

## Section A: General Revision

1. Explain the health and safety checks you should make to the **ENVIRONMENT** when you enter the dance space
  
2. Explain the health and safety checks we should make of the **dancer** PRIOR to beginning a class
  
3. a) State 3 reasons **WHY** we warm up before activity  
  
b) Explain **ONE** of the above reasons in more detail
  
4. What would you include in a warm up for **a jumping lesson**? Explain **why** you have made these decisions.
  
5. Give **TWO** reasons **why** we cool down
  
6. What do the following letters stand for **AND** what do they mean in terms of treating injury?
  - a. P:
  
  - b. R:
  
  - c. I:
  
  - d. C:
  
  - e. E:
  
  - f. D:
  
7. Why are carbohydrates important for a dancer **AND** what foods are the best source of them?
  
8. Why is **protein** important for a dancer?
  
9. Why should we drink water **AFTER** a dance session?

10. What do we mean by **Coordination**?

a. Why is it important in dance?

11. What do we mean by **posture**?

a. How might we **improve** our dance posture through training?

12.

a. Define **Stamina**

b. Why do we need it for dance **AND** how do we improve our cardiovascular fitness?

13. Give two examples of dance **actions**.

14. Give two examples of how we use **space**.

15. Explain what you understand by the term '**dynamics**'.

16. '**Lead and Follow**' is an example of what?

17. What do we mean by '**accumulation**'?

18. Draw two different '**formations**' that a group of 5 dancers could use. (2)