



Summer Tasks July 2024

So, you think you would like to study: DANCE (Level 3 Diploma)

Summer Task Title / Instructions:

Task one:

One of the units you will complete on this course is called 'Planning for a Career in the Performing Arts'. In preparation for this unit you will need to evaluate your physical skills before creating a plan to improve for a chosen career path.

Examples of physical skills: posture, alignment, strength, coordination, stamina, extension, mobility, flexibility.

Please select two strengths and two weaknesses to discuss and analyse. You should include:

- What the strength/weakness is
- What is the definition of the skill
- Why/how is it your strength/weakness – give several examples
- How that skill affects your overall performance
- If you are discussing a weakness then please set a target to improve.

Task two:

Create a short solo lasting one minute that showcases your strengths as a performer. The piece can be in any style, or a mixture of styles.

Suggested Additional Research & Activities:

Look at professional dance show reels:

Phoebe Hart: <https://vimeo.com/247750129>

Ella Mesma: <https://www.youtube.com/watch?v=q4c4nPpBWI4>

Vikki Mead: <https://www.youtube.com/watch?v=M8jUoZD1AY8>

Johnny Autin: <https://www.youtube.com/watch?v=ednytr2L1Bg>

Daniela B Larsen: <https://www.youtube.com/watch?v=IBtAISORhgA>

Jonathan Goddard: <https://www.youtube.com/watch?v=ZCCeue751iQ>

Research dance job adverts:

www.backstage.com,

www.artsjobs.org.uk,

<https://dancingopportunities.com/>,

<https://au-di-tions.com/>,

<https://www.theplace.org.uk/juice>,

<https://www.onedanceuk.org/careers/jobs/>

<https://www.thestage.co.uk/recruitment/>

Becoming a dancer:

<https://www.careerexplorer.com/careers/dancer/>

<https://www.vocabulary.com/dictionary/dancer>

<https://www.ucas.com/ucas/after-gcses/find-career-ideas/explore-jobs/job-profile/dancer>

<https://www.onedanceuk.org/careers/jobs/>

<https://www.moveitdance.co.uk/blog/dance-industry-meeting-needs-professional-dancers-kimberlee-jay/>

<https://www.dancemagazine.com/dance-contract-2509698849.html>

<https://www.careerigniter.com/questions/what-is-a-normal-day-for-a-professional-dancer/>

The following are key dance events/festivals to keep an eye out for and attend:

- Move It, <https://www.moveitdance.co.uk/>
- Can You Dance, <https://www.canyoudancelive.com/>
- Breakin' Convention, <https://www.breakinconvention.com/>
- Dance Umbrella, <https://www.danceumbrella.co.uk/>

Please submit the task to your teacher on the first lesson in September. Feel free to do multiple summer tasks if you are unsure on what subjects to study. Any questions please contact:

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