

GRADE 8 CREATIVE ARTS AND SPORTS NOTES

STRAND ONE: FOUNDATIONS OF CREATIVE ARTS AND SPORTS

Definition of creative arts and sport:

Creative Arts

This is a description of various artistic activities that allow performers to use their imaginations, creativity, and express ideas through a variety of mediums to pass a message to the audience.

Sport

A sport is any activity involving physical or mental effort combined with skills in which an individual or a team or teams compete against another or others for entertainment.

Roles of creative arts and sports

The roles of creative arts and sports are divided into two different types namely:

- Economic roles
- Social roles

Social roles of creative arts and sports

- ❖ Creates a sense of identity-bring people together, creating shared experiences that help to foster a sense of community and collective identity.
- ❖ Creative arts and sports promote cohesion through teamwork.
- ❖ Through creative arts and sports culture is preserved-it ensures that our history and traditions are not forgotten, and that future generations can appreciate and learn from them.

- ❖ Creative arts and sports inspire creativity, talents and abilities.
- ❖ Creative arts and sports provide provides us with entertainment through components such as music, dance, drama, narratives, films and movies, various sports i.e., soccer, basketball, netball, volley ball.
- ❖ Help develop problem solving skills
- ❖ Learning resilience and perseverance
- ❖ Make one to gain confident

Economic roles of creative arts and sports

- ❖ Creative arts and sports provide employment opportunities such as artists, musicians, referees, sports coaches, sports doctors, choreographers. Trainers, teachers etc.
- ❖ One can earn income through activities related to creative arts and sports hence eradicating poverty.
- ❖ Through creative arts and sports, a country can earn or generate tax revenue. (boosts revenue collection)
- ❖ Creative arts and sports attract investments which in turn increases job opportunities.
- ❖ Creative arts and sports stimulate growth of economy through sectors such as tourism.
(Encourages tourism)
- ❖ Create employment opportunities



Tourist attractions sites



preservation of culture

1.2 Components of creative arts and sports

Creative arts are made of the following components:

Visual arts -creative art forms appreciated through sense of sight such as;

❖ *Drawing.*

❖ *Painting.*

❖ *Sculpture.*

❖ *Montage.*

❖ *Collage*

❖ **Play** - a written work that tells a story through action and speech and is meant to be acted on a stage.

❖ **Music** - Music is a collection of coordinated sound or sounds. Making music is the process of putting sounds and tones in an order, often combining them to create a unified composition

- ❖ **Dance** – dance is the movement of the body in a rhythmic way, usually to music and within a given space, for the purpose of expressing an idea or emotion.

Principles of Visual arts.

There are two principles of visual arts namely:

1. Principle of dominance.
2. Principle of proportion.

1. Principle of dominance(emphasis) in Visual Arts.

- ❖ Dominance is when a single element is so large and/or different compared to the rest of the design that it dominates. It grabs your attention.
- ❖ It contributes to organic unity by emphasizing the fact that there is one main feature and that other elements are subordinate to it
- ❖ Famous examples include the London Eye that dominates the skyline of London or the Ashoka Lions that dominate the Indian Passport and other official documents.



2. Principle of Proportion in Visual arts.

Proportion refers to the dimensions of a composition and relationships between height, width and depth. How proportion is used will affect how realistic or stylized. Proportion also describes how the sizes of different parts of a piece of art or design relate to each other.

Proportion in any art is the relative size of objects in relation to each other or corresponding to the other elements as a whole.

Basic Elements of a play.

❖ **Theme** - What is the meaning of theme in element of drama?

The theme refers to the message (meaning) that is intended to be expressed in the story. In other words, it is the main idea or the lesson to be learned from the story. Examples of themes in plays include: justice, loyalty, drugs, bullying, human rights etc.

❖ **Character**- this is a person or individual taking part in the play or drama that may have defined personal qualities and/or histories.

❖ **Plot**- A plot is a sequence of events within a play that tells a story. A plot is what makes a story.

Five components make up a plot: exposition, rising action, climax, falling action, and resolution.

Conflict and theme help drive the plot forward.

- ❖ **Language**- Language in drama is represented as spoken language or, in other words, as speech.

In drama, language refers to the particular manner of verbal expression, the diction or style of writing, or the speech or phrasing that suggests a class or profession or type of character.

- ❖ **Setting**- The setting is the time and place in which the story takes place

Elements of Music in Creative Arts.

- ❖ **Sound**-any tone with characteristics such as controlled pitch and timbre □ **Rhythm** Rhythm is the pattern of sound, silence, and emphasis in a song □ **Melody**- a melody is a combination of pitch and rhythm.
- ❖ **Harmony**-harmony, in music, the sound of two or more notes heard simultaneously.

Elements of Dance in Creative Arts.

- ❖ **Body** - In dance, the body is the mobile figure or shape, felt by the dancer, seen by others. The body is sometimes relatively still and sometimes changing as the dancer moves in place or travels through the dance area. The body is the mobile instrument of the dancer and helps inform us of what is moving.
- ❖ **Action** – This is what a dancer does, for example travelling, turning, elevation, gesture, stillness, use of body parts, floor-work and the transference of weight.
- ❖ **Space** refers to the area through which the dancer's body moves.

- ❖ ***Time*** - It is an essential part of choreographing and performing dance. It helps us to stay together when we dance in unison, identify the beat and the rhythm of how we move and provide stimulus for choreography.

Verse

verse generally refers to a single line of a poem or a stanza but can also be used to refer to a poem or even poetry in general. In other genres, such as music, verse can refer to the non-chorus, lyrical sections of a song or a collection of bars in rap

Elements of a verse

1. Meter
2. Theme
3. Structure
4. form
5. Speaker sound devices
6. figurative language
7. rhyme
8. Tone
9. mood

Endurance and agility of physical

Agility

This is the ability to move and change the direction and position of the body quickly and effectively while under control.

It requires quick reflexes, coordination, balance, speed, and correct response to the changing situation.

Agility training has been included in several endurance training programs. Maximum oxygen consumption rate is a direct measurement of an individual's endurance capacity and its relationship to agility has not been studied.

Endurance- refers to your body's physical capability to sustain an exercise for an extended period. It's made up of two components:

- ❖ cardiovascular endurance
- ❖ muscular endurance.

Cardiovascular endurance is the ability of your heart and lungs to fuel your body with oxygen

Physical activities that build up endurance

- ❖ Brisk walking or jogging.
- ❖ Yard work (mowing, raking)
- ❖ Dancing.
- ❖ Swimming.
- ❖ Biking.

- ❖ Climbing stairs or hills.
- ❖ Playing tennis or basketball
- ❖

Pitch

This is a property of a sound and especially a musical tone that is determined by the frequency of the waves producing it.

Bass staff

On the bass clef, the notes going through the lines on the staff (from the bottom up) are G, B, D, F and A. To make it easy to remember these notes, we use the sentence “Good Boy Deserves Fruit Always”.

The notes going through the spaces on the bass clef (from the bottom up) are A, C, E, and G.

1. Lines: The lines of the bass staff, from bottom to top, correspond to the notes G, B, D, F, and A. A handy phrase to remember this is “Good Boys Do Fine Always”.
2. Spaces: The spaces, from the lowest to the highest, represent the notes A, C, E, and G.



A ledger line

two dots of the clef is F.

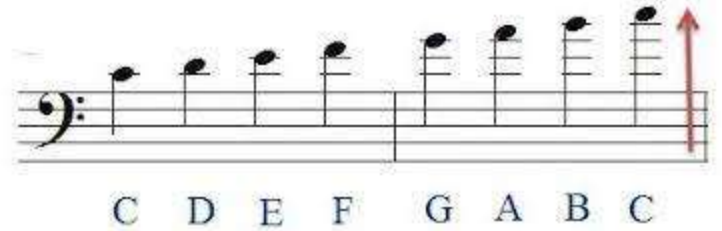


Diagram illustrating the first six notes of the C major scale (C, D, E, F, G, A) on a treble clef staff. The notes are represented by musical notation (quarter notes) and labeled with their corresponding letter names (C, D, E, F, G, A) in blue boxes.

G major is a musical key that has G as the tonic. The G major scale is made up of 8 notes, separated by a specific pattern of whole steps (W) and half steps (H): W-W-H-W-W-W-H, with the notes being G-A-B-C-D-E-F#-G.

G Major Piano Scale

The diagram illustrates the G Major Piano Scale. The top part shows a piano keyboard with the notes G, A, B, C, D, E, and F# (labeled with a sharp sign) highlighted. Below the keyboard, the notes are written on a musical staff in G major, starting on G4 and ascending to G5. The notes are G, A, B, C, D, E, F#, and G. The F# note is marked with a sharp sign.

B minor.

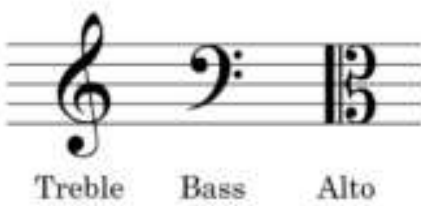
C major.

D major.

E minor.

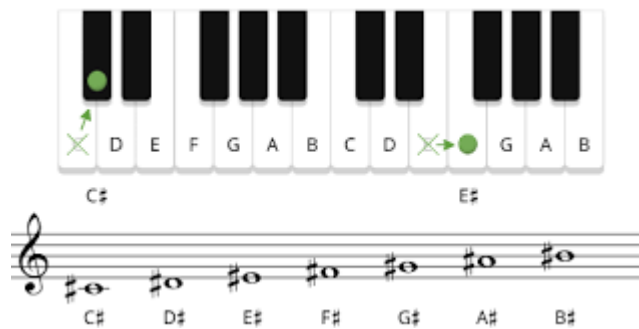
F# diminished

G major in treble, base and alto



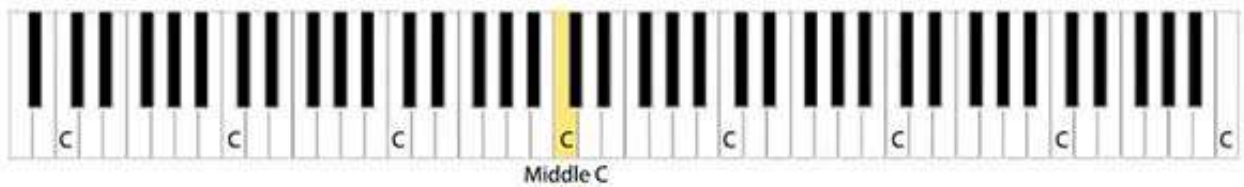
Keyboard accidentals

There are five types of accidentals; accidentals are characters that can be placed before notes to raise or lower them. The sharp symbol—♯—raises a pitch a half step. The flat symbol—♭—lowers a pitch a half step. The double sharp symbol—𝄌—raises a pitch two half steps, or a whole step.



Middle C is the 4th C note from the left hand side of a standard 88-key piano (the 5th C from the right hand side) and is commonly tuned to 256 Hz. It is referred to as C4 in scientific pitch notation, is note

number 60 in the MIDI protocol and is located on the 1st fret of the 2nd string on a guitar.



Rhythm

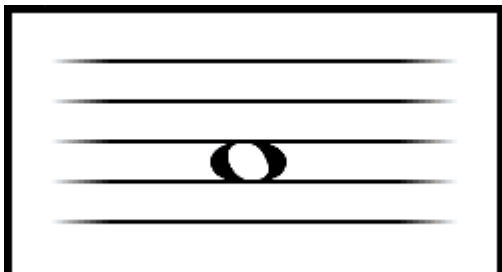
Rhythm is the pattern of sound, silence, and emphasis in a song

Melody- a melody is a combination of pitch and rhythm.

A semibreve

is one musical note that counts for four beats and is represented by a hollow circle with no stem.

An entire measure is used with one semibreve in 4/4 time. Though four quarter notes used a full measure as well, the difference is in the way the note is held with a semibreve. Four quarter notes will play the same note four times within a measure, while a semibreve holds the note for four beats within a measure.



A minim

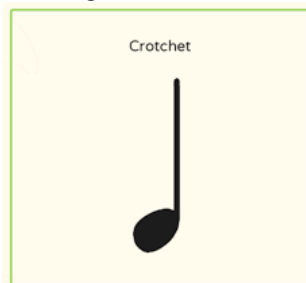
A minim is a musical note worth half a semibreve (whole note) and twice a crochet (quarter-note). It is known as a minim in British, and a half note in American. Visually, a minim is a hollow oval (ring) with a stem going up or down and no tail.



A **crotchet**

A **crotchet** is a musical note with the time value of one beat - or a quarter of a semibreve.

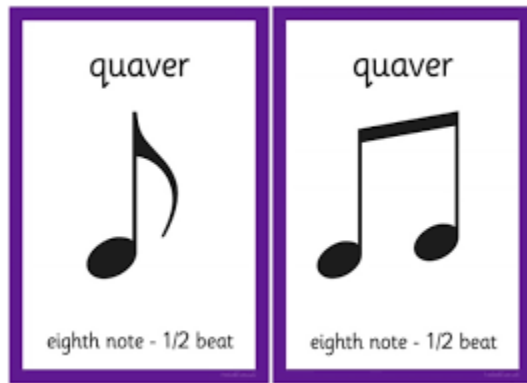
In the American terminology, the crotchet is known as a 'quarter note' as it is played for one quarter of the length of a semibreve.



Quaver

A **quaver** is a musical note that lasting for half a beat. That means that two quavers last as long and one crotchet.

Quavers in music notation are written with a black note head, a stem and a tail. The tails are 'beamed', or joined together at the top when there are two or more next to each other - like in the example above right.



Bass staff

Each line of the staff represents a specific pitch. Starting from the bottom of the bass clef staff, the lines represent G, B, D, F and A. The bass clef is sometimes called the F clef because the bass clef symbol has two dots that surround the line F. The letters always remain in this order, which makes it easy to use.

Treble staff

Each line of the staff represents a specific pitch. Starting from the bottom of the treble clef staff, the lines represent E, G, B, D and F. The treble clef is sometimes called the 'G clef,' because the treble clef symbol circles around the line G. The letters always remain in this order, which makes it easy to use.

Dance

Dance is the movement of the body in a rhythmic way, usually to music and within a given space, for the purpose of expressing an idea or emotion.

Dance can be broken down into the following five elements:

- ❖ Body.
- ❖ Action.
- ❖ Space.
- ❖ Time.
- ❖ Energy.

Reading the Time Signatures

The number of notes allowed in each measure is determined by the **time signature**. As you saw in the time signature examples above, each time signature has two numbers: a top number and a bottom number: **2/4** time, **3/4** time, **4/4** time, **3/8** time, **9/8** time, **4/2** time, **3/1** time, and so on.

The bottom number of the time signature indicates a certain kind of note used to count the beat, and the top number reveals how many beats are in each measure. If you look at the American note names from the chart above, there is a fun little trick to it:

Take the 2/4-time signature for example - with the 2 on the top of the time signature you know there are 2 beats for one measure, and this leaves you with a fraction of 1/4—a quarter, the note-length the

time signature is indicating to you then is a quarter note. Therefore, you know that there are two quarter notes worth of time in every measure:



❖ Let's try another one. In 9/8 time, you know that in every measure there are 9 notes in a 1/8 length.



❖ How about in 4/2 time?



❖ In 4/2 time, each measure has 4 notes of 1/2, so we have 4 1/2 notes:

❖ Now try 3/1 time.

❖ In 3/1 time, so we have 3 notes of a 1/1 length, so 3 whole notes!

