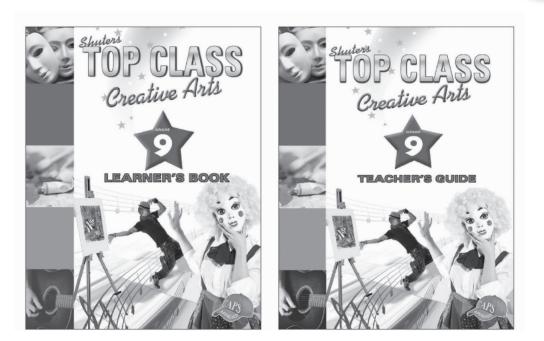


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OS1001306







	TERM 1 – DANCE								
WEEK	UNIT	ACTIVITY	ΤΟΡΙϹ	PAGE REF	RECORDING	REFLECTION			
	1		DANCE PERFORMANCE						
		1.1	Spinal warm-up	TG - P4 LB - P2					
		1.2	Arm reaches and swings	TG - P4 LB - P6					
		1.3	Front and side lunges	TG - P5 LB - P8					
		1.4	Rounding and lengthening of the spine	TG - P7 LB - P10					
		1.5	Abdominal and spinal strengthening	TG - P7 LB - P11					
		1.6	Rounding and lengthening of the spine and side bends	TG - P8 LB - P12					
		1.7	Knee bends and rises	TG - P10 LB - P15					
		1.8	Body part isolations and combinations with rhythmic patterning	TG - P11 LB - P16					
		1.9	Feet warm-ups and small jumps, focusing on safe landings	TG - P12 LB - P19					
		1.10	Combination locomotor steps, changing directions	TG - P13 LB - P21					
		1.11	Cooling down with relaxation imagery and slow, safe stretching	TG - P15 LB - P24					
	2		IMPROVISATION AND COMPOSITION						
		2.1	Exploration of natural gestures	TG - P18 LB - P27					
		2.2	Composition structures	TG - P19 LB - P28					
	3		DANCE THEORY AND LITERACY						
		3.1	Introduction to principles of posture and alignment	TG - P20 LB - P31					
		3.2	Use of core and spine	TG - P22 LB - P32					



		TERM 2 – DANCE							
WEEK	UNIT	ACTIVITY	ΤΟΡΙϹ	PAGE REF	RECORDING	REFLECTION			
	4		DANCE PERFORMANCE						
		4.1	Front and side lunges, adding leg raises	TG - P30 LB - P35					
		4.2	Rounding and lengthening of the spine and side bends, adding arm swings	TG - P31 LB - P38					
		4.3	Knee bends and rises, adding co-ordinating arms	TG - P32 LB - P39					
		4.4	Leg exercises for balance and control	TG - P33 LB - P41					
		4.5	Simple turns with eye focus (spotting)	TG - P34 LB - P43					
		4.6	Travelling turns with eye focus (spotting)	TG - P35 LB - P43					
		4.7	Small jump sequences with changes of direction	TG - P35 LB - P44					
		4.8	Cooling down with safe slow stretching	TG - P36 LB - P45					
		4.9	Indigenous South African dance	TG - P38 LB - P49					
		4.10	Indigenous South African dance presentation and performance	TG - P41 LB - P51					
	5		IMPROVISATION AND COMPOSITION						
		5.1	Working with relationships: Meeting and parting	TG - P42 LB - P52					
		5.2	Working with relationships: Call and response	TG - P42 LB - P53					
		5.3	Working with relationships: Blind and guide	TG - P43 LB - P54					
		5.4	Working with relationships: Giving and receiving weight	TG - P43 LB - P55					
		5.5	Working with relationships	TG - P45 LB - P58					
		5.6	Composition structures	TG - P46 LB - P59					
		5.7	Composing for performance	TG - P47 LB - P61					
	6		DANCE THEORY AND LITERACY						
		6.1	Dance elements: Time, space and force	TG - P50 LB - P65					
		6.2	Dance Terminology Reference Sheet update	TG - P51 LB - P65					
		6.3	Written test	TG - P51 LB - P66					

		TERM 3 – DANCE							
WEEK	UNIT	ACTIVITY	ΤΟΡΙϹ	PAGE REF	RECORDING	REFLECTION			
	7		DANCE PERFORMANCE						
		7.1	Knee bends and rises with co-ordinating arms, adding balances	TG - P56 LB - P68					
		7.2	Arm exercises to develop fluidity	TG - P57 LB - P70					
		7.3	Strengthening and lengthening of the muscles: brushes	TG - P58 LB - P71					
		7.4	Extending the range of movement in the joints: circular kicks	TG - P58 LB - P72					
		7.5	Low and high kicks	TG - P59 LB - P74					
		7.6	Building stamina through jumping, galloping and leaping	TG - P60 LB - P76					
		7.7	Exploring jumping, galloping and leaping	TG - P61 LB - P79					
		7.8	Learning a short fast dance sequence with attention to quick footwork	TG - P63 LB - P80					
		7.9	Cooling down with flowing movement and slow stretching	TG - P64 LB - P80					
	8		IMPROVISATION AND COMPOSITION						
		8.1	Exploration of dance elements: contrasting dynamics	TG - P65 LB - P82					
		8.2	Exploring ideas, moods and thoughts	TG - P67 LB - P83					
		8.3	Composition of a movement sequence based on a stimulus	TG - P70 LB - P88					
	9		DANCE THEORY AND LITERACY						
		9.1	Discussion of a dance seen	TG - P72 LB - P91					
		9.2	Researching and comparing three dance forms in South Africa	TG - P73 LB - P92					
		9.3	Dance Terminology Reference Sheet update	TG - P74 LB - P93					

			TERM 4 – D	ANCE		
WEEK	UNIT	ACTIVITY	ΤΟΡΙϹ	PAGE REF	RECORDING	REFLECTION
	10		DANCE PERFORMANCE			
		10.1	Mastery of the dance class	TG - P78 LB - P96		
		10.2	Mastery and performance of a group dance sequence	TG - P82 LB - P99		
	11		IMPROVISATION AND COMPOSITION			
		11.1	Composition of a movement sequence	TG - P83 LB - P100		
	12		DANCE THEORY AND LITERACY			
		12.1	Reflection on own dance experiences	TG - P86 LB - P103		
		12.2	Dance Terminology Reference Sheet update	TG - P86 LB - P103		
		12.3	Written exam	TG - P87 LB - P104		

			TERM 1 – D	RAMA		
WEEK	UNIT	ACTIVITY	ΤΟΡΙϹ	PAGE REF	RECORDING	REFLECTION
	1		DRAMATIC SKILLS DEVELOPMENT			
		1.1	Restful alertness	TG - P93 LB - P106		
		1.2	Neutral posture	TG - P94 LB - P108		
		1.3	Breath control and capacity	TG - P95 LB - P109		
		1.4	Focus on swings	TG - P95 LB - P110		
		1.5	Curling and uncurling the spine	TG - P96 LB - P112		
		1.6	What is the purpose of warming up and cooling down?	TG - P96 LB - P113		
	2		DRAMA ELEMENTS IN PLAYMAKING			
		2.1	Recapping ritual and the elements of drama	TG - P97 LB - P114		
		2.2	Choose a cultural process	TG - P97 LB - P115		
		2.3	Re-enacting the cultural practice	TG - P98 LB - P116		
		2.4	Creating a context and story-line	TG - P98 LB - P116		
		2.5	Consider the elements	TG - P99 LB - P117		
		2.6	Be culturally sensitive	TG - P100 LB - P120		
		2.7	Rehearse your improvisation	TG - P100 LB - P120		
		2.8	Perform your improvisation	TG - P101 LB - P121		
	3		APPRECIATION AND REFLECTION			
		3.1	Peer reflection	TG - P102 LB - P121		
		3.2	Self-reflection	TG - P102 LB - P123		
	4		MEDIA			
		4.1	Influences of media on our behaviour	TG - P103 LB - P124		

	TERM 2 – DRAMA								
WEEK	UNIT	ACTIVITY	ΤΟΡΙϹ	PAGE REF	RECORDING	REFLECTION			
	5		DRAMATIC SKILLS DEVELOPMENT						
		5.1	Restful alertness	TG - P105 LB - P126					
		5.2	Neutral posture	TG - P106 LB - P128					
		5.3	Breath control and capacity	TG - P106 LB - P128					
		5.4	Phonation	TG - P106 LB - P129					
		5.5	Resonance	TG - P107 LB - P130					
		5.6	Focus on swings	TG - P108 LB - P131					
		5.7	Curling the spine	TG - P108 LB - P134					
		5.8	Creating environment through the body	TG - P108 LB - P135					
		5.9	Why do we warm up and cool down?	TG - P109 LB - P136					
	6		INTERPRETATION AND PERFORMANCE OF A CHOICE OF DRAMATIC FORMS						
		6.1	Finding a poem	TG - P110 LB - P137					
		6.2	Text analysis	TG - P110 LB - P139					
		6.3	Vocal clarity	TG - P111 LB - P140					
		6.4	Physical expressiveness	TG - P111 LB - P140					
		6.5	Emotional connection	TG - P112 LB - P141					
		6.6	Creating mood	TG - P112 LB - P142					
		6.7	Using poetic devices	TG - P112 LB - P143					
		6.8	Audience contact	TG - P116 LB - P147					
		6.9	Rehearse the poem	TG - P116 LB - P148					
		6.10	Perform the poem	TG - P117 LB - P148					
		6.11	Finding the prose	TG - P118 LB - P149					

	TERM 2 – DRAMA							
WEEK	UNIT	ACTIVITY	ΤΟΡΙϹ	PAGE REF	RECORDING	REFLECTION		
		6.12	Text analysis	TG - P118				
				LB - P151				
		6.13	Narrative techniques	TG - P119 LB - P152				
		6.14	Verbal characterisation	TG - P119				
		6.14	verbal characterisation	LB - P152				
		6.15	Physical expressiveness	TG - P119				
				LB - P153 TG - P120				
		6.16	Vocal clarity	LB - P155				
		6.17	Audience contact	TG - P121				
		0.17		LB - P156				
		6.18	Rehearse the prose	TG - P121				
			· ·	LB - P157				
		6.19	Perform the prose	TG - P121 LB - P157				
				TG - P122				
		6.20	Finding a monologue	LB - P158				
		6.21	Text analysis	TG - P123				
		0.21		LB - P160				
		6.22	Interpretation of the	TG - P123				
			character	LB - P161				
		6.23	Vocal characterisation	TG - P124 LB - P162				
				TG - P125				
		6.24	Vocal clarity	LB - P163				
		6.25	Physical characterisation	TG - P126				
		0.25		LB - P164				
		6.26	Use of space	TG - P126 LB - P165				
				TG - P105				
		6.27	Emotional connection	LB - P166				
		6.30		TG - P127				
		6.28	Impact of the monologue	LB - P167				
		6.29	Rehearse the monologue	TG - P128				
				LB - P167				
		6.30	Perform the monologue	TG - P128 LB - P168				
	7		MEDIA					
				TG - P129				
		7.1	Defining stereotypes	LB - P168				
			Discrimination and	TC 0120				
		7.2	prejudice because of	TG - P130 LB - P169				
			stereotyping					
		7.3	Professional performance	TG - P131				
			review	LB - P171				

			TERM 3 – D	RAMA		
WEEK	UNIT	ACTIVITY	ΤΟΡΙϹ	PAGE REF	RECORDING	REFLECTION
	8		DRAMATIC SKILLS DEVELOPMENT			
		8.1	Physical characterisation	TG - P134 LB - P176		
		8.2	Vocal interpretation skills	TG - P135 LB - P178		
		8.3	Modulating the voice	TG - P135 LB - P179		
	9		DRAMA ELEMENTS IN PLAYMAKING – A POLISHED IMPROVISATION			
		9.1	Creating an improvisation	TG - P137 LB - P180		
		9.2	The purpose of performance	TG - P137 LB - P181		
		9.3	What is your target audience?	TG - P138 LB - P182		
		9.4	Basic staging conventions	TG - P138 LB - P182		
		9.5	Using symbols	TG - P140 LB - P185		
		9.6	Using the technical elements	TG - P141 LB - P186		
		9.7	Rehearse your improvisation	TG - P143 LB - P189		
		9.8	Perform your improvisation	TG - P143 LB - P189		
	10		APPRECIATION AND REFLECTION			
		10.1	Peer assessment of polished improvisation	TG - P144 LB - P190		

	TERM 4 – DRAMA							
WEEK	UNIT	ACTIVITY	ΤΟΡΙϹ	PAGE REF	RECORDING	REFLECTION		
	11		DRAMATIC SKILLS DEVELOPMENT					
		11.1	Warm-up routine	TG - P147 LB - P192				
	12		INTERPRETATION AND PERFORMANCE OF A CHOICE OF DRAMATIC FORMS					
		12.1	Finding a scene	TG - P149 LB - P194				
		12.2	Text analysis	TG - P149 LB - P199				
		12.3	Interpreting the character	TG - P150 LB - P199				
		12.4	Vocal characterisation	TG - P150 LB - P200				
		12.5	Vocal clarity	TG - P150 LB - P200				
		12.6	Physical characterisation	TG - P151 LB - P201				
		12.7	Emotional connection	TG - P151 LB - P201				
		12.8	Use of space	TG - P151 LB - P202				
		12.9	Interacting on stage	TG - P152 LB - P204				
		12.10	Impact of the scene	TG - P152 LB - P205				
		12.11	Rehearse the scene	TG - P153 LB - P206				
		12.12	Perform the scene	TG - P153 LB - P207				
		12.13	Finding a radio drama	TG - P155 LB - P207				
		12.14	Text analysis	TG - P155 LB - P210				
		12.15	Interpretation of the character	TG - P156 LB - P211				
		12.16	Vocal characterisation	TG - P156 LB - P211				
		12.17	Vocal clarity	TG - P156 LB - P212				
		12.18	Emotional connection	TG - P157 LB - P212				
		12.19	Interaction on radio	TG - P157 LB - P213				

	TERM 4 – DRAMA								
WEEK	UNIT	ACTIVITY	ΤΟΡΙϹ	PAGE REF	RECORDING	REFLECTION			
		12.20	Development of relationships	TG - P158 LB - P213					
		12.21	The use of sound effects and music	TG - P158 LB - P214					
		12.22	Use of the voice to create atmosphere, space and time	TG - P158 LB - P216					
		12.23	Use of pause, building tension by using only sound	TG - P159 LB - P218					
		12.24	Impact of sound on the listener	TG - P159 LB - P219					
		12.25	Rehearse the radio drama	TG - P160 LB - P220					
		12.26	Perform the radio drama	TG - P160 LB - P220					
	13		APPRECIATION AND REFLECTION						
		13.1	Peer assessment	TG - P161 LB - P221					

			TERM 1 – N	IUSIC		
WEEK	UNIT	ACTIVITY	ΤΟΡΙϹ	PAGE REF	RECORDING	REFLECTION
	1		MUSIC LITERACY			
		1.1	Note duration and pitch	TG - P167 LB - P226		
		1.2	Time signatures – fill in the bar lines	TG - P167 LB - P227		
		1.3	Time signatures and keys	TG - P168 LB - P227		
		1.4	Construction of major scales	TG - P169 LB - P229		
		1.5	Notate the key signatures	TG - P169 LB - P230		
		1.6	Name the keys of the following	TG - P170 LB - P231		
		1.7	Name these notes on the ledger lines	TG - P170 LB - P232		
		1.8	Calculate the size of the interval	TG - P171 LB - P234		
		1.9	Perfect and major intervals	TG - P172 LB - P235		
		1.10	Singing or playing in the keys of C, G, D and F major	TG - P172 LB - P236		
		1.11	Put music terminology into practice	TG - P174 LB - P238		
	2		MUSIC LISTENING			
		2.1	Listen to the sound of the families of instruments of the orchestra	TG - P178 LB - P244		
	3		PERFORMING AND CREATING MUSIC			
		3.1	Perform a selection of music	TG - P181 LB - P248		
		3.2	Complete the four-bar phrase in various keys	TG - P184 LB - P250		

			TERM 2 – N	IUSIC		
WEEK	UNIT	ACTIVITY	ΤΟΡΙϹ	PAGE REF	RECORDING	REFLECTION
	4		MUSIC LITERACY			
		4.1	Rests, note duration and pitch	TG - P187 LB - P255		
		4.2	Notate major scales using your own interesting rhythms	TG - P187 LB - P256		
		4.3	Calculate the key signatures	TG - P188 LB - P257		
		4.4	Name the time and key signatures of the following	TG - P189 LB - P257		
		4.5	Notation using ledger lines	TG - P189 LB - P258		
		4.6	Augmented intervals in various keys	TG - P190 LB - P260		
		4.7	Perfect, major or augmented intervals in various keys	TG - P190 LB - P260		
		4.8	Construct the major triad or chord in root position	TG - P191 LB - P262		
		4.9	Notate the primary triads or chords of the keys	TG - P192 LB - P263		
		4.10	Singing or playing in the keys of C, G, D and F major	TG - P193 LB - P264		
		4.11	Put music terminology into practice	TG - P194 LB - P266		
	5		MUSIC LISTENING			
		5.1	Listening to recorded music	TG - P196 LB - P268		
	6		PERFORMING AND CREATING MUSIC			
		6.1	Perform a selection of music	TG - P197 LB - P270		
		6.2	Performing a song by an artist discussed in Activity 5.1	TG - P197 LB - P270		
		6.3	Prepare lyrics and a melody	TG - P198 LB - P271		
		6.4	Writing lyrics and composing a melody	TG - P198 LB - P271		

	TERM 3 – MUSIC							
WEEK	UNIT	ACTIVITY	ΤΟΡΙϹ	PAGE REF	RECORDING	REFLECTION		
	7		MUSIC LITERACY					
		7.1	Major scales	TG - P204 LB - P278				
		7.2	Name the keys of the following	TG - P204 LB - P279				
		7.3	Notation using ledger lines	TG - P205 LB - P280				
		7.4	Minor intervals	TG - P205 LB - P281				
		7.5	Perfect, major, augmented and minor intervals	TG - P206 LB - P281				
		7.6	Diminished intervals	TG - P207 LB - P284				
		7.7	Notate the various intervals	TG - P208 LB - P284				
		7.8	Notate the primary triads or chords of the keys	TG - P209 LB - P287				
		7.9	Singing or playing in the keys of C, G, D and F major	TG - P209 LB - P288				
		7.10	Revise music terminology	TG - P209 LB - P288				
	8		MUSIC LISTENING					
		8.1	Listen to recorded music	TG - P210 LB - P290				
		8.2	Musical or opera	TG - P211 LB - P290				
	9		PERFORMING AND CREATING MUSIC					
		9.1	Perform a selection of music	TG - P212 LB - P292				
		9.2.1	Adding music to a poem	TG - P213 LB - P293				
		9.2.2	Adding music to a poem	TG - P213 LB - P293				

	TERM 4 – MUSIC							
WEEK	UNIT	ACTIVITY	ΤΟΡΙϹ	PAGE REF	RECORDING	REFLECTION		
	10		MUSIC LITERACY					
		10.1	Notate major scales using interesting rhythms	TG - P217 LB - P298				
		10.2	Write the key signatures	TG - P217 LB - P300				
		10.3	Build words made by names of notes on ledger lines	TG - P217 LB - P300				
		10.4	Singing or playing in the keys of C, G, D and F major	TG - P218 LB - P301				
		10.5	Intervals: Notate the intervals	TG - P218 LB - P302				
		10.6	Notate the primary triads or chords of the major keys	TG - P219 LB - P303				
		10.7	Recap on information	TG - P219 LB - P303				
	11		MUSIC LISTENING					
		11.1	Class discussion of the National Anthem	TG - P222 LB - P307				
	12		PERFORMING AND CREATING MUSIC					
		12.1	Perform a selection of music	TG - P224 LB - P309				
		12.2	Prepare ideas for an advertisement	TG - P224 LB - P309				
		12.3	Create an advertisement for a product or event	TG - P224 LB - P310				

	TERM 1 – VISUAL ARTS							
WEEK	UNIT	ACTIVITY	ΤΟΡΙϹ	PAGE REF	RECORDING	REFLECTION		
	1		TALKING ABOUT PORTRAITS					
		1.1	Retracing our steps	TG - P230 LB - P318				
		1.2	Further practice	TG - P231 LB - P319				
		1.3	Looking at portraits	TG - P232 LB - P321				
		1.4	Sharing your findings	TG - P233 LB - P322				
	2		PAINTING PORTRAITS					
		2.1	Observation of portraits	TG - P234 LB - P323				
		2.2	Proportions of the face	TG - P234 LB - P326				
		2.3	Face painting	TG - P236 LB - P327				
	3		THE ARTIST AND SOCIETY					
		3.1	Looking, listening and talking about the artist as a contributor	TG - P239 LB - P331				
		3.2	The artist as contributor and observer	TG - P239 LB - P331				
		3.3	The artist as observer and social commentator in popular culture	TG - P241 LB - P337				
		3.4	Symbols as language	TG - P242 LB - P338				
	4		DEVELOPING RESEARCH SKILLS					
		4.1	Making a choice	TG - P243 LB - P339				
		4.2	Researching material and collecting evidence	TG - P243 LB - P340				
		4.3	Collating and organising	TG - P244 LB - P341				
	5		PRESENTING YOUR FINDINGS					
		5.1	Artists and their roles	TG - P244 LB - P343				

	TERM 2 – VISUAL ARTS							
WEEK	UNIT	ACTIVITY	ΤΟΡΙϹ	PAGE REF	RECORDING	REFLECTION		
	6		SCULPTURE IN PUBLIC PLACES					
		6.1	Thinking about themes	TG - P248 LB - P348				
		6.2	Building an armature	TG - P250 LB - P350				
		6.3	Shaping and forming	TG - P251 LB - P352				
		6.4	Finishing off well	TG - P252 LB - P354				
	7		STILL LIFE AS PUBLIC COMMENT					
		7.1	Finding the right group of artefacts	TG - P254 LB - P356				
		7.2	Arranging the still life	TG - P254 LB - P356				
		7.3	Drawing for your public	TG - P255 LB - P357				
		7.4	Painting and interpreting	TG - P256 LB - P358				
	8		DEVELOPING A LOGO					
		8.1	Looking at logos	TG - P257 LB - P360				
		8.2	Designing a logo	TG - P258 LB - P362				
		8.3	Posters as a design project	TG - P259 LB - P364				
		8.4	Repeated patterns	TG - P259 LB - P367				

	TERM 3 – VISUAL ARTS							
WEEK	UNIT	ACTIVITY	ΤΟΡΙϹ	PAGE REF	RECORDING	REFLECTION		
	9		VISUAL LITERACY: ART AND MORALITY					
		9.1	Social comment	TG - P262 LB - P375				
	10		CREATE IN 2D: MAKE A SOCIAL COMMENT IN BLACK AND WHITE					
		10.1	Surfacing and preparing	TG - P265 LB - P376				
		10.2	Homework	TG - P266 LB - P377				
		10.3	Developing the design	TG - P267 LB - P378				
		10.4	Etching into the black	TG - P267 LB - P380				
	11		VISUAL LITERACY: ART AND GLOBAL CULTURE					
		11.1	Popular culture and art elements and design principles	TG - P269 LB - P383				
		11.2	Respect, self and the community and popular culture	TG - P269 LB - P386				
	12		CREATE IN 2D: YOUR POPULAR CULTURE ARTWORK					
		12.1	Choosing and researching	TG - P270 LB - P387				
		12.2	Designing and planning	TG - P271 LB - P388				
		12.3	Designing the dream	TG - P272 LB - P389				

	TERM 4 – VISUAL ARTS							
WEEK	UNIT	ACTIVITY	ΤΟΡΙϹ	PAGE REF	RECORDING	REFLECTION		
	13		VISUAL LITERACY: PUPPETRY, VENTRILOQUISTS AND CURRENT EVENTS					
		13.1	Talking out about puppets	TG - P275 LB - P395				
		13.2	Writing a script for puppets	TG - P276 LB - P397				
	14		CREATE IN 3D – MAKING A SOCK PUPPET					
		14.1	Drawing and sketching ideas	TG - P277 LB - P399				
		14.2	Sock puppet	TG - P277 LB - P400				
		14.3	Carton or box puppets	TG - P278 LB - P401				
		14.4	Presenting your talking puppet	TG - P279 LB - P401				
	15A		CREATE IN 2D: LIFE DRAWING WITH WRITTEN REFLECTION					
		15A.1	Posing the model and setting up	TG - P280 LB - P403				
		15A.2	Drawing the model	TG - P281 LB - P404				
		15A.3	Writing and reflecting	TG - P283 LB - P406				
	15B		CREATE IN 2D: GLOBAL THEME					
		15B.1	Preparing the way for <i>Me and My World</i>	TG - P285 LB - P407				
		15B.2	Organising and collating	TG - P286 LB - P408				
		15B.3	The complete <i>Me and my</i> <i>World</i>	TG - P286 LB - P409				



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