



KZN DEPARTMENT OF EDUCATION
EFFINGHAM SECONDARY SCHOOL



GRADE 8
CREATIVE ARTS

QUESTION 1

Code of conduct, and locomotor and non-locomotor movements

1. A dance class has a code of conduct so that you and other dancers in your class learn the lessons in a safe environment. Name at least two rules from your dance class's code of conduct that you, other learners and your teacher feel are the most important.
 Answer: _____

2. Read the dance sequence below. Underline all locomotor movements and circle all non-locomotor movements. Look out for 'action words' or verbs to help you.

Start with your feet parallel and your arms by your sides. Curl down your spine for 4 counts and uncurl for 4 counts. Bend to the right side and recover. Bend to the left side and recover. Walk 3 slow steps forward and run 6 steps back. Do 2 gallops to the right side. At the end of your last gallop, twist your spine and wrap your arms around your body. Shift your weight onto your left leg and do a full turn bringing your feet together and finishing the turn to the front. Repeat the gallops, the twist and the turn to the other side. Then, rise up onto demi-pointe, reaching with your arms over your head for 2 counts. Bend your knees and swing your body and arms forward, and recover. Slide your right foot forward. Then, slide your left foot forward. Step forward with your right foot and hop on the spot. Step with your left foot forward and hop on the spot.

3. Write down a short definition for locomotor and non-locomotor movements. Answer:

4. Name two locomotor movements that were not included in the dance sequence above.

Answer: _____

5. Name two non-locomotor movements that were not included in the dance sequence above.

Answer: _____

QUESTION 2

Warming up and cooling down

What happens to your body when you warm-up and when you cool-down? Read the list below and place each description in the correct column in the table.

- Body temperature rises
- Breathing becomes deeper and
- Heart rate quickens

- faster
- Body temperature cools
- Heart rate slows down
- Blood circulation is increased to
- Mind becomes more focussed and alert
- supply muscles with oxygen
- Lubrication of joints is increased
- Breathing slows down and relaxed cause cramping and stiffness
- Muscles are cleared of toxins that becomes more relaxed
- Muscles become more supple

Warm up	Cool down

2. Dance class starts at 10 o'clock and Yasin is ten minutes late. He missed the warmup. Name three consequences of missing the warm-up.

2.1 _____

2.2 _____

2.3 _____

QUESTION 3

- Refer to your Top Class Creative Arts textbook and answer the following questions
- Name, explain and draw the different classical ballet gestures you learnt this term. Refer to page 35
- The purpose of warming up and cooling down
- Take down the notepad on page 57