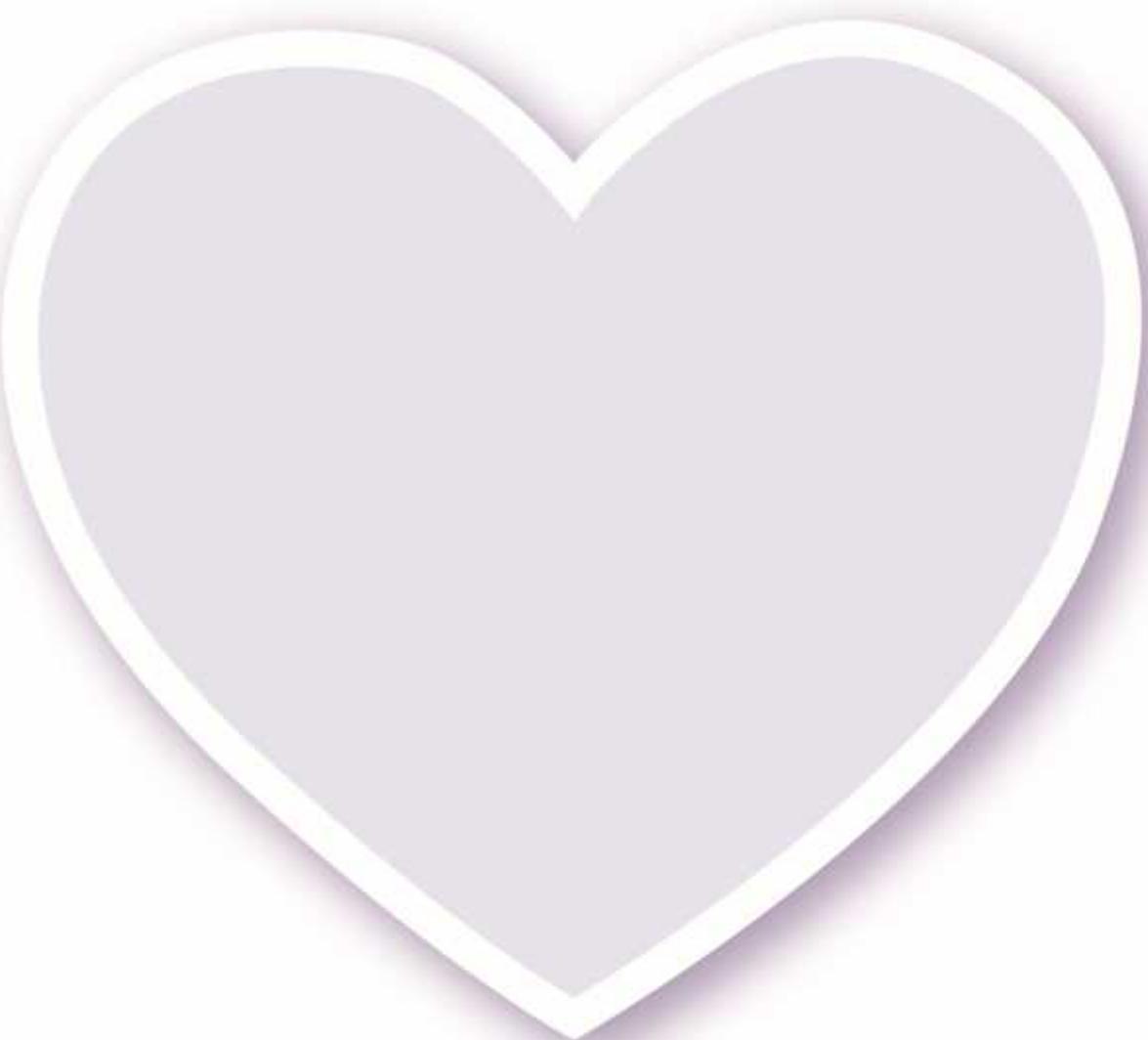
Leap of Faith

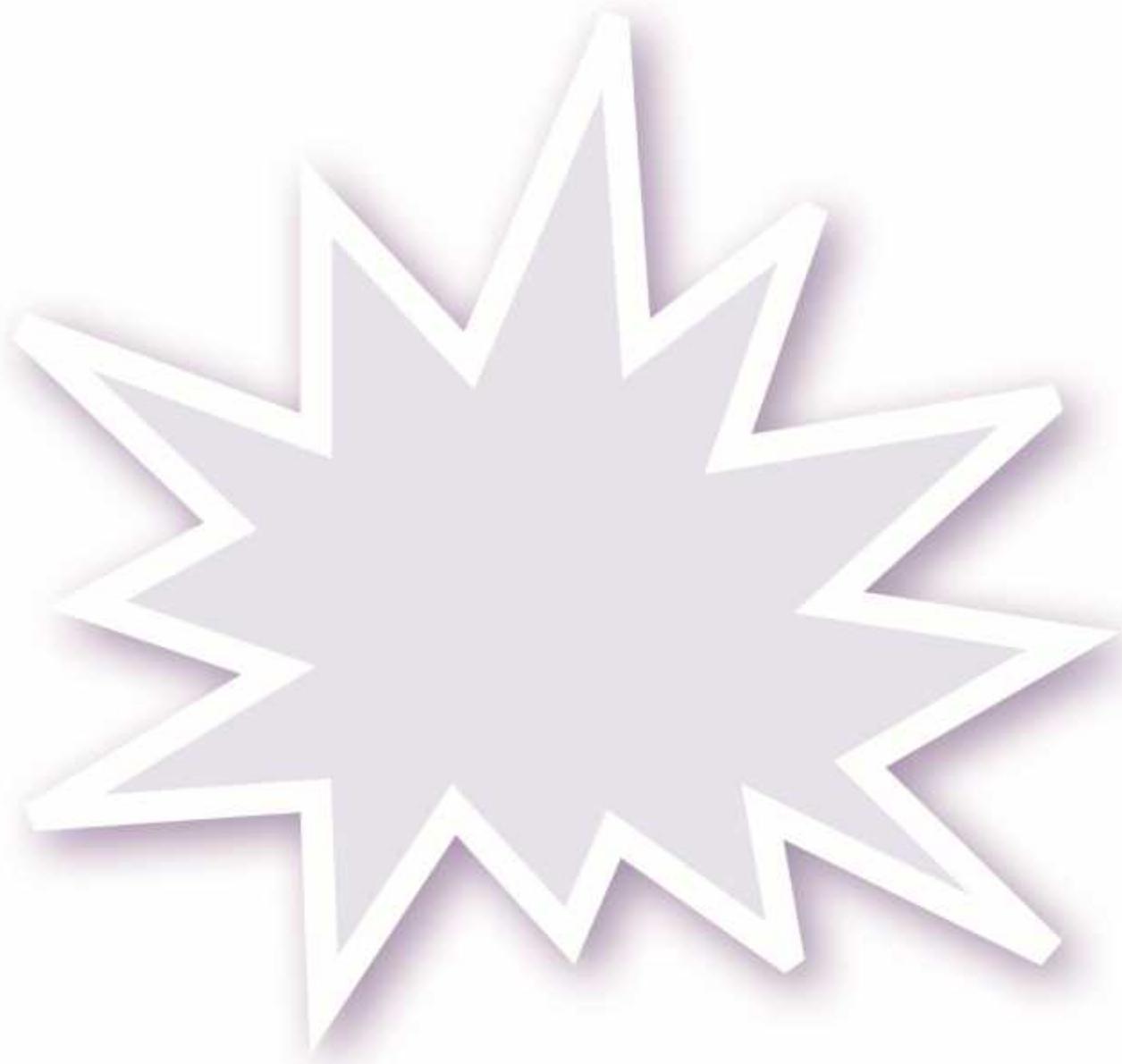
## Free Form Reflection

In each of the shapes below, use single words or images to reflect on your free form class.

Write about the EMOTIONS you felt inside the 	Write about what SCARED you inside the 
Write about WHAT YOU ENJOYED inside the 	Describe any INTERESTING MOVES you did or saw inside the 

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