Hello, students in upper secondary education!

Welcome to the Glims & Gloms Dance Company.

You will shortly watch a video titled “Dance as a Profession” (Tanssi ammattina).

We have put together some assignments for you that are related to movement, dance and music.

Do the assignments after you watch the video.

Assignment 1 / Movement

Movement is very important to people.

When a person moves, they feel good, both physically and mentally.

How do you move?

What kind of movement makes you feel better?

Think about whether you could use dance moves in your future job, such as nursing or care work. How?

Assignment 2

Do you remember what the following mean?

- revival of the performance
- running the performance
- solo
- duet
- unison
- canon?

Write your answers.

Also think about:

- What did the video make you think about?
- What might dance theatre be like?

Bach Project

In the Bach Project, the music played is German composer Johann Sebastian Bach's Goldberg Variations.

Bach lived around 300 years ago.

If you are interested in movement and Bach's music, do the following assignment:

1. Find one of Bach's Goldberg Variations and play it.
2. Lose yourself in the music.
   Take a pencil and draw dance movements on a large piece of paper.
3. If you want to, add colour.
   You can use coloured pencils, crayons, felt-tip pens or watercolours.

TIP!

Make a little music video.

Film yourself, your shadow or anything around you, such as the yard, nature or lights.

The video does not have to include dancing.

If you post your video, you can use the hashtag #feelingsincolour

Remember - if you post your video, check any copyrights on the music!

Copyrights mean that only the original creator of the music is allowed to perform or use the music in public.

Others need to get permission from the creator if they want to use the creator's music in their own work.

More information on Tuomo Railo’s Bach Project for nine dancers.

More information on J.S. Bach’s Goldberg Variations on Wikipedia.