

DANCE



What is dance?



What is dance?

- **Dance** is a performance art form consisting of purposefully selected sequences of human movement that has aesthetic and symbolic value, and is acknowledged as dance by performers and observers within a particular culture.

Four kinds of dance

- Communal dance
- Ritual dance
- Folk dance
- Social dance





- **Communal dance** – is a dance of the members of primitive tribal cultures who look at dance as magic, tragedy or a method for survival.



- **Ritual dance** – is a conscious dance, whose design, purpose and meaning, just like any other dance, is thought about carefully.




www.alamy.com - AF73W2

- **Folk dance** – denotes any kind of dance developed within the traditional community.



- **Social dance** – is a major category or classification of dance forms or dance types, whereby sociability and socializing are the primary focus of the dancing.



Discuss the following questions with your partner or in a small group.


- Do you like to dance? If so, what is your favourite kind of dance?
- Is dancing a common art form in your home country? Or, is it more for fun and/or exercise?
- How has dancing changed over the years? What have been some of the main reasons for these changes?
- Why do you think dancing is important for people of all ages?

- <https://www.youtube.com/watch?v=CYk5xNJrZGM>

LET'S
DANCE

- **Reading. Find the following words/phrases. Then match the words/phrases on the left with the correct meaning on the right.**

- 1. Boost a. Happiness
- 2. Well-being b. Mental
- 3. Dramatically c. Nerves or nervous system
- 4. Intriguing d. Interesting
- 5. Cognitive e. To learn by movement/motion
- 6. Potential f. Designed or planned out
- 7. Neural g. Male or Female
- 8. Kinesthetic h. To appear or surface
- 9. Choreographed i. Improve
- 10. Rears its ugly head j. Gain or earn
- 11. Reap k. Possible
- 12. Gender l. Noticeably



Answer the following questions based on the reading. Try to use words from the vocabulary bank in your answers.

- 1. What are the well-known benefits of dancing?
- 2. What was one of the interesting findings of the 21-year study?
- 3. What are the differences between cognitive and physical activities?
- 4. What are three possible reasons why dancing can promote mental awareness?
- 5. What styles of dances have the greatest benefits to our mental health?
- 6. If you do like to dance, what are some suggestions to increase your cognitive functions?
- 7. What are some other positives to dancing besides boosting your overall health?

Homework

- **Write a brief summary (4-5 sentences) about the main idea in the reading.**



Internet sources

- <https://en.wikipedia.org/wiki/Dance>
- <https://www.google.lv/search?q=Dance+images&tbm>
- <http://www.eslmadeeasy.ca/2015/04/i-nternational-d-ance-day-is-april-29th.html>
- <https://drive.google.com/file/d/0BzvIkYu9m4iLVmkyci04S0RpSkk/view>
- <https://www.youtube.com/watch?v=CYk5xNJrZGM>

Thank you for your work!

