basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

SENIOR CERTIFICATE EXAMINATIONS/
NATIONAL SENIOR CERTIFICATE EXAMINATIONS

DANCE STUDIES

MAY/JUNE 2026

MARKS: 150

TIME: 3 hours

This question paper consists of 10 pages.
This question paper must be printed in full colour.

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INSTRUCTIONS AND INFORMATION

1. This question paper consists of TWO sections with EIGHT questions in total.

2. SECTION A: SAFE DANCE PRACTICE AND HEALTH CARE (60 marks)
   - Answer ALL FOUR questions in this section.
   - You have a choice between QUESTION 3.1 and QUESTION 3.2. If you answer both questions, only the FIRST answer will be marked.

   SECTION B: DANCE HISTORY AND LITERACY (90 marks)
   - Answer ALL FOUR questions in this section.

3. Number the answers correctly according to the numbering system used in this question paper.

4. Read each question carefully and take note of what is required.

5. Read the ACTION VERB in each question to see what is required.

   ACTION VERBS USED IN THE QUESTIONS:
   LOW-LEVEL QUESTIONS: identify, explain, suggest, list, recommend, define, choose, write
   MEDIUM-LEVEL QUESTIONS: discuss, explain, elaborate, create
   HIGH-LEVEL QUESTIONS: evaluate, give, discuss, reflect, analyse, describe, substantiate, create

6. You may do rough planning in the ANSWER BOOK. Draw a line through any work that should NOT be marked.

7. You will be assessed on your ability to:

   - Write in one language only
   - Organise and communicate information clearly
   - Use the specific format asked for in certain questions
   - Use specialist dance terminology, where appropriate

8. Write neatly and legibly.

SECTION A: SAFE DANCE PRACTICE AND HEALTH CARE

QUESTION 1: INJURIES

Refer to the scenario below and answer the questions that follow.

For the last two weeks, Aviwe has been preparing for a dance production at school in an unsafe environment. The rehearsals were long and exhausting, and the teacher was constantly correcting her technique. Aviwe noticed sharp muscle pain and inflammation in the front of her lower legs.

1.1 Identify the possible injury in the scenario above. (1)

1.2 Discuss how the possible factors stated in the scenario above could have led to the injury identified in QUESTION 1.1. (3)

1.3 Explain how a treatment plan could encourage healing of the above-mentioned injury. (5)

1.4 Discuss the mental and physical impact that the injury identified in QUESTION 1.1 could have on Aviwe's recovery. (6)
[15]

QUESTION 2: COMPONENTS OF FITNESS

2.1 Choose ONE word/term from the list below for each of the following descriptions. Write only the word/term next to the question numbers (2.1.1 to 2.1.6) in the ANSWER BOOK.

core stability; progressive overload; cardiorespiratory endurance; muscle power; dynamic stretching; static stretching

2.1.1 The gradual increase of intensity over time to improve performance is known as … (1)

2.1.2 The ability of the heart and lungs to deliver oxygen during prolonged activity is called … (1)

2.1.3 A combination of strength and speed that allows dancers to perform explosive movements is called … (1)

2.1.4 Movements that warm up the body by actively taking joints through their range of motion are called … (1)

2.1.5 Maintaining control of the trunk and pelvis during movement requires good … (1)

2.1.6 Holding a stretch in one position for a period of time is known as … (1)

2.2 Explain how strength and flexibility benefit you as a dancer. (6)

2.3 Answer the questions below related to neuromuscular skills.

2.3.1 Name FOUR neuromuscular skills. (4)

2.3.2 Evaluate the relationship between neuromuscular skills and injury prevention in dance. (4)
[20]

QUESTION 3: GENERAL HEALTH CARE

NOTE: You have a choice between QUESTION 3.1 and QUESTION 3.2.
Answer only ONE of these questions.

3.1 Answer the questions below related to dance stereotypes.

3.1.1 List FIVE stereotypes about dance. (5)

3.1.2 Give an opinion on how cultural and/or social expectations could influence dance stereotypes. (5)

OR

3.2 Answer the questions below related to body image.

3.2.1 Recommend FIVE ways dancers could improve their body image. (5)

3.2.2 Discuss the impact of social media on a dancer's body image. (5)
[10]

QUESTION 4: DANCE PERFORMANCE

4.1 Define *musicality*. (2)

4.2 Suggest THREE ways of developing musicality. (3)

4.3 Explain how values and/or attitudes learnt in Dance Studies could benefit your dance performance. (5)

4.4 Discuss how applying safe dance technique(s) supported you in preparing for your final practical examination for Dance Studies. (5)
[15]

TOTAL SECTION A: 60

SECTION B: DANCE HISTORY AND LITERACY

QUESTION 5: IMPROVISATION AND CHOREOGRAPHY

5.1 Choose a definition from COLUMN B that matches the term in COLUMN A. Write only the letter (A–E) next to the question numbers (5.1.1 to 5.1.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
5.1.1	Narrative	A	a starting point for a dance idea/ movement expression
5.1.2	Stimulus	B	a combination of different dance forms/styles
5.1.3	Gesture	C	a type/category based on characteristics, form or style
5.1.4	Genre	D	everyday movement that expresses an idea
5.1.5	Fusion	E	a style of dance composition that tells a story

(5 x 1) (5)

5.2 Discuss how improvisation develops creativity. Substantiate your answer. (5)

5.3 Refer to the image below and answer the questions that follow.



[Source: https://i.pinimg.com/736x/e4/9e/ea/e49eea9d6c628c2c530b933125a15c41.jpg]

5.3.1 Identify FIVE choreographic structures and/or dance elements used in the image above. (5)

5.3.2 Explain how EACH of the choreographic structures and/or dance elements identified in QUESTION 5.3.1 is used in the image above. (5)

5.4 Reflect on how you used choreographic structures and/or dance elements to convey the theme of your choreography PAT. (5)
[25]

QUESTION 6: DANCE LITERACY

6.1 Various options are provided as possible answers to the following questions. Choose the answer and write only the letter (A–D) next to the question numbers (6.1.1 to 6.1.5) in the ANSWER BOOK.

6.1.1 A costume designer in the dance industry is responsible for …

A raising funds for dance companies.
B planning rehearsals and stage blocking.
C creating outfits that support movement and reflect a theme.
D directing lighting cues and sound effects. (1)

6.1.2 The main role of a dance therapist is to …

A create set designs for a production.
B help people improve their well-being through movement.
C design costumes for dance productions.
D manage lighting and sound cues during productions. (1)

6.1.3 Which dance-related career involves cueing/prompting technical elements for a performance?

A Dancer
B Dance critic
C Stage manager
D Costume designer (1)

6.1.4 A role/responsibility of an arts manager is to …

A train students in dance technique and theory.
B suggest rehabilitation plans for injured dancers.
C conduct live music for performances.
D market performances for a dance company. (1)

6.1.5 Which dance-related career involves planning the layout of the stage?

A Costume designer
B Dancer
C Dance critic
D Set designer (1)

6.2 Elaborate on the roles/responsibilities and/or skills of a dance critic and a choreographer. (2 x 4) (8)

6.3 Name your dance major.

Analyse how the context, principles/movement vocabulary and characteristics of your dance major have evolved/developed over time. (12)
[25]

QUESTION 7: DANCE WORK

Choose ONE dance work that you have studied from the prescribed list below.

INTERNATIONAL CHOREOGRAPHERS	DANCE WORKS
Alvin Ailey	*Revelations*
Christopher Bruce	*Ghost Dances*
George Balanchine	*Apollo*
Martha Graham	*Lamentation*

SOUTH AFRICAN CHOREOGRAPHERS	DANCE WORKS
Alfred Hinkel	*Bolero* **OR** *Cargo*
Gregory Maqoma	*Four Seasons* **OR** *Skeleton Dry*
Hazel Acosta	*Blood Wedding*
Mavis Becker	*Flamenco de Africa*
Sylvia Glasser	*Tranceformations*
Veronica Paeper	*Orpheus in the Underworld*
Vincent Mantsoe	*Gula Matari*

Name the dance work you have chosen.

7.1 Write the synopsis/theme/intent of the prescribed dance work. (4)

7.2 Discuss how the production elements are used in the dance work to convey symbolic meaning. (10)

7.3 Explain how the movement vocabulary is used to support the theme/intent of the dance work. (6)

7.4 Analyse the image below and answer the question that follows.



[Source: https://www.dezeen.com/2025/01/27/oaxaca-riverfront-red-stilts-entorno-contexto/]

Describe how you could use the non-conventional space above to support the theme(s) of the prescribed dance work. Substantiate with examples. (5)
[25]

QUESTION 8: CHOREOGRAPHER

Choose ONE choreographer that you have studied from the prescribed list below.

SOUTH AFRICAN CHOREOGRAPHERS	INTERNATIONAL CHOREOGRAPHERS
Alfred Hinkel	Alvin Ailey
Gregory Maqoma	Christopher Bruce
Hazel Acosta	George Balanchine
Mavis Becker	Martha Graham
Sylvia Glasser	
Veronica Paeper	
Vincent Mantsoe	

Name the choreographer you have chosen.

Create a mind map of the prescribed choreographer and include the following:

- Background
- Dance training
- Professional career
- Choreographic characteristics
- Contribution to the dance community (12)

NOTE: Use 1–2 pages for your design. You do not have to use colour in your design. (3)
[15]

TOTAL SECTION B: 90
GRAND TOTAL: 150

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