

Written Reflection Level 4, Sample 1**A****Reflective Writing Assignment**

During the improvisational work, there were many intriguing moments. One that stuck out was when the theme was earth and M■■■■, K■■■■, and I were in a circle around B■■■■ crouched low, while B■■■■ rose and blossomed symbolizing the beginning of life. Another movement was when the theme was fire. One person started off as a flame, and spread the fire by touching the other person. We moved our fingertips rapidly back and forth to symbolize flames.

Our shapes had a big effect on space. We kept our shapes tight and close together, and also, we used a lot of space vertically. Some of our arms were extended, while some people contracted into a ball. When the shapes were using a big amount of space, horizontally, it did not look appealing. In the future, we should make more interesting shapes that express the theme. We also should include contrasting levels in order to make it eye-catching.

Moving from location to location, we changed our speed, running to walking to skipping, according to the music tempo. For the earth theme, we crawled and leaped symbolizing animals. In the wind theme, we did more elaborate movements, like chassé, lunging, and a combination of grapevine and spinning. We should have varied our movements by including movements with level changes, like rolling, jumping, or anything that is not similar to walking.

B

The music was very influential. When the music was intense, we quickened our pace, and made sharp shapes. When the music was soft, we slowed the tempo of our movement, and made soft, round shapes.

We had a great impact of the four elements in our shapes and movements. Water is flowing, so most of our movements were flowing and involved very loose arms in the air. Our shapes were very soft and soothing. In the fire theme, we had sharp shapes, and our tempo was very fast. The wind theme's tempo varied. When it was fast, we spun intensely, and were very sharp. When the tempo was slow, we became soft winds, and stayed low to the ground, barely moving our arms. In the Earth theme, we rose vertically many times, representing growth and the beginning of earth. We moved quick or slow, depending on the music's tempo.

In improvisation, you do not know exactly where you are going, because you are making it up as you go along. Therefore, you need to clear the room of all objects that you might trip over, and to make sure everyone is spread throughout the room.

There is one moment from our work, that I think is suitable for choreographing into a piece. We chasséd into a circle and joined palms, moving them vertically. We shook our entire body and separated and connected our hands repeatedly, representing an earthquake. This expresses the earth theme, and makes good use of the tempo.

Teacher's Notes

Theory (Knowledge/Understanding)

not applicable

Thinking/Inquiry

- The student analyses the improvisational work (space, shape, theme) thoroughly, critically, and in great depth, using a large number of detailed, supporting examples (e.g., “One that stuck out was when the theme was earth and M, K, and I were in a circle around B crouched low, while B rose and blossomed symbolizing the beginning of life”; “We moved our fingertips rapidly back and forth to symbolize flames”).
- The student shows insight into the improvisational process and his or her own work (e.g., “We should have varied our movements by including movements with level changes, like rolling, jumping, or anything that is not similar to walking”).

Communication

- The student writes with a high degree of clarity (e.g., “Our shapes had a big effect on space. We kept our shapes tight and close together, and also, we used a lot of space vertically”), using the language of dance very effectively.
- The student's text reads well, has a good flow, and contains very few errors.

Creation (Application)

not applicable

Comments/Next Steps

- The student could elaborate on safety principles and more deeply analyse the improvisational work.

Written Reflection Level 4, Sample 2**A****Creative Dance**
(reflective writing assignment)

Creative dance is very different from jazz and modern dance. It requires a lot of focus and gives you a chance to release your moves according to the music, and feeling. A large portion of creative dance is improvising.

Throughout our routine, one of the most intriguing movements we had were the combined arm and leg movements we used in circle. This was symbolizing the element of fire. Another striking movement, was when we contracted our bodies to symbolize the wind blowing around an object.

In creative dance one of the hardest things to combine into your routine are shapes and space. During our routine we found that our circular shape (fire pit) and the sharp angular shapes that we used in the elements were the most effective. Also being close together rather than spread out for the shapes makes the routine more interesting to the audience. When it comes to making interesting shapes, I would suggest that you have people at different levels, rather than everyone standing or sitting together. In addition I would suggest that groups try to stay away from straight lines, original shapes are more effective and interesting to the audience.

There are many ways in dance that you can move from location to location. During our routine we used different methods for each element. We used ones like, chassé, skipping, running in different speeds (slow, fast). Rolling was useful when we were improvising to the water element. It helped us with the idea of being waves. Leaps were also a common one, whether it was a graceful one, or a sharp one depending on the music. We also would walk from location to location, but we added arm movements and varied the size of steps and direction to make it more appealing. Spinning was very useful in the element wind, and it looked really neat as well. I would suggest that when moving, you vary the ways you move, so you aren't always doing the same thing. Combining different

B**Creative Dance**
(reflective writing assignment)

ways is a good idea and interesting as well. For example, instead of just doing a chassé you could add a spin and arm movements into it for more effectiveness.

Music is very important when improvising for creative dance. It allows the dancer to express their emotion through the music. The music is very useful to the dancer, because the beats and speed of the music reflect on the moves the dancer chooses to do. When the music has strong beats, and the timing is fast, the dancer will use those beats as explosions in the dance. Music decides the energy level and timing in dances. So when the music is slow, the dancing will be slow, and when it speeds up the dancer reacts to that and improvises according to the music.

When you have a specific element to improvise to, it allows you to picture in your mind what moves you think will be appropriate throughout the routine. When we were improvising to fire, the main idea that came to everyone's mind was a fire pit. So we started off in a circular shape and combined moves to make it effective. It also allows you to move accordingly to the music. For example when wind was the element, we used a lot of arm movements that showed the swaying and direction change of the wind. And for water, contractions and expansions were useful for showing waves, the flow of water, and the idea of water hitting rocks.

Improvising requires little to no preparation, for it is all thought up on the spot. However when you are improvising there are few things to keep in mind for safety reasons. You should always be aware of your surroundings and objects that could possibly interfere with your routine. Knowing your limits is also important so you don't pull any muscles or put strain on them. In addition, always watch where you are headed so you don't collide with others.

One of the better moments from our routine was our circle that symbolized the fire pit. I think it would fit well into a dance when choreographing a routine. I believe it really

Creative Dance
(reflective writing assignment)

enhanced the element of fire and was interesting to do. Combining the arm and leg movements would also be useful.

Creative dance is one of the more interesting sections of dance. You learn a lot of movements and are able to dance through your emotions and music.

Teacher's Notes

Theory (Knowledge/Understanding)

not applicable

Thinking/Inquiry

- The student analyses the improvisational work (space, shape, theme) thoroughly, critically, and in great depth, using a large number of detailed, supporting examples (e.g., "during our routine we found that our circular shape (fire pit) and the sharp angular shapes that we used in the elements were the most effective").
- The student makes suggestions for improvement (e.g., "When it comes to making interesting shapes, I would suggest that you have people at different levels, rather than everyone standing ... together").
- The student provides good insight into improvisation (e.g., "The music is very useful to the dancer, because the beats and speed of the music reflect on the moves the dancer chooses to do").

Communication

- The student writes with a high degree of clarity, using the language of dance very effectively, properly, and consistently (e.g., "During our routine we used different methods for each element. We used ones like chassé skipping, running. ... Leaps were also a common one ..."; "... for water, contractions and expansions were useful for showing waves, the flow of water, and the idea of water hitting rocks").

Creation (Application)

not applicable

Comments/Next Steps

- The student should polish his or her sentence structure to reflect the depth of the analysis.