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I. ACTIVITIES

A. Activity 1

Watch a dance performance. Give at least two benefits of dance based on the following

i. Physical:

1. Enhances flexibility, strength, and endurance: Dance involves various movements that stretch and strengthen muscles, improving flexibility and endurance. These physical activities contribute to overall fitness and health.

2. Promotes cardiovascular health: Many dance forms involve aerobic exercises that increase heart rate and improve circulation, thereby promoting cardiovascular health.

ii. Emotional:

1. Boosts mood and reduces stress: Engaging in dance can release endorphins, neurotransmitters that promote feelings of happiness and reduce stress levels, contributing to improved emotional well-being.

2. Provides an outlet for self-expression: Dance allows individuals to express their emotions, thoughts, and creativity through movement, providing a cathartic outlet for emotional expression and release.

iii. Mental:

1. Enhances cognitive function: Learning and performing dance routines involve memorization, coordination, and spatial awareness, which stimulate brain activity and enhance cognitive function.

2. Improves concentration and focus: Practicing dance routines requires concentration and focus, training the mind to stay present and focused, which can improve attention span and mental clarity.

iv. Social:

1. Fosters teamwork and collaboration: Dance often involves group performances, requiring dancers to work together, communicate effectively, and synchronize their movements, fostering teamwork and collaboration skills.

2. Builds community and connections: Participating in dance classes or performances creates opportunities for social interaction, helping individuals build friendships, networks, and a sense of belonging within a community of dancers.

v. Cultural:

1. Preserves and celebrates cultural heritage: Many dance forms are deeply rooted in cultural traditions and history, serving as a means to preserve and celebrate cultural heritage through movement, music, and costume.

2. Facilitates cross-cultural exchange: Through dance, individuals can explore and appreciate diverse cultural perspectives, fostering understanding, respect, and appreciation for different cultural traditions and identities.



B. Activity 2

Explore in the internet or any media sources and watch a dance clip or video of your choice. Observe and identify the elements used. Answer the following questions in your report. Analysis of Dance Clip:

a. Space:

- The dance utilized various directions, shifting from side to side and moving from high to low.
- There was considerable traveling from one spot to another, with both straight and curved paths being employed.

b. Timing:

- The timing of the dance varied, with moments of both fast and slow movements.
- The rhythmic structure was uneven, occasionally opposing the music to create dynamic contrasts.

c. Bodily shape:

- The bodily shapes used were predominantly rounded, with occasional angular elements.
- There was a combination of symmetrical and asymmetrical shapes throughout the performance.

d. Dance energies:

- The qualities of energies used included sustained, vibratory, and percussive movements.
- Movements varied between bound and free, adding texture and dynamics to the performance.

Group shape:

- The group shape fluctuated between wide and narrow formations, with occasional rounded and angular arrangements.
- Both symmetrical and asymmetrical group shapes were employed, enhancing visual interest and composition.