

Chinese Dance Workshop for Secondary & Above (Chinese Classical Dance)

as part of NAC-AEP (Experience) Programme

Programme Title:	Chinese Dance Workshop for Secondary & Above
Art form:	Dance
Target Audience:	Sec-Lower, Sec-Upper, JC/CI, ITE
Venue required:	Enclosed Area: Dance Studio or Music Room
Duration of each session:	90 minutes
Total no. of sessions:	3 sessions
Material/ Equipment needed:	Visualiser and CD player
Student: Instructor Ratio	1 instructor to 24 students

Outline of Programme:

There are misconceptions that “Chinese Dance” is all about fans, ribbons, and handkerchiefs. In fact, “Chinese dance” is an umbrella term used for dances of Chinese origin. In general, Chinese dance can be classified into two major types: Classical dance and Ethnic Folk dance.

Chinese Classical dance is a dance form derived from the reconstruction of ancient dance of China. It is an art form that encompassed the 5000 years of Chinese culture and profound traditional aesthetics. It also embodies human nature, moral standards and moral values.

This module aims to evoke interest and understanding of Chinese Classical dance through *Shen Yun* (the essence of Chinese Classical dance). Students will be guided to rearrange two pre-choreographed routines (A & B) using choreographic elements.

Learning Outcome:

At the end of the programme, the students will be able to:

- a. identify the different types of Chinese dance;
- b. talk about the characteristics of Chinese dance;
- c. demonstrate the different steps in Chinese dance at their absolute best

Assessment Task:

1. Group performance
2. Peer Evaluation

Lesson Plan:

Session Objectives	Duration	Student Activity
Session 1		
To equip the students with information of Chinese dance and how it is relevant in Singapore contexts	20-mins	<ul style="list-style-type: none"> - Go through objectives of the course - Share prior knowledge about Chinese dance with instructor - Watch a slide presentation about Chinese dance on the brief origin, costumes as well as music and dance
To equip the students with a basic warm-up routine used in Chinese dance	20-mins	<ul style="list-style-type: none"> - Follow a short warm up routine (Different level of difficulties depends on the age group)
To equip the students with dance routine that focus on the hand gestures and vocabulary used in Chinese dance	45-mins	<ul style="list-style-type: none"> - Follow a short dance routine (A).
To allow the students reflect and clear their doubts	5-mins	<ul style="list-style-type: none"> - Recap and debrief.
Session 2		
To strengthen the students' knowledge with the basic warm up routine	15-mins	<ul style="list-style-type: none"> - Follow a short warm up routine (Different level of difficulties depends on the age group)
To equip the students with dance routine that focus on the hand gestures and vocabulary used in Chinese dance	45-mins	<ul style="list-style-type: none"> - Follow a short dance routine (B).
To equip the students with the ability to create	25-mins	<ul style="list-style-type: none"> - Guided to recreate their own sequence by rearranging routine A and B.
To allow the students reflect and clear their doubts	5-mins	<ul style="list-style-type: none"> - Recap and debrief.
Session 3		
To strengthen the students' knowledge with the basic warm up routine	10-mins	<ul style="list-style-type: none"> - Follow a short warm up routine (Different level of difficulties depends on the age group)
To prepare the students for their showcase	35-mins	<ul style="list-style-type: none"> - Preparing for the presentation.
To equip the students with the basic ability to make simple judgement to others' performance	30-mins	<ul style="list-style-type: none"> - Present their dance sequence in groups - Take turns to make simple judgment regarding presentation of the other groups
To allow the students to share their thoughts	15-mins	<ul style="list-style-type: none"> - talk about their liking and understanding about Chinese dance

Chinese Dance Workshop for Secondary & Above (Chinese Ethnic Folk Dance)

as part of NAC-AEP (Experience) Programme

Programme Title:	Chinese Dance Workshop for Secondary & Above
Art form:	Dance
Target Audience:	Sec-Lower, Sec-Upper, JC/CI, ITE
Venue required:	Enclosed Area: Dance Studio or Music Room
Duration of each session:	90 minutes
Total no. of sessions:	3 sessions
Material/ Equipment needed:	Visualiser and CD player
Student: Instructor Ratio	1 instructor to 24 students

Outline of Programme:

There are misconceptions that “Chinese Dance” is all about fans, ribbons, and handkerchiefs. In fact, “Chinese dance” is an umbrella term used for dances of Chinese origin. In general, Chinese dance can be classified into two major types: Classical dance and Ethnic Folk dance.

Chinese ethnic folk dance comprises of the 56 ethnic groups in China including the Han, Tibetan, Mongolian, Uyghur, Korean and etc. Most of the dances portrayed their daily lifestyle and cultural belief, such as, harvest dance, courtship dance, festive dance and ritual dance.

This module aims to evoke interest and understanding of Chinese Ethnic folk dance through the unique way of moving in the different Ethnic groups. Students will be guided to rearrange two pre-choreographed routines (A & B) using choreographic elements.

Learning Outcome:

At the end of the programme, the students are expected to:

- a. identify the different types of Chinese dance;
- b. talk about the characteristics of Chinese dance;
- c. demonstrate the different steps in Chinese dance at their absolute best

Assessment Task:

1. Group performance
2. Peer Evaluation

Lesson Plan:

Session Objectives	Duration	Student Activity
Session 1		
To equip the students with information of Chinese dance and how it is relevant in Singapore contexts	20-mins	<ul style="list-style-type: none"> - Go through objectives of the course - Share prior knowledge about Chinese dance with instructor - Watch a slide presentation about Chinese dance on the brief history of the specific ethnic group, their custom, living environment, costumes as well as music and dance
To equip the students with a basic warm-up routine used in Chinese dance	20-mins	<ul style="list-style-type: none"> - Follow a short dance warm up routine (Different level of difficulties depends on the age group)
To equip the students with a dance routine (A)	45-mins	<ul style="list-style-type: none"> - Follow a short dance routine (A)
To allow the students reflect and clear their doubts	5-mins	<ul style="list-style-type: none"> - Recap and debrief.
Session 2		
To strengthen the students' knowledge with the basic warm up routine	15-mins	<ul style="list-style-type: none"> - Follow a short warm up routine (Different level of difficulties depends on the age group)
To equip the students with dance routine (B)	45-mins	<ul style="list-style-type: none"> - Follow a short dance routine (B)
To equip the students with the ability to rearrange their own routines using choreographic elements	25-mins	<ul style="list-style-type: none"> - Guided to recreating their own sequence by rearranging routine A and B
To allow the students reflect and clear their doubts	5-mins	<ul style="list-style-type: none"> - Recap and debrief.
Session 3		
To strengthen the students' knowledge with the basic warm up routine	10-mins	<ul style="list-style-type: none"> - Follow a short warm up routine (Different level of difficulties depends on the age group)
To prepare the students for their showcase	35-mins	<ul style="list-style-type: none"> - Preparing for the presentation.
To equip the students with the basic ability to make simple judgement to others' performance	30-mins	<ul style="list-style-type: none"> - Present their dance sequence in groups - Take turns to make simple judgment regarding presentation of the other groups
To allow the students to share their thoughts	15-mins	<ul style="list-style-type: none"> - talk about their liking and understanding about Chinese dance