

# JAZZ DANCE

## SYLLABUS SPECIFICATION

GRADE 1 – GRADE 3





# Jazz Dance

## Syllabus Specification

**LEVEL 1**

Grade 1 – Grade 3



All supporting material can be downloaded from  
[www.rslawards.com](http://www.rslawards.com)

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# Supporting Audio & Video

In addition to the syllabus specification, we have also provided supporting audio and video to give teachers and candidates additional help and guidance when studying for a PAA exam.



## How to download your content

To download the supporting audio and video you'll need to create an RSL account. To create an RSL account visit: [www.rslawards.com/create-account](http://www.rslawards.com/create-account).

Once you've created an account, you'll be able to access the supporting content at: [www.rslawards.com/performance-arts/syllabus](http://www.rslawards.com/performance-arts/syllabus).

All teachers and candidates should use the supporting audio and video alongside this syllabus specification before taking a PAA exam.

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## Total Qualification Time Allocations for Graded Examinations

Qualification	Guided Learning Hours	Other Learning	Total Qualification Time	Credit Value
Premiere	40	5	45	5
Debut	40	5	45	5
Grade 1	60	10	70	7
Grade 2	60	10	70	7
Grade 3	60	10	70	7
Grade 4	75	20	95	10
Grade 5	75	20	95	10
Grade 6	90	40	130	13
Grade 7	90	40	130	13
Grade 8	90	40	130	13

## Assessment Summary

Assessment	
<b>Form of Assessment</b>	All assessments are carried out by external examiners. Candidates are required to carry out a combination of practical tasks underpinning the technical and performance assessment.
<b>Unit Format</b>	Unit specifications contain the title, unit code, credit level, credit value, Learning Outcomes, Assessment Criteria, Grade Descriptor, and types of evidence required for the unit.
<b>Bands of Attainment</b>	There are four bands of assessment (Distinction, Merit, Pass and Unclassified) for the qualification as a whole.
<b>Quality Assurance</b>	Quality Assurance ensures that all assessments are carried out to the same standard by objective sampling and re-assessment of candidates' work. A team of external examiners is appointed, trained and standardised by RSL.

## SECTION A: QUALIFICATION SUMMARY

### A.1 Aims and Broad Objectives

The aim of the Jazz Dance qualification is to provide a flexible, progressive mastery approach to the knowledge, skills and understanding required for Jazz Dance.

The purpose of RSL's graded qualifications is to motivate and encourage candidates of all ages and levels through a system of progressive mastery to develop and enhance skills, knowledge and understanding in a safe and consistent way. The qualifications are beneficial for learners wishing to progress at their own pace through smaller steps of achievement.

These qualifications are suitable for learners in the Under 16, 16+, 16-18, 19+ age groups.

### A.2 Progression

Graded qualifications provide a flexible progression route for learners. They are a positive means of determining progress and enable learners to learn the necessary techniques to gain entry to FE and HE courses. Graded qualifications operate according to a well established methodology of 'progressive mastery'. They tend to be more rigorous than other types of exams and for that reason industry professionals are confident that achievement at the highest level gained by candidates of graded qualifications will have the skills necessary to work in other areas of the business.

### A.3 Qualification Structure

A graded qualification consists of a range of both practical and knowledge based tasks which are based on detailed requirements outlined in the relevant syllabus.

Therefore, requirements for each grade will be set out in detail in the Unit Specifications and the Learning Outcomes and Assessment Criteria for each unit will require knowledge, skills and understanding of these syllabus requirements to be demonstrated at the grade entered.

### A.4 Entry Requirements

There are no entry requirements for these qualifications. However, learners should be aware that the content at the higher grades will require a level of knowledge and understanding covered in previous qualifications.

## SECTION B: ASSESSMENT INFORMATION

### B.1 Assessment Methodology

The graded examinations in Jazz Dance are assessed using two distinct sections:

- Technical Exercises
- The Performance

### B.2 Expectations of Knowledge, Skills and Understanding

The graded examination system is one based on the principle of 'progressive mastery': each step in the exam chain demonstrates learning, progression and skills in incremental steps.

Successful learning is characterised by a mastery of the fundamental skills demanded in each grade.

Learners will be able to complete a set of practical tasks and be tested on their underpinning knowledge (the complexity and variety of tasks are determined by which qualification is being attempted), which allow them to demonstrate Jazz Dance, knowledge, skills and understanding relevant to the grade. These technical skills set a firm platform for further technical and creative development by the learner.

### B.3 Quality Assurance

All RSL examinations and graded qualifications are standardised according to the processes and procedures laid down by RSL.

## SECTION C: CANDIDATE ACCESS AND REGISTRATION

### C.1 Access and Registration

The qualifications will:

- be available to everyone who is capable of reaching the required standards
- be free from any barriers that restrict access and progression
- offer equal opportunities for all wishing to access the qualifications

At the point of application, RSL will ensure that all candidates are fully informed about the requirements and demands of the qualification.

Candidates may enter online for any of the qualifications at various points in the calendar year in territories throughout the world. Dates will be published on the website at [www.rslawards.com](http://www.rslawards.com).

### C.2 Recommended Prior Learning

Learners are not required to have any prior learning for these qualifications. However, learners should ensure that they are aware of the requirements and expectations of each grade prior to entering for an assessment.

## SECTION D: COMPLAINTS AND APPEALS

All procedural complaints and appeals, including malpractice and requests for reasonable adjustments/special considerations, can be found on the RSL website [www.rslawards.com](http://www.rslawards.com).

## SECTION E: EQUAL OPPORTUNITIES POLICY

RSL's Equal Opportunities policy can be found on the RSL website [www.rslawards.com](http://www.rslawards.com).

## SECTION F: CONTACTS FOR HELP & SUPPORT

All correspondence should be directed to:

**RSL**  
**Harlequin House**  
**Ground Floor**  
**7 High Street**  
**Teddington**  
**Middlesex**  
**TW11 8EE**

Or [info@rslawards.com](mailto:info@rslawards.com)



# Overview

The Performance Arts Awards (PAA) examinations are an ideal way for teachers and students to measure, assess and reward progress throughout the year. Performance Arts Awards are a part of the RSL family, awarding the Contemporary Arts in music through Rockschool and the Performing Arts through PAA.

# Introduction

Jazz Dance has always been one of the most popular styles of dance for students, professional dancers and choreographers. PAA offers the opportunity for candidates to earn a recognised and quality-assured qualification whilst doing something they enjoy.

Candidates will prepare a series of Technical Exercises that display a range of skills within the genre. Exercises should encourage the development of strong jazz technique while embedding style and performance skills. As grades increase, so will the demand of the Technical Exercises, to ensure the development of equipped dancers.

Teachers have complete creative control over the selection of Technical Exercises; therefore, candidates can be prepared using material generated by them or by accessing the PAA Jazz Dance syllabi. Considerable flexibility means you may also 'mix and match' exercises to create a unique body of work.

When recreating dances from the PAA Jazz Dance syllabus, the teacher will be required to lift exercises from the pages and bring them to life. While inevitably you will spend time focusing on the accuracy of exercises, here at RSL we feel it is imperative that candidates both enjoy and learn to perform exercises. The teacher is encouraged to apply stylistic features, dynamics and energy to all exercises.

PAA examinations in Jazz Dance are designed to develop the skills necessary to communicate through dance and movement to an audience. Candidates who prepare themselves appropriately will develop relevant skills through exploring a range of Jazz Dance styles and techniques to include:

- **Style, form and technique**
- **Performance and character**
- **Group skills and communication skills**
- **Personal style and interpretation**
- **Creative thinking**

## The Value of RSL Qualifications

RSL advocates an open-access approach to qualifications, providing a range of syllabi, designed to accommodate a wide variety of candidates of different ages, experience and levels of achievement. RSL qualifications are listed on the Regulated Qualifications Framework (RQF) in England and Northern Ireland by the Office of Qualifications and Examination Regulation (Ofqual). RSL is committed to maintaining and improving its reputation for excellence by providing high-quality education and training through its syllabi, examinations and resources.

## RSL and UCAS

For students applying for work or University, many potential employers see Graded Performance Exams in a very positive way. Recognised qualifications demonstrate an ability to dedicate commitment to extra-curricular activities, providing evidence of versatility which many students find beneficial within UCAS (Universities & Colleges Admissions Service) applications and for university entrance interviews.

Our qualifications carry allocated points on the UCAS tariff. For full details relating to the allocation of points for our qualifications, please see:

► [www.rslawards.com/about-us/ucas-points](http://www.rslawards.com/about-us/ucas-points)

## Period of Operation

This syllabus specification covers Jazz Dance Graded Examinations from July 2016.

Estimated Examination Timings for Jazz Dance:

- **PREMIERE:** 20 minutes
- **DEBUT:** 20 minutes
- **GRADE 1:** 25 minutes
- **GRADE 2:** 25 minutes
- **GRADE 3:** 25 minutes
- **GRADE 4:** 35 minutes
- **GRADE 5:** 35 minutes
- **GRADE 6:** 45 minutes
- **GRADE 7:** 45 minutes
- **GRADE 8:** 45 minutes

## Examination Levels

PAA Jazz Dance examinations are offered at four levels:

- **ENTRY LEVEL** – Premiere and Debut
- **LEVEL 1:** Grades 1–3
- **LEVEL 2:** Grades 4–5
- **LEVEL 3:** Grades 6–8

## Recommended Ages for PAA Examinations

Although RSL imposes no minimum or maximum age limit, teachers should ensure candidates are fully prepared for all aspects of the examination. It is advisable for candidates to enter for a suitable and attainable level for their individual age, overall maturity and ability to meet the Assessment Criteria published in this syllabus specification. The following age recommendations are a suggestion only:

Grade Qualification	Suggested Entry Age	RQF Level
Premiere	4–5 years	Entry Level
Debut	5–6 years	Entry Level
1	7–8 years	Level 1
2	9–10 years	Level 1
3	11–12 years	Level 1
4	13–14 years	Level 2
5	15–16 years	Level 2
6	16+	Level 3
7	16+	Level 3
8	16+	Level 3

## Uniform for PAA Examination

A uniform for the examination is not prescribed but should be appropriate to the style and genre. Candidates must present themselves appropriately for an examination and adhere to health and safety regulations. Teachers must ensure the following:

- Hair is neatly tied back.
- Dance wear is appropriate and allows examiners to see the body, line and form clearly.
- The choice of dance shoes or bare feet is appropriate to the style.
- All jewellery is removed.
- Any costume or props used during The Performance are carefully considered.

# Learning Outcomes and Assessment Criteria

The Learning Outcomes and Assessment Criteria detail the examination requirements and levels of proficiency candidates need to achieve in order to secure a Pass, Merit or Distinction when taking a PAA Jazz Dance examination.

## LEVEL ONE

### GRADE 1

<b>Title</b>	RSL Level 1 Award in Graded Examination in Dance – Grade 1
<b>Level</b>	Level 1
<b>Credit Value</b>	7
<b>Guided Learning Hours</b>	60
<b>Total Qualification Time</b>	70

LEARNING OUTCOME – The learner will:		ASSESSMENT CRITERIA – The learner can:	
<b>1</b>	Be able to perform movement sequences showing an awareness of technique in Jazz Dance	<b>1.1</b>	Demonstrate knowledge and understanding of Jazz Dance vocabulary
<b>1.2</b>		<b>Demonstrate technical skills</b>	
<b>2</b>	Be able to perform movement sequences showing an awareness of musicality in Jazz Dance	<b>2.1</b>	Demonstrate appropriate timing and rhythm
<b>2.2</b>		<b>Demonstrate responsiveness to music</b>	
<b>3</b>	Be able to show an awareness of performance in Jazz Dance	<b>3.1</b>	Demonstrate use of expression as appropriate
<b>3.2</b>		<b>Demonstrate an awareness of an audience</b>	

### GRADE 2

<b>Title</b>	RSL Level 1 Award in Graded Examination in Dance – Grade 2
<b>Level</b>	Level 1
<b>Credit Value</b>	7
<b>GLH</b>	60
<b>TQT</b>	70

LEARNING OUTCOME – The learner will:		ASSESSMENT CRITERIA – The learner can:	
<b>1</b>	Be able to perform movement sequences showing an awareness of techniques in Jazz Dance	<b>1.1</b>	Demonstrate knowledge and understanding of Jazz Dance vocabulary
<b>1.2</b>		<b>Demonstrate technical skills</b>	
<b>2</b>	Be able to perform movement sequences showing an awareness of musicality in Jazz Dance	<b>2.1</b>	Demonstrate appropriate timing and rhythm
<b>2.2</b>		<b>Demonstrate responsiveness to music</b>	
<b>3</b>	Be able to show an awareness of performance in Jazz Dance	<b>3.1</b>	Demonstrate use of expression as appropriate
<b>3.2</b>		<b>Demonstrate an awareness of an audience</b>	

**GRADE 3**

<b>Title</b>	RSL Level 1 Award in Graded Examination in Dance – Grade 3
<b>Level</b>	Level 1
<b>Credit Value</b>	7
<b>GLH</b>	60
<b>TQT</b>	70

<b>LEARNING OUTCOME – The learner will:</b>		<b>ASSESSMENT CRITERIA – The learner can:</b>	
<b>1</b>	Be able to perform movement sequences showing an awareness of techniques in Jazz Dance	<b>1.1</b>	Demonstrate knowledge and understanding of Jazz Dance vocabulary
<b>1.2</b>		<b>Demonstrate technical skills</b>	
<b>2</b>	Be able to perform movement sequences showing an awareness of musicality in Jazz Dance	<b>2.1</b>	Demonstrate appropriate timing and rhythm
<b>2.2</b>		<b>Demonstrate responsiveness to music</b>	
<b>3</b>	Be able to show an awareness of performance in Jazz Dance	<b>3.1</b>	Demonstrate use of expression as appropriate
<b>3.2</b>		<b>Demonstrate an awareness of an audience</b>	

# Results and Grade Descriptors

PAA issues results within three to four weeks of the examination. All candidates will receive the original copy of their report slip, which gives a breakdown of the marks and comments.

**GRADE 1**

**1 LEARNING OUTCOME 1 (Technical Exercises)**

The learner will be able to perform movement sequences showing an awareness of technique in Jazz Dance

Unclassified	Pass	Merit	Distinction
Insecure evidence of technical accuracy. An inability to demonstrate the following: <ul style="list-style-type: none"> <li>■ Coordination</li> <li>■ Control</li> <li>■ Dynamic values</li> <li>■ Line</li> <li>■ Projection</li> </ul>	Evidence of technical accuracy including the following some of the time: <ul style="list-style-type: none"> <li>■ Coordination</li> <li>■ Control</li> <li>■ Dynamic values</li> <li>■ Line</li> <li>■ Projection</li> </ul>	Evidence of technical accuracy including the following for the majority of the time: <ul style="list-style-type: none"> <li>■ Coordination</li> <li>■ Control</li> <li>■ Dynamic values</li> <li>■ Line</li> <li>■ Projection</li> </ul>	Evidence of technical accuracy including the following throughout: <ul style="list-style-type: none"> <li>■ Coordination</li> <li>■ Control</li> <li>■ Dynamic values</li> <li>■ Line</li> <li>■ Projection</li> </ul>

**2 LEARNING OUTCOME 2 (Technical Exercises)**

The learner will be able to perform movement sequences showing an awareness of musicality in Jazz Dance

Unclassified	Pass	Merit	Distinction
Insecure evidence of musicality. An inability to demonstrate the following: <ul style="list-style-type: none"> <li>■ Timing</li> </ul>	Evidence of musicality. To include the following some of the time: <ul style="list-style-type: none"> <li>■ Timing</li> </ul>	Evidence of musicality. To include the following for the majority of the time: <ul style="list-style-type: none"> <li>■ Timing</li> </ul>	Evidence of musicality. To include the following throughout: <ul style="list-style-type: none"> <li>■ Timing</li> </ul>

**3 LEARNING OUTCOME 3 (The Performance)**

The learner will be able to show an awareness of performance in Jazz Dance

Unclassified	Pass	Merit	Distinction
Insecure evidence of a Jazz Dance performance. An inability to demonstrate the following: <ul style="list-style-type: none"> <li>■ Expression</li> <li>■ Communication</li> <li>■ Characterisation</li> <li>■ Technique</li> <li>■ Projection</li> </ul>	Evidence of a Jazz Dance performance to include the following some of the time: <ul style="list-style-type: none"> <li>■ Expression</li> <li>■ Communication</li> <li>■ Characterisation</li> <li>■ Technique</li> <li>■ Projection</li> </ul>	Evidence of a Jazz Dance performance to include the following for the majority of the time: <ul style="list-style-type: none"> <li>■ Expression</li> <li>■ Communication</li> <li>■ Characterisation</li> <li>■ Technique</li> <li>■ Projection</li> </ul>	Evidence of a Jazz Dance performance to include the following throughout: <ul style="list-style-type: none"> <li>■ Expression</li> <li>■ Communication</li> <li>■ Characterisation</li> <li>■ Technique</li> <li>■ Projection</li> </ul>



**GRADE 2**

**1 LEARNING OUTCOME 1 (Technical Exercises)**

The learner will be able to perform movement sequences showing an awareness of technique in Jazz Dance

Unclassified	Pass	Merit	Distinction
Insecure evidence of technical accuracy. An inability to demonstrate the following: <ul style="list-style-type: none"> <li>■ Coordination</li> <li>■ Control</li> <li>■ Dynamic values</li> <li>■ Line</li> <li>■ Projection</li> </ul>	Evidence of technical accuracy including the following some of the time: <ul style="list-style-type: none"> <li>■ Coordination</li> <li>■ Control</li> <li>■ Dynamic values</li> <li>■ Line</li> <li>■ Projection</li> </ul>	Evidence of technical accuracy including the following for the majority of the time: <ul style="list-style-type: none"> <li>■ Coordination</li> <li>■ Control</li> <li>■ Dynamic values</li> <li>■ Line</li> <li>■ Projection</li> </ul>	Evidence of technical accuracy including the following throughout: <ul style="list-style-type: none"> <li>■ Coordination</li> <li>■ Control</li> <li>■ Dynamic values</li> <li>■ Line</li> <li>■ Projection</li> </ul>

**2 LEARNING OUTCOME 2 (Technical Exercises)**

The learner will be able to perform movement sequences showing an awareness of musicality in Jazz Dance

Unclassified	Pass	Merit	Distinction
Insecure evidence of musicality. An inability to demonstrate the following: <ul style="list-style-type: none"> <li>■ Timing</li> </ul>	Evidence of musicality. To include the following some of the time: <ul style="list-style-type: none"> <li>■ Timing</li> </ul>	Evidence of musicality. To include the following for the majority of the time: <ul style="list-style-type: none"> <li>■ Timing</li> </ul>	Evidence of musicality. To include the following throughout: <ul style="list-style-type: none"> <li>■ Timing</li> </ul>

**3 LEARNING OUTCOME 3 (The Performance)**

The learner will be able to show an awareness of performance in Jazz Dance

Unclassified	Pass	Merit	Distinction
Insecure evidence of a Jazz Dance performance. An inability to demonstrate the following: <ul style="list-style-type: none"> <li>■ Expression</li> <li>■ Communication</li> <li>■ Characterisation</li> <li>■ Technique</li> <li>■ Projection</li> </ul>	Evidence of a Jazz Dance performance to include the following some of the time: <ul style="list-style-type: none"> <li>■ Expression</li> <li>■ Communication</li> <li>■ Characterisation</li> <li>■ Technique</li> <li>■ Projection</li> </ul>	Evidence of a Jazz Dance performance to include the following for the majority of the time: <ul style="list-style-type: none"> <li>■ Expression</li> <li>■ Communication</li> <li>■ Characterisation</li> <li>■ Technique</li> <li>■ Projection</li> </ul>	Evidence of a Jazz Dance performance to include the following throughout: <ul style="list-style-type: none"> <li>■ Expression</li> <li>■ Communication</li> <li>■ Characterisation</li> <li>■ Technique</li> <li>■ Projection</li> </ul>

## GRADE 3

**1 LEARNING OUTCOME 1 (Technical Exercises)**

The learner will be able to perform movement sequences showing an awareness of technique in Jazz Dance

Unclassified	Pass	Merit	Distinction
Insecure evidence of technical accuracy. An inability to demonstrate the following: <ul style="list-style-type: none"> <li>■ Coordination</li> <li>■ Control</li> <li>■ Dynamic values</li> <li>■ Line</li> <li>■ Projection</li> </ul>	Evidence of technical accuracy including the following some of the time: <ul style="list-style-type: none"> <li>■ Coordination</li> <li>■ Control</li> <li>■ Dynamic values</li> <li>■ Line</li> <li>■ Projection</li> </ul>	Evidence of technical accuracy including the following for the majority of the time: <ul style="list-style-type: none"> <li>■ Coordination</li> <li>■ Control</li> <li>■ Dynamic values</li> <li>■ Line</li> <li>■ Projection</li> </ul>	Evidence of technical accuracy including the following throughout: <ul style="list-style-type: none"> <li>■ Coordination</li> <li>■ Control</li> <li>■ Dynamic values</li> <li>■ Line</li> <li>■ Projection</li> </ul>

**2 LEARNING OUTCOME 2 (Technical Exercises)**

The learner will be able to perform movement sequences showing an awareness of musicality in Jazz Dance

Unclassified	Pass	Merit	Distinction
Insecure evidence of musicality. An inability to demonstrate the following: <ul style="list-style-type: none"> <li>■ Timing</li> </ul>	Evidence of musicality. To include the following some of the time: <ul style="list-style-type: none"> <li>■ Timing</li> </ul>	Evidence of musicality. To include the following for the majority of the time: <ul style="list-style-type: none"> <li>■ Timing</li> </ul>	Evidence of musicality. To include the following throughout: <ul style="list-style-type: none"> <li>■ Timing</li> </ul>

**3 LEARNING OUTCOME 3 (The Performance)**

The learner will be able to show an awareness of performance in Jazz Dance

Unclassified	Pass	Merit	Distinction
Insecure evidence of a Jazz Dance performance. An inability to demonstrate the following: <ul style="list-style-type: none"> <li>■ Expression</li> <li>■ Communication</li> <li>■ Characterisation</li> <li>■ Technique</li> <li>■ Projection</li> </ul>	Evidence of a Jazz Dance performance to include the following some of the time: <ul style="list-style-type: none"> <li>■ Expression</li> <li>■ Communication</li> <li>■ Characterisation</li> <li>■ Technique</li> <li>■ Projection</li> </ul>	Evidence of a Jazz Dance performance to include the following for the majority of the time: <ul style="list-style-type: none"> <li>■ Expression</li> <li>■ Communication</li> <li>■ Characterisation</li> <li>■ Technique</li> <li>■ Projection</li> </ul>	Evidence of a Jazz Dance performance to include the following throughout: <ul style="list-style-type: none"> <li>■ Expression</li> <li>■ Communication</li> <li>■ Characterisation</li> <li>■ Technique</li> <li>■ Projection</li> </ul>

# Definitions

## Definitions of the Terminology used in the GRADE DESCRIPTORS

<b>Expression</b>	Reflected through face and movement
<b>Communication</b>	Demonstrated through face and body to an audience and fellow performers
<b>Fluency</b>	Displayed by the smoothness, pace and quality of the moment
<b>Projection</b>	Expressed to an audience through mood, feelings and emotion via movement, body language and face
<b>Dynamic Values</b>	Performed with the appropriate vibrancy for each exercise or performance
<b>Interpretation</b>	Demonstrated through understanding and responding creatively to the given material i.e. the motivation of a song
<b>Musicality</b>	Expressed by matching and performing the form of music through rhythm, melody and mood
<b>Technique</b>	Executing accurate technical skill required appropriate to the genre
<b>Timing</b>	Displayed timing through music i.e. on the beat
<b>Recall Of Content</b>	By performing examination content from memory
<b>Spatial Awareness</b>	Effectively used, considered and moved through
<b>Musical Response</b>	Displayed through rhythm, dynamics, phrasing, atmosphere and time signatures
<b>Commitment</b>	The investment and focus of appropriate skills given to the task in hand
<b>Atmosphere</b>	Enhancement of mood
<b>Basic Ability</b>	A starting point demonstrating the initial fundamentals required
<b>Intermediate Ability</b>	Demonstrating secure basic skill transitioning between basic and advanced
<b>Advanced Ability</b>	To progress and further develop the required skill to a higher level

# Certification

Successful candidates will receive an official PAA Certificate

The examination is marked with credits awarded through:

**TECHNICAL EXERCISES**

Section A (L01+ L02) ...../60

**THE PERFORMANCE**

Section B (L03) ...../40

**TOTAL:** ..... **out of 100**

# PAA Jazz Dance Exam Structure

PAA candidates are assessed using two examination components:

- 1 Technical Exercises
- 2 The Performance

## 1 TECHNICAL EXERCISES

### PAA Suggested Technical Exercises

PAA has created a repertoire of Suggested Technical Exercises designed to challenge, build strength, technique and a strong sense and understanding of style and performance. The Suggested Technical Exercises can be used for the examination alongside the set PAA Jazz Dance Music.

A video demonstrating all the Suggested Technical Exercises is available to download from [www.rslawards.com/performance-arts](http://www.rslawards.com/performance-arts)

### OR Teacher's Arrangement

PAA promotes creativity and gives the teacher the flexibility to create and use their own Technical Exercises. The arrangement including the use of additional steps, arms and style can be choreographed by the teacher. Teachers must ensure their arrangements are at an appropriate level of technical difficulty for each grade.

The set Jazz Dance music must be used alongside the guidance notes for the Teacher's Arrangement option found on [page 34](#).

Teachers have creative control over the selection of Technical Exercises therefore, teachers may choose to use some of the Suggested PAA exercises and some of their own Technical Exercises. This means teachers can 'mix and match' Technical Exercises to create a unique body of work.

**Please note – The set Jazz Dance music must be used for both The Suggested Technical Exercises and Teacher's Arrangements. To download the music please visit the website [www.rslawards.com/performance-arts](http://www.rslawards.com/performance-arts)**

## 2 THE PERFORMANCE

The Performance is the final element to the examination and can include any style or variation of Jazz Dance. Teachers have creative control over the content of the group performance. Props and costumes are permitted for the group performance only.

PAA exams encourage creativity and do not make any compulsory requirements for the group performance material. However, each performance is required to adhere to the

allocated performance time boundaries. Teachers and candidates are encouraged to closely consider the Learning Outcomes and Assessment Criteria for the specific qualification level they are entering.

*Examiners can ask to see the Technical Exercises or The Performance in small groups and more than once if they feel it is necessary.*

### General Notes

On the day of the examination, the Principal is required to meet with the examiner to discuss any absences or changes to the day. The examiner will take a register before every examination.

**Centres must provide examiners with an adequate table, chair, lighting and refreshments.** A member of staff is required to sit in the examination and operate the music. Staff must be on hand to support the organisation and chaperone students from the examination once completed.



# PAA Suggested Technical Exercises

PAA has created a repertoire of Suggested Technical Exercises designed to challenge, build strength, technique and a strong sense and understanding of style and performance. The Suggested Technical Exercises can be used for the examination alongside the set PAA Jazz Dance Music.

A video demonstrating all the Suggested Technical Exercises is available to download from [www.rslawards.com/performance-arts](http://www.rslawards.com/performance-arts)

# Grade 1

PAA Jazz Dance exams must meet the allocated time boundaries published in the performance requirements. A **maximum of eight candidates** can be assessed at any one time. The school's dance uniform is sufficient for the examination; however, costume and props are permitted for The Performance. All candidates **MUST** wear their allocated candidate number on the **front and back** of their clothing throughout the examination. For more information, please refer to the PAA Examination Structure.

**A Jazz Dance examination can be conducted in either of the following ways:**

## **PAA Suggested Technical Exercises**

PAA has created a repertoire of Suggested Technical Exercises designed to challenge, build strength, technique and a strong sense and understanding of style and performance. The Suggested Technical Exercises can be used for the examination alongside the set PAA Jazz Dance Music.

A video demonstrating all the Suggested Technical Exercises is available to download from [www.rslawards.com/performance-arts](http://www.rslawards.com/performance-arts)



OR

## **Teacher's Arrangement**

PAA promotes creativity and gives the teacher the flexibility to create and use their own Technical Exercises. The arrangement including the use of additional steps, arms and style can be choreographed by the teacher. Teachers must ensure their arrangements are at an appropriate level of technical difficulty for each grade. The set Jazz Dance music must be used alongside the guidance notes for the Teacher's Arrangement option found on [page 57](#).

**One member of staff must be present throughout the examination to support the organisation of candidates and operation of music.**

To download the music please visit the website [www.rslawards.com/performance-arts](http://www.rslawards.com/performance-arts)



## Grade 1

Grade 1 candidates will have the ability to sustain their technique, performance and focus throughout the examination. There should be evidence of thorough preparation resulting in a secure performance piece.

**One member of staff must be present throughout the examination and is responsible for operating the music. Staff must not direct, lead or influence the candidates in any way.**

### PAA Suggested Technical Exercises:

- Exercises are read left to right
- Musical counts are given first, followed by the main action and finally arm and hand gestures
- A gap in the arm and hand gesture column denotes no change from previously given directions
- Stage directions are given from the dancer's point of view. Stage directions are abbreviated
- Where direction for head or arm movement is not specified, teachers are free to add their own
- Where exercises specify Free Arrangement teachers are given autonomy to choreograph the given section or exercise

### Stage Directions:

#### Front

**DSL:** Down Stage Left

**DSC:** Down Stage Centre

**DSC:** Down Stage Centre

**SL:** Stage Left

**SC:** Stage Centre

**SR:** Stage Right

**USL:** Up Stage Left

**USC:** Up Stage Centre

**USC:** Up Stage Right

**1 THE WARM UP**

Preparation: Stand parallel 1st, USC, face front slightly upstage, arms held by sides.

Counts	Choreography	Arms
1-8	Introduction - wait.	
1-6	3 slow walks forward taking 2 counts for each step. Start with Right.	Swing in opposition.
7, 8	Close Left foot into parallel 1st.	Arms held by sides.
1-4 *	4 knee bounces parallel 1st.	Swing.
1-4	Step Right out to 4 knee bounces parallel 2nd.	
1-4	4 small jumps in parallel 1st.	
1-4	4 small jumps in parallel 2nd.	
1-8	4 knee bounces in parallel 2nd taking 2 counts for each knee bounce.	4 shoulder rolls backwards.
1-8	4 knee bounces in parallel 2nd taking 2 counts for each knee bounce.	4 arm circles backwards.
1-8 *	8 runs on ball of feet.	Reach to jazz 5th, palms front, fingers splayed. Pull down, repeat 4 times.
1-4	Grapevine Right ending in jump to parallel 1st.	Free.
1-4	Repeat to Left.	
12 bars	Repeat exercise from the beginning (without the walks forward and ending after runs.) *	
	Hold.	

## 2 LIMBERING AND MOBILISING

Preparation: Stand parallel 2nd, CS face front, arms held by sides.

Counts	Choreography	Arms
1-4	Introduction – wait.	
5-8		Slowly lift up to jazz 2nd, palms down.
1-6	Side bend to Right.	Left reaches over to the Right.
7,8	Recover.	Recover to jazz 2nd.
1-8	Repeat side bend to Left and recover.	
1, 2	Lift focus.	Reach to jazz 5th.
3, 4	Release upper body.	Pull elbows down in front in parallel .
5, 6	Roll down through body to floor.	
7,8	Straighten legs.	Palm of hands to floor.
1-4	Gently pulse .	Reach through legs.
5, 6	Bend knees and recover through a flat back.	Jazz 2nd, palms down.
7,8	Recover to standing.	
8 bars	Repeat all on Left side.	

### 3 FLOOR STRENGTHENING

Preparation: Lay on back facing SR, abdominals engaged. Hips and legs turned out. Legs extended, feet pointed, arms resting in low V.

Counts	Choreography	Arms
1-8	Introduction - wait.	
1-4	Slowly lift Right leg aiming for 90 degrees.	
5	Lower leg.	
6	Rebound leg.	
7,8	Slowly lower leg to floor.	
1-8	Repeat on Left leg.	
4 bars	Repeat on Right and Left.	
1-4	Right knee to chest.	Hold lower leg or ankle.
5-8	Extend leg to hamstring stretch.	Remain in position to aid stretch.
1-4	Hold stretch.	
5-8	Release stretch and slowly lower leg to floor.	Release hands, arms back to low V on floor.
4 bars	Repeat stretch on Left leg.	
8 bars	Repeat on Right and Left leg again.	
1, 2		Slide along floor to jazz 5th.
3, 4	Roll onto front.	
5, 6		Slide along floor to sides, palms up.
7, 8	Hold.	
1, 2	Back lift.	
3, 4	Release.	
5, 6	Back lift.	
7, 8	Release.	
1-8	Repeat 2 back lifts.	
1, 2		Slide along floor to press-up position.
3, 4	Move into spine stretch, bottom resting on heels.	
5-8	Hold stretch.	

## 4 ISOLATIONS

Preparation: Stand parallel 1st, CF facing front with arms in jazz 1st.

Counts	Choreography	Arms
5-8	Introduction - wait.	
1-8	Introduction - wait.	
1, 2	Step Right, Left to parallel 2nd.	
3		Reach up to jazz 5th, palms facing front.
4		Reach open to jazz 2nd, palms facing down.
5, 6	Rib isolation to the Right, return Centre.	Remain in jazz 2nd.
7, 8	Repeat ribs to Left.	
1-4	Rib isolation Right and Left	
5-8	Head rotation.	Drop to by sides.
1, 2		Backwards shoulder roll Right.
3, 4		Repeat Left.
5	Isolate Right knee, tilt head to Right.	Lift Right shoulder.
6	Recover.	Repeat Left.
7, 8	Repeat Left.	Return Centre.
1-4	Rib isolation in square Right, back, Left and front.	Remain by sides.
5-7	Recover to opening position.	
8	Hold.	
8 bars	Repeat all on other side.	
	<i>Be prepared to demonstrate the exercise on both sides.</i>	

## 5 PREPARATION FOR PIROUÉTTE AT THE BARRE

Preparation: Stand parallel 1st, sideways to the barre, Left arm placed on barre, arms held by sides.

Counts	Choreography	Arms
1-6	Introduction – wait.	Place Left hand on barre.
7-8		
1-8	Introduction – wait.	
1, 2	Slide Right foot to jazz 4th position.	Right prepare in front, jazz 3rd.
3, 4	Bring Right to retiré, on relevé.	Right to jazz 1st.
5, 6	Hold.	
7, 8	Return to parallel 1st.	
6 bars	Repeat three more times turning to face the other side on counts 7, 8 of the final repetition.	
8 bars	Repeat all on other side.  <i>Be prepared to demonstrate the exercise on both sides.</i>	

## 6 GIRL'S ARM SEQUENCE

Preparation: Kneeling down, USC, facing front. Arms held by sides, fingers tips touching floor.

Counts	Choreography	Arms
1-6	Introduction - wait.	
1-3	Head follows arm.	Circle Right backwards.
4-6	Repeat on Left.	Repeat Left.
1-3	Rise to kneeling up position, focus high, towards arms.	Both lift to jazz 5th.
4-6	Seated roll to Right, stand up on Right, Left facing DSR.	Come to side.
1-3	Free run to DSR, finishing in parallel 1st .	Free.
4-6	Focus rises with arms.	Lift through jazz 2nd position to open jazz 5th, palms down.
1-3	Follow arm.	Softly lower Right inverting elbow, palm up.
4-6	Repeat Left.	Repeat Left.
	Hold.	
	<i>Be prepared to demonstrate the exercise on both sides.</i>	

## 6 BOY'S ARM SEQUENCE

Preparation: Kneeling down, USC, facing front. Arms held by sides, fingertips touching floor.

Counts	Choreography	Arms
1-6	Introduction - wait.	
1-3	Head follows arm.	Circle Right backwards.
4-6	Repeat on Left.	Repeat Left.
1-3	Rise to kneeling up position, focus high, towards arms.	Both rise up to jazz 5th.
4-6	Seated roll to Right, stand up on Right, Left facing DSR.	Come to side.
1-3	3 walks to DSR.	Free.
4-6	Join feet together as focus rises with arms	Lift through jazz 2nd position to open jazz 5th, palms down.
1-3	Follow arm.	Softly lower Right, invert elbow, palm up.
4-6	Repeat Left.	Repeat Left.
	Hold.	
	<i>Be prepared to demonstrate the exercise on both sides.</i>	

## 7 ELEVATION AND TRAVEL – DANCE COMBINATION

Preparation: Stand USR, facing DSL, in parallel 1st, arms held by sides.

Counts	Choreography	Arms
1–8	Introduction - wait.	
1&	<i>Travelling to DSL:</i> Step hop on Left, Right to retiré, turn body to knee.	Swing to opposition.
2&	Land and step forwards on Left.	
3, 4	Repeat step, hop, step on same side.	
5, 6	Left leg gallop.	Swing to jazz 3rd.
7, 8	Right leg gallop.	Swing to jazz 3rd.
1–4	<i>On spot:</i> 4 free runs, commencing on Left in own circle turning over Left shoulder to end facing front.	Free arms.
5, 6	<i>Towards SL:</i> Step Left and hop, bring Right to retiré.	
7, 8	<i>Towards SR:</i> Repeat other side.	
1–4	<i>Travelling to SL:</i> 4 gallops to Left.	
8	Hop, Right to retiré and half turn to face back.	
5–8	4 gallops to Right, facing back.	
1, 2	<i>Travelling to SR:</i> Step turn.	Jazz 2nd and to jazz 1st.
3	<i>On spot:</i> Step to parallel 2nd.	Jazz 2nd, palms down.
4	Hold.	
5, 6	Slow twist body to look over Left shoulder.	Low V.
7	Bend knees.	
8	Hold.	
1, 2	2 jumps in parallel 1st.	Swing.
3	Jump parallel 2nd.	
4	Jump parallel 1st.	
5–8	<i>To DSR:</i> 4 runs off to allow for further candidates to perform.  or: <i>To USL:</i> 4 runs in own circle turning over Left shoulder to starting position to repeat on other side.	Free.
	<i>Be prepared to demonstrate the exercise on both sides.</i>	



## 8 THE PERFORMANCE

The Performance is the final element to the examination and can include any style or variation of Jazz Dance. The music is of free choice and all candidates will dance together as a group. Costume and props are permitted if required. The Performance piece should give each candidate an equal opportunity to exhibit their dance skills at the appropriate level. Each candidate will be awarded a mark based on their individual performance within the group.

**Grade 1 Dance Performance: Approximately 2 minutes**

## 9 THE BOW

Free Arrangement.



# Grade 2

PAA Jazz Dance exams must meet the allocated time boundaries published in the performance requirements. A **maximum of eight candidates** can be assessed at any one time. The school's dance uniform is sufficient for the examination; however, costume and props are permitted for The Performance. All candidates **MUST** wear their allocated candidate number on the **front and back** of their clothing throughout the examination. For more information, please refer to the PAA Examination Structure.

A Jazz Dance examination can be conducted in either of the following ways:

## PAA Suggested Technical Exercises

PAA has created a repertoire of Suggested Technical Exercises designed to challenge, build strength, technique and a strong sense and understanding of style and performance. The Suggested Technical Exercises can be used for the examination alongside the set PAA Jazz Dance Music.

A video demonstrating all the Suggested Technical Exercises is available to download from [www.rslawards.com/performance-arts](http://www.rslawards.com/performance-arts)



OR

## Teacher's Arrangement

PAA promotes creativity and gives the teacher the flexibility to create and use their own Technical Exercises. The arrangement including the use of additional steps, arms and style can be choreographed by the teacher. Teachers must ensure their arrangements are at an appropriate level of technical difficulty for each grade. The set Jazz Dance music must be used alongside the guidance notes for the Teacher's Arrangement option found on [page 57](#).

**One member of staff must be present throughout the examination to support the organisation of candidates and operation of music.**

To download the music please visit the website [www.rslawards.com/performance-arts](http://www.rslawards.com/performance-arts)

## Grade 2

Grade 2 candidates will have the ability to sustain their technique, performance and focus throughout the examination. There should be evidence of thorough preparation resulting in a secure performance piece.

**One member of staff must be present throughout the examination and is responsible for operating the music. Staff must not direct, lead or influence the candidates in any way.**

### PAA Suggested Technical Exercises:

- Exercises are read left to right
- Musical counts are given first, followed by the main action and finally arm and hand gestures
- A gap in the arm and hand gesture column denotes no change from previously given directions
- Stage directions are given from the dancer's point of view. Stage directions are abbreviated
- Where direction for head or arm movement is not specified, teachers are free to add their own
- Where exercises specify Free Arrangement teachers are given autonomy to choreograph the given section or exercise

### Stage Directions:

#### Front

**DSL:** Down Stage Left

**DSC:** Down Stage Centre

**DSC:** Down Stage Centre

**SL:** Stage Left

**SC:** Stage Centre

**SR:** Stage Right

**USL:** Up Stage Left

**USC:** Up Stage Centre

**USC:** Up Stage Right

# 1 THE WARM UP

Preparation: Stand parallel 1st, CS facing front, arms held by sides..

Counts	Choreography	Arms
4 bars	Introduction - wait.	
1-8	8 easy knee bends.	Natural swing.
1-8	Plié and extend legs and lift focus.	Jazz 5th.
1, 2	Bounce in parallel 1st.	Circle forwards in parallel.
3, 4	Bounce in parallel 1st, curve spine forwards over knees.	Circle forward again, dropping forwards.
5-8	Reverse back up to standing.	Reverse arm circles, lifting head on 2nd arm circle.
1-8	Repeat arm swings and knee bends.	
1, 2	Step out on Right and tread through foot, stretch through Right side.	Right reaches to jazz 5th, Left arm lowers.
3, 4, 5, 6, 7, 8	Repeat Left, Right, Left.	
1, 2	Recover to parallel 2nd, focus high.	Both each jazz 5th, palms facing.
3, 4	High release and ripple through body.	Open and relax down.
5, 6	Body over legs, knees bent.	Hands touching floor.
7, 8	Roll up through spine.	Arms held by sides.
1-8	With a bounce in the knees.	4 shoulder rolls backwards.
1-8	Repeat.	Repeat forwards.
1, 2	2 jumps in parallel 1st.	Natural swing.
3, 4	2 jumps in parallel 2nd.	
5	Jump parallel 1st.	
6	Jump parallel 2nd.	
7	Jump parallel 1st.	
8	Recover and hold.	
18 bars	<i>Repeat all from the beginning on the same side.</i>	

## 2 LIMBERING AND MOBILISING

Preparation: Sitting on the floor, CS facing front, soles of the feet together to form a diamond, hands holding ankles.

Counts	Choreography	Arms
1-8	Introduction - wait.	
1-6	Rounding the spine, stretch forward over legs.	Hold ankles.
7,8	Recover.	
1-6	Repeat stretch with a flat back.	Use elbows to press knees flat to floor.
7	Recover bringing knees together, feet on floor.	Hold knees.
8	Extend legs forwards along floor to parallel.	Down.
1-6	Rounding spine, stretch forward over legs.	Come to rest on lower leg.
7,8	Recover.	
1-6	Repeat stretch with flat back.	
7	Recover and knees to chest, feet on floor.	Hold knees.
8	Extend legs along floor to 2nd.	Jazz 2nd, palms down.
1-6	Side bend to Left.	Left arm extends to Right side, Right arm reaches over to Left.
7	Rotate round to Centre.	Jazz 2nd palms down.
8	Recover.	
1-8	Repeat side bend and recover to Right.	
1-6	Rounding the spine, stretch forwards.	Hands rest on floor.
7,8	Recover.	Arms to jazz 2nd, palms down.
1-6	Repeat stretch with a flat back.	Stay jazz 2nd.
7,8	Release stretch and recover through spine.	Sweep and back to jazz 2nd.
1,2	Flex both feet.	
3,4	Bring legs together to parallel in front.	
5,6	Draw legs in with soles of the feet together to form a diamond.	Hands hold ankles.
7,8	Hold.	

### 3 FLOOR STRENGTHENING

Preparation: Lay on back, CS facing SR, knees bent with feet flat on the floor. Arms rest on the floor in 2nd position with palms down.

Counts	Choreography	Arms
4 bars	Introduction - wait.	
1-4	Curl up off the floor to sitting position.	Slowly lift to jazz 5th.
5-8	Curving through the spine, roll back down to the floor.	Reverse to starting position.
6 bars	Repeat 3 more times.	
1, 2	Extend both legs along floor until straight.	
3, 4	Lift into coccyx balance.	Low jazz 2nd.
5, 6	Recover - return to lying down.	Recover.
7, 8	Bring knees back in, feet on floor.	
1-4	Draw Right knee to chest.	Right hand holds thigh, Left hand holds lower leg or ankle.
5-8	Extend to hamstring stretch.	
1-4	Hold stretch.	
5-8	Recover.	Release to jazz 2nd.
4 bars	Repeat stretch on Left leg.	
1, 2	Extend both legs along the floor until straight.	
3-8	3 front kicks on Right leg.	Arms remain in jazz 2nd.
1-6	3 front kicks on Left leg.	
7, 8	Draw legs back in, knees bent, feet on floor.	

## 4 ISOLATIONS

Preparation: Stand parallel 1st, USC, facing front, arms held by sides.

Counts	Choreography	Arms
1-8	Introduction - wait.	
1-4	Take 4 walks forward - Left first.	Arms swing, opposition.
5-6	Step to parallel 2nd, Left, Right.	
7-8	Rib isolation Right and recover.	
1, 2	Hip rotation Left, treading through Left foot.	Roll Left wrist and click.
3, 4	Repeat Right.	Repeat Right.
5, 6	Isolate Right knee, transfer weight to Left. Tilt head to Left.	Arms held by sides.
7	Extend Right knee, return to parallel 2nd, hips Centre.	
8	Head isolation to Left and recover.	
1-4	Rib circle (smooth) to Right.	
5-6	Backwards shoulder roll - Left.	
7, 8	Repeat Right.	
1-4	Head rotation to Right.	
5	Close the Right leg to Left, knee bent to bevelle position.	
6	Switch leg.	
7		Cross over chest, fingertips touch shoulders.
8		Reach jazz 5th, focus high.
	<i>Be prepared to demonstrate the exercise on both sides.</i>	Repeat the exercise on the other side.

## 5 PREPARATION FOR PIROUÉTTE AT THE BARRE

**Free Arrangement choreographed by the teacher.**

Preparation exercise to build strength and accuracy sideways to the barre, to include:

- Sideways to the barre
- Use of jazz 4th, relevé and retiré
- Single pirouette at the barre

**Be prepared to demonstrate the exercise on both sides.**

## 6 PREPARATION FOR LEG TILT AT THE BARRE

Preparation: Stand facing the barre, 1st position, turned out, arms held by sides.

Counts	Choreography	Arms
1-4	Introduction - wait.	
5-8	Introduction.	Place hands on barre.
1, 2	Tendu Right foot to 2nd.	
3, 4	Flex the Right foot.	
5, 6	Extend to fully stretched point.	
7, 8	Close Right foot in turned out 1st.	
1-8	Repeat in Left.	
1, 2 *	Tendu Right foot to 2nd.	
3, 4	Lift Right leg straight (aiming for 90 degrees) .	
5, 6	Lower Right leg.	
7, 8	Close Right foot in 1st position, turned out.	
1-8	Repeat Left side.	
8 bars	Repeat all.	
	Hold.	Arms down from barre.



## 7 GIRL'S ARM SEQUENCE

Preparation: Stand parallel 1st, USC, arms held by sides.

Counts	Choreography	Arms
1-8	Introduction - wait.	
1-4	Head follows arm.	Right lifts to high V.
5-8	Repeat on Left.	
1, 2	Release body over legs and bend knees.	Sweep down.
3, 4	Recover.	Sweep to high V, palms down.
5-8	Runs forwards end parallel 1st.	Release to by sides.
1-3	Step-turn-step to Right.	Soft, by sides.
4	Lunge onto Right, body to DSR, focus to hands.	High V, palms down.
5-8	Repeat to Left.	
1, 2	Close the Right leg to stand parallel 1st facing DSL.	Remain in high V.
3-5	Eye-line follows hand.	Lower Right to by side.
6-8	Repeat Left.	
1-8	Free run over Left shoulder to return to opening position. <i>Be prepared to demonstrate the exercise on both sides.</i>	Return to opening position.

## 7 BOY'S ARM SEQUENCE

Preparation: Stand parallel 1st, USC, arms held by sides.

Counts	Choreography	Arms
	No Introduction - straight in.	
1-4	Head follows arm.	Right lifts to high V.
5-8	Repeat on Left.	
1, 2	Release body over legs and bend knees.	Sweep down.
3, 4	Recover.	Sweep to high V, palms down.
5-8	Runs forwards end parallel 1st.	Release to by sides.
1-3	Step-turn-step to Right.	Soft, by sides.
4	Lunge onto Right, body to DSR, focus to hands.	High V, palms down.
5-8	Repeat to Left.	
1, 2	Close the Right leg to stand parallel 1st facing DSL.	Remain in high V.
2-5	Eye-line follows hand.	Lower Right to by side.
6-8	Repeat Left.	
1-8	Free run over Left shoulder to return to opening position.	Return to opening position.
	<i>Be prepared to demonstrate the exercise on both sides.</i>	

## 8 ELEVATION AND TRAVEL – DANCE COMBINATION

Preparation: Stand USC, facing front, weight on Left, turned out, Right tucked behind Left, both knees flexed. Left arm is held 2nd, palm front, fingers splayed. Right arm is held behind the head, flexed at the elbow, with Right hand visible, next to Left ear, palm front, fingers splayed.

Counts	Choreography	Arms
1–8	Introduction - wait.	
1	<i>On Spot:</i> Step Right to 2nd position, parallel.	Right opens, so in jazz 2nd position, palms down.
2		Both drop to by sides.
3		Backwards shoulder roll.
4	High release and ripple through body.	
5, 6	Continue ripple until body over legs.	Hands rest on floor.
7	Extend both legs, keep body stretched over.	Extend, reaching to the floor.
8	Recover to standing.	Jazz 5th, palms facing.
1, 2	Press through Left foot.	Left drops, circling inwards, coming to the Left side in low jazz 2nd.
3, 4	<i>Travelling to SL:</i> Repeat other side.	
5+6	Pas de bourrée stepping Left.	Jazz 1st and open to opposition .
7+8	Repeat Right.	
1, 2	Relevé on Right leg, Left retirés to knee.	Jazz 1st.
3, 4	Step to side on Left.	Low V, palms back, fingers splayed.
5–7	Step- turn- step to Right, with Left leg drag.	Open jazz 2nd, close first and into opposition.
8	Hold.	
&1	<i>On Spot:</i> Left leg ball change.	Free.
2	Left leg side kick .	Jazz 4th.
3	Left leg land.	Hold.
4	Transfer weight to lunge on Left.	Hold.
&5, 6–8	Repeat on Right.	
1–8	<i>Travelling to USR, facing DSL:</i> 8 runs run, starting on Left.	Swing in opposition.
1&2	Gallop on Left leg.	
3,4	Step Right, Left leg leap.	Jazz 1st to jazz 3rd.
5,6	<i>To SR:</i> Step turn to Right.	Open jazz 2nd, close jazz 1st.
7	Step Right to 2nd.	Jazz 2nd, palms front.
8	Tuck Left behind, both knees flexed (start position, alternate legs).	Right in jazz 2nd, Left tucks behind head (opening position, alternate arms).
	<i>Be prepared to demonstrate the exercise on both sides.</i>	

## 9 THE PERFORMANCE

The Performance is the final element to the examination and can include any style or variation of Jazz Dance. The music is of free choice and all candidates will dance together as a group. Costume and props are permitted if required. The Performance piece should give each candidate an equal opportunity to exhibit their dance skills at the appropriate level. Each candidate will be awarded a mark based on their individual performance within the group.

**Grade 2 Dance Performance: Approximately 2 minutes**

## 10 THE BOW

Free Arrangement.



# Grade 3

PAA Jazz Dance exams must meet the allocated time boundaries published in the performance requirements. A **maximum of eight candidates** can be assessed at any one time. The school's dance uniform is sufficient for the examination; however, costume and props are permitted for The Performance. All candidates **MUST** wear their allocated candidate number on the **front and back** of their clothing throughout the examination. For more information, please refer to the PAA Examination Structure.

A Jazz Dance examination can be conducted in either of the following ways:

## PAA Suggested Technical Exercises

PAA has created a repertoire of Suggested Technical Exercises designed to challenge, build strength, technique and a strong sense and understanding of style and performance. The Suggested Technical Exercises can be used for the examination alongside the set PAA Jazz Dance Music.

A video demonstrating all the Suggested Technical Exercises is available to download from [www.rslawards.com/performance-arts](http://www.rslawards.com/performance-arts)



OR

## Teacher's Arrangement

PAA promotes creativity and gives the teacher the flexibility to create and use their own Technical Exercises. The arrangement including the use of additional steps, arms and style can be choreographed by the teacher. Teachers must ensure their arrangements are at an appropriate level of technical difficulty for each grade. The set Jazz Dance music must be used alongside the guidance notes for the Teacher's Arrangement option found on [page 57](#).

**One member of staff must be present throughout the examination to support the organisation of candidates and operation of music.**

To download the music please visit the website [www.rslawards.com/performance-arts](http://www.rslawards.com/performance-arts)

## Grade 3

Grade 3 candidates will have the ability to sustain their technique, performance and focus throughout the examination. There should be evidence of thorough preparation resulting in a secure performance piece.

**One member of staff must be present throughout the examination and is responsible for operating the music. Staff must not direct, lead or influence the candidates in any way.**

### PAA Suggested Technical Exercises:

- Exercises are read left to right
- Musical counts are given first, followed by the main action and finally arm and hand gestures
- A gap in the arm and hand gesture column denotes no change from previously given directions
- Stage directions are given from the dancer's point of view. Stage directions are abbreviated
- Where direction for head or arm movement is not specified, teachers are free to add their own
- Where exercises specify Free Arrangement teachers are given autonomy to choreography the given section or exercise

### Stage Directions:

#### Front

**DSL:** Down Stage Left

**DSC:** Down Stage Centre

**DSC:** Down Stage Centre

**SL:** Stage Left

**SC:** Stage Centre

**SR:** Stage Right

**USL:** Up Stage Left

**USC:** Up Stage Centre

**USC:** Up Stage Right

**1 THE WARM UP**

Preparation: Stand parallel 1st, USC facing front with arms held by sides.

Counts	Choreography	Arms
1-8	Introduction - wait.	
1-8	8 runs on balls of feet, starting on Right.	Free.
1-8	8 runs continued.	Reach arms up to jazz 5th and pull down, 4 times in total.
1-4	Grapevine Right, jump into parallel 1st.	Free.
5-8	Repeat Left.	
1-8	Take a quarter turn Right, repeat grapevines Right and Left facing SR.	
1-8	Repeat facing back.	
1-8	Repeat grapevines facing back.	
1-8	Repeat facing SL.	
1,2	2 jumps in parallel 1st.	
3,4	Jump open to parallel 2nd, hold plié.	Hands clasp in front.
5-8	Repeat jumps sequence.	
1, 2	Remain in parallel 2nd, bounce knees.	Backwards shoulder roll.
3, 4	Repeat knee bounce.	Backwards shoulder roll, with elbows.
5, 6	Repeat knee bounce.	Backwards shoulder roll, with straight arms circling.
7	Relevé in parallel 2nd.	Keep circling until reaching jazz 5th, palms facing.
8	Hold.	
1-8	Repeat bounces with arms.	

Continued over >

# 1 THE WARM UP (CONTINUED)

Counts	Choreography	Arms
1-8	4 treads of feet, starting Right.	Alternate reaches to ceiling, Right first. Right, Left, Right, Left.
1-4	High release, lowing with plié, body releases forward over flexed legs.	Open, through jazz 2nd, relaxing to fingertips resting on floor.
5-8	Recover to standing through a flat back, straightening legs.	Reaching and come to jazz 5th.
4 bars	Repeat treads/stretchers and body ripple/release.	
1-4	Maintain parallel 2nd.	4 hand shakes moving arms down to by sides.
5-8	Plié and stretch.	Backwards shoulder roll.



## 2 LIMBERING AND MOBILISING

Preparation: Stand parallel 2nd, USC facing front, arms held by sides.

Counts	Choreography	Arms
5-8	Introduction.	Lift slowly through jazz 2nd to jazz 5th.
1-6	Standing side bend Right and hold.	Maintain.
7,8	Turn body to forward stretch to Right.	Maintain.
1-6	Hold Stretch.	
7,8	Release body over Right leg.	Hands hold ankle or lower leg.
1-6	Hold stretch.	
7	Move to Centre.	Hands rest on floor.
8	Recover to standing.	Jazz 5th , palms facing.
6 bars	Repeat all stretches on Left side.	
1, 2	Plié 2nd, turnout.	Jazz 2nd, palms down.
3, 4	Unfold to forward stretch, remain in plié.	Reach forward, parallel 5th, palms facing.
5, 6	Extend legs.	
7, 8	Recover to standing through forward stretch.	Jazz 5th, palms facing.
1-8	Repeat plié and forward stretch.	
1-4	Maintain.	Shake hands, moving from high to low ending by side.
5-8	Plié, stretch.	Backwards shoulder roll.

### 3 FLOOR STRENGTHENING

Preparation: Lying on floor, sideways on, legs extended, feet pointed with arms held by sides.

Counts	Choreography	Arms
4 bars	Introduction - wait.	
1	Come to sitting in coccyx balance, legs off floor and bent knees.	Lift to counter balance in parallel middle.
2-4	Hold.	
5-8	Recover to lying, curling through spine.	Recover to by sides on floor.
1-8	Repeat coccyx balance and release.	
1-8	Repeat but in jack-knife position (straight legs).	Counter balance wide V.
1-8	Repeat jack-knife and release.	
1-4	Draw Right knee towards chest.	Right hand holds thigh, Left hand holds instep.
5-8	Extend Right knee and leg to full hamstring stretch.	Hand stay to increase stretch.
1-4	Hold stretch .	
5-8	Lower to floor - straight leg.	Recover to by sides on floor.
4 bars	Repeat stretch on Left.	
1-6	3 front kicks on Right leg.	Low V on floor, at sides.
7,8	Roll onto Right side.	Right extended along floor, head resting on it, Left resting on floor in front of chest.
1-6	3 side kicks on Left leg.	
7,8	Roll to return to lying on back.	Low V on floor, at sides.
1-8	Repeat front kicks and roll on Left.	
1-8	Repeat side kids and roll on Right.	
	Hold.	

## 4 ISOLATIONS

Preparation: Stand parallel 2nd, CS facing front, arms held by sides.

Counts	Choreography	Arms
1-8	Introduction - wait.	
1	Rib isolation Right.	
2	Rib isolation Left.	
3, 4	Rib rotation to Right (smooth).	
5, 6	Hip rotation Right, Right leg.	Left hand reaches jazz 5th, palms front, fingers splayed.
7	Step Left to side, drag Right.	Left down to floor between legs.
8	Hold.	
1		Right unfolds to jazz 2nd, palm front, fingers splayed.
&2	Head isolation Right, back to Centre.	
3, 4	Hold.	
5, 6	Ball-change Right behind.	Release.
7, 8	Right leg side kick, and land.	Jazz 4th, Left high, lower.
1+2	Pas de bourrée on Left.	Jazz 1st, jazz 3rd.
3+4	Pas de bourrée on Right.	
5, 6	Left leg steps into hip rotation on Left.	Backwards shoulder roll on Left.
7, 8	Repeat on Right.	
1, 2	In parallel 2nd, plié in both knees, ripple body forward over legs.	Swing down to floor.
3, 4	Roll up.	Swing up back to jazz 2nd.
5	Isolate Left knee, inverted position, head isolation to Right.	Arms held by sides.
6	Recover.	
7	Isolate Right knee, inverted position, head isolation to Right.	
8	<i>Be prepared to demonstrate the exercise on both sides.</i>	

## 5 PIROUÉTTE

### Free Arrangement.

Pirouette exercise in the centre, to include:

- Use of jazz 4th, relevé and retiré
- Single pirouette

Be prepared to demonstrate the exercise on both sides.

## 6 PREPARATION FOR A LEG TILT AT THE BARRE

Preparation: Stand in 1st position, turned out facing the barre with hands placed on barre.

Counts	Choreography	Arms
4 bars	Introduction - wait.	Place hands on barre.
1, 2	Tendu the Right foot to 2nd.	
3, 4	Lift the Right leg straight, aiming for 90 degrees.	
5, 6	Lower and prepare.	
7, 8, 1, 2, 3, 4, 5, 6	Repeat lift and lower twice more.	
7, 8	Close Right foot to 1st.	
4 bars	Repeat on Left leg.	
1, 2	Tendu Right foot 2nd.	
3, 4	Bring the Right knee to retiré.	
5, 6	Adjust weight placement (to prepare for leg extension).	
7, 8	Extend the Right leg into tilt position.	
1-4	Hold.	
5, 6	Lower Right leg to tendu 2nd.	
7, 8	Close Right leg to 1st position.	
4 bars	Repeat leg tilt on the Left side.	

## 7 GIRL'S ARM SEQUENCE

Preparation: Stand in preparatory, Right foot behind, CS facing front, arms held by sides.

Counts	Choreography	Arms
1-8	Introduction - wait.	
1-4	Right leg steps out to a sideways lunge.	Right circles backwards.
5-8	Right leg rebounds to close parallel 1st coming to face DSL, eye-line low.	Right wraps around body.
1-4	Small plié and extend legs, soft ripple in body to high release, raise eye-line.	Both circle across body, up and open through jazz 5th.
5-8	Free run over Left shoulder, end standing parallel 1st, facing front.	Held slightly behind the body in low V.
4 bars	Repeat sequence on other side.	
1-3	Open ball-change on Right.	Right glides across chest and opens in front.
4-6	Repeat Left.	Repeat Left.
7	Step Right across.	Free.
8	Step Left and drag (face DSL).	
1-3, 4	Step-turn-step Right, hold.	Arms open jazz 2nd , close jazz 1st to come to a low jazz 3rd , palms down.
5-7, 8	Repeat to Left.	Repeat on Left.
1-4	Free run towards DSR, end parallel 1st, eye-line lifted.	Soft by sides.
5, 6, 7, 8		Wrap Left, then Right around shoulders.
1-4	Small plié and extend legs, soft ripple of body into a high release.	Arms circle across and open up through jazz 5th.
5-8	Hold.	
	<i>Be prepared to demonstrate the exercise on both sides.</i>	

## 7 BOY'S ARM SEQUENCE

Preparation: Stand in preparatory, Right foot behind, CS facing front, arms held by sides.

Counts	Choreography	Arms
1-8	Introduction - wait.	
1-4	Right leg steps out to a sideways lunge.	Right circles backwards.
5-8	Right leg rebounds to close parallel 1st coming to face DSL, eye-line low.	Right wraps around body.
1-4	Small plié and extend legs, soft ripple in body to high release, raise eye-line.	Both circle across body, up and open through jazz 5th.
5-8	Free run over Left shoulder, end standing parallel 1st, facing front.	Held slightly behind the body in low V.
4 bars	Repeat sequence on other side.	
1-3	Open ball-change on Right.	Right glides across chest and opens in front.
4-6	Repeat Left.	Repeat Right.
7	Step Right across.	Free.
8	Step Left and drag (face DSL).	
1-3, 4	Step-turn-step Right, hold.	Arms open jazz 2nd , close jazz 1st to come to a low jazz 3rd , palms down.
5-7, 8	Repeat to Left.	Repeat on Left.
1-4	Free run towards DSR, end parallel 1st, eye-line lifted.	Soft by sides.
5, 6, 7, 8		Wrap Left, then Right around shoulders.
1-4	Small plié and extend legs, soft ripple of body into a high release.	Arms circle across and open up through jazz 5th.
5-8	Hold.	
	<i>Be prepared to demonstrate the exercise on both sides.</i>	

## 8 ELEVATION AND TRAVEL – DANCE COMBINATION

Preparation: Stand CS, facing front, weight on Left, turned out, Right tucked behind Left, both knees flexed. Left arm is held jazz 2nd, palm front, fingers splayed. Right arm is held behind the head, flexed at the elbow, with Right hand visible, next to Left ear, palm front, fingers splayed.

Counts	Choreography	Arms
1–8		
1–8	<i>Travel on diagonal to CS:</i> Spring ball change to Left, Right, Left, Right.	Opposition.
1–4	<i>Travel to USR:</i> Step–turn–step Right, with Left leg drag.	Jazz 2nd, close jazz 1st, down in opposition.
5, 6	Step Left back, join Right.	Jazz 2nd, palms down.
7, 8	<i>In Centre, face front:</i> Step Left forward, front kick Right.	
8	Right leg lowers.	
1, 2	<i>Travelling to SR:</i> Double hop on Left leg, Right in retiré.	Jazz 1st.
3, 4	Step on Right leg and drag, hold.	Diagonal line, Right high.
5–8	Repeat hops and drag with half turn to face back on first hop.	Jazz 1st to diagonal, Left high.
1–3	<i>To end facing DSR:</i> Pas de bourrée, turning over Right shoulder to jazz 4th.	Free, end in opposition.
5, 6	Single pirouette Left.	Jazz 1st.
6, 7	Recover to parallel 1st.	Arms held by sides.
1–4	<i>Circling to Right to end facing DSL:</i> Double circular spring Right.	Left held jazz 2nd, Right circling above head.
5, 6, 7, 8	<i>Travel to DSL:</i> Gallop Right, Left.	Opposition.
1	Step Right forward.	Jazz 1st.
2	Left leg forward leap.	Opposition.
3, 4	<i>On spot:</i> Left leg lands, recover joining Right to parallel 1st.	Come to by side.
5–8	Hold.	Left rises to high V.
1–4	Hold.	Repeat Right.
5, 6, 7, 8	<i>To USR:</i> 2 walks backwards, Left, Right, along a diagonal.	Left lowers with Left leg, Right with Right leg.
8&1	Step back on Left, bringing Right foot in back to jazz 4th position.	Opposition.
2	Hold.	
3, 4	<i>On spot:</i> Pas de bourrée, turning over Right shoulder to face USR.	Jazz 1st, opposition.
5–8	<i>To USR:</i> 4 runs, Left first to end facing DSL in parallel 1st.	Natural swing.
	Hold.	
	<i>Be prepared to demonstrate the exercise on both sides.</i>	

## 9 THE PERFORMANCE

The Performance is the final element to the examination and can include any style or variation of Jazz Dance. The music is of free choice and all candidates will dance together as a group. Costume and props are permitted if required. The Performance piece should give each candidate an equal opportunity to exhibit their dance skills at the appropriate level. Each candidate will be awarded a mark based on their individual performance within the group.

**Grade 3 Dance Performance: Approximately 2 minutes**

## 10 THE BOW

Free Arrangement.





# Teacher's Arrangement

Guidance is provided for those teachers who decide to present their own exercises. The rationale is to ensure like for like parity across those schools who opt to follow the PAA suggested syllabus and those who create their own program of study. Teachers may choose to mix and match between the PAA Suggested Technical Exercises and their own Technical Exercises creating a unique body of work.

There should be evidence of thorough preparation resulting in a secure performance piece.

# Grade 1

PAA Jazz Dance exams must meet the allocated time boundaries published in the performance requirements. A **maximum of eight candidates** can be assessed at any one time. The school's dance uniform is sufficient for the examination; however, costume and props are permitted for The Performance. All candidates **MUST** wear their allocated candidate number on the **front and back** of their clothing throughout the examination. For more information, please refer to the PAA Examination Structure.

**A Jazz Dance examination can be conducted in either of the following ways:**

## **PAA Suggested Technical Exercises**

PAA has created a repertoire of Suggested Technical Exercises designed to challenge, build strength, technique and a strong sense and understanding of style and performance. The Suggested Technical Exercises can be used for the examination alongside the set PAA Jazz Dance Music.

A video demonstrating all the Suggested Technical Exercises is available to download from [www.rslawards.com/performance-arts](http://www.rslawards.com/performance-arts)



OR

## **Teacher's Arrangement**

PAA promotes creativity and gives the teacher the flexibility to create and use their own Technical Exercises. The arrangement including the use of additional steps, arms and style can be choreographed by the teacher. Teachers must ensure their arrangements are at an appropriate level of technical difficulty for each grade. The set Jazz Dance music must be used alongside the guidance notes for the Teacher's Arrangement option found on [page 57](#).

**One member of staff must be present throughout the examination to support the organisation of candidates and operation of music.**

To download the music please visit the website [www.rslawards.com/performance-arts](http://www.rslawards.com/performance-arts)

## Grade 1

Grade 1 candidates will have the ability to sustain their technique, performance and focus throughout the examination. There should be evidence of thorough preparation resulting in a secure performance piece.

**One member of staff must be present throughout the examination and is responsible for operating the music. Staff must not direct, lead or influence the candidates in any way.**

Teachers arranging their own Technical Exercises must include the following elements. The required dance steps specified below also appear in the PAA Suggested Technical Exercises video.

**To clarify any of the dance steps listed below, please download the PAA Jazz Dance Level 1 Video from [www.rslawards.com/performance-arts](http://www.rslawards.com/performance-arts)**

### 1 THE WARM UP

Warm up exercise, to include:

- Knee bounces in parallel 1st and 2 building into jumps in parallel 1st and 2nd with arm sequence
- Step turn step ending on a jump or dig with arm sequence (open 2nd, close 1st, open 2nd, place side)

### 2 LIMBERING AND MOBILISING

Exercise focusing on the flexibility of the hips, hamstring and spine, to include:

- Standing stretches, passive and ballistic
- Pliés in parallel 2nd

### 3 FLOOR STRENGTHENING

Exercise to develop strength and control, to include:

- Lay on back, knee into chest and extend leg into full stretch
- Upper body lifts, lying on front

### 4 ISOLATIONS

Exercise to develop isolations, to include:

- Knee isolation layered with head isolation
- Rib isolations, side to side

Be prepared to demonstrate the exercise on both sides.

## 5 PREPARATION FOR PIROUÉTTE AT THE BARRE

Preparation exercise to build strength and accuracy sideways to the barre, to include:

- Secure placement of jazz 4th position into retiré
- Use of relevé
- Half turn to other side, uses of spotting
- Demonstrate on both sides

Be prepared to demonstrate the exercise on both sides.

## 6 ARM SEQUENCE

Arm exercise, lyrical in style, to include:

- Use of travelling steps layered with arm sequence

Be prepared to demonstrate the exercise on both sides.

## 7 ELEVATION AND TRAVEL: DANCE COMBINATION

Penultimate dance combination, an opportunity to bring greater creativity and sense of showmanship, in preparation for the final dance performance, to include:

- Step ball change step with arms in opposition
- Jumps or leaps aiming for extended legs
- Demonstrate on both sides

Be prepared to demonstrate the exercise on both sides.

## 8 THE PERFORMANCE

The Performance is the final element to the examination and can include any style or variation of Jazz Dance. The music is of free choice and all candidates will dance together as a group. Costume and props are permitted if required. The Performance piece should give each candidate an equal opportunity to exhibit their dance skills at the appropriate level. Each candidate will be awarded a mark based on their individual performance within the group.

**Grade 1 Dance Performance: Approximately 2 minutes**

## 9 THE BOW

Free Arrangement.

# Grade 2

PAA Jazz Dance exams must meet the allocated time boundaries published in the performance requirements. A **maximum of eight candidates** can be assessed at any one time. The school's dance uniform is sufficient for the examination; however, costume and props are permitted for The Performance. All candidates **MUST** wear their allocated candidate number on the **front and back** of their clothing throughout the examination. For more information, please refer to the PAA Examination Structure.

**A Jazz Dance examination can be conducted in either of the following ways:**

## **PAA Suggested Technical Exercises**

PAA has created a repertoire of Suggested Technical Exercises designed to challenge, build strength, technique and a strong sense and understanding of style and performance. The Suggested Technical Exercises can be used for the examination alongside the set PAA Jazz Dance Music.

A video demonstrating all the Suggested Technical Exercises is available to download from [www.rslawards.com/performance-arts](http://www.rslawards.com/performance-arts)



OR

## **Teacher's Arrangement**

PAA promotes creativity and gives the teacher the flexibility to create and use their own Technical Exercises. The arrangement including the use of additional steps, arms and style can be choreographed by the teacher. Teachers must ensure their arrangements are at an appropriate level of technical difficulty for each grade. The set Jazz Dance music must be used alongside the guidance notes for the Teacher's Arrangement option found on [page 57](#).

**One member of staff must be present throughout the examination to support the organisation of candidates and operation of music.**

To download the music please visit the website [www.rslawards.com/performance-arts](http://www.rslawards.com/performance-arts)

## Grade 2

Grade 2 candidates will have the ability to sustain their technique, performance and focus throughout the examination. There should be evidence of thorough preparation resulting in a secure performance piece.

**One member of staff must be present throughout the examination and is responsible for operating the music. Staff must not direct, lead or influence the candidates in any way.**

Teachers arranging their own Technical Exercises must include the following elements. The required dance steps specified below also appear in the PAA Suggested Technical Exercises video. **To clarify any of the dance steps listed below, please download the PAA Jazz Dance Level 1 Video from [www.rslawards.com/performance-arts](http://www.rslawards.com/performance-arts)**

### 1 THE WARM UP

Warm up exercise, to include:

- Whole body swings in parallel 1st with easy knee bounces, arms circling
- Preliminary stretches

### 2 LIMBERING AND MOBILISING

Exercise focusing on the flexibility of the hips, hamstring and spine, to include:

- Sitting in frog position, relaxing over the legs
- Sitting down, upwards and forwards stretch over straight legs

### 3 FLOOR STRENGTHENING

Exercise to develop strength and control, to include:

- Coccyx balance
- Leg kicks any direction

### 4 ISOLATIONS

Exercise to develop isolations, to include:

- Arm sequence added with use of splayed hands or positions
- Rib isolations, forwards, side, back and circular

Be prepared to demonstrate the exercise on both sides.

## 5 PREPARATION FOR PIROUÉTTE AT THE BARRE

Preparation exercise to build strength and accuracy sideways to the barre, to include:

- Sideways to the barre
- Use of Jazz 4th, relevé and retiré
- Single pirouette at the barre
- Demonstrate on both sides

Be prepared to demonstrate the exercise on both sides.

## 6 PREPARATION FOR LEG TILTS AT THE BARRE

Exercise facing the barre preparing for full leg extension tilt, to include:

- Tendu, articulating the ankle and foot
- Lift and lower leg to 2nd position
- Demonstrate on both sides

Be prepared to demonstrate the exercise on both sides.

## 7 ARM SEQUENCE

Arm exercise, lyrical in style, to include:

- Use of travelling steps layered with arm sequence

Be prepared to demonstrate the exercise on both sides.

## 8 ELEVATION AND TRAVEL: DANCE COMBINATION

Penultimate dance combination; an opportunity to bring greater creativity and sense of showmanship in preparation for the final dance performance, to include:

- Drag runs or accented runs on any pathway
- Jumps or leaps with extended legs
- Demonstrate on both sides

Be prepared to demonstrate the exercise on both sides.

## 9 THE PERFORMANCE

The Performance is the final element to the examination and can include any style or variation of Jazz Dance. The music is of free choice and all candidates will dance together as a group. Costume and props are permitted if required.

The Performance piece should give each student an equal opportunity to exhibit their dance skills at the appropriate level. Each candidate will be awarded a mark based on their individual performance within the group.

**Grade 2 Performance: Approximately 2 minutes**

## 10 THE BOW

Free Arrangement.





# Grade 3

PAA Jazz Dance exams must meet the allocated time boundaries published in the performance requirements. A **maximum of eight candidates** can be assessed at any one time. The school's dance uniform is sufficient for the examination; however, costume and props are permitted for The Performance. All candidates **MUST** wear their allocated candidate number on the **front and back** of their clothing throughout the examination. For more information, please refer to the PAA Examination Structure.

**A Jazz Dance examination can be conducted in either of the following ways:**

## **PAA Suggested Technical Exercises**

PAA has created a repertoire of Suggested Technical Exercises designed to challenge, build strength, technique and a strong sense and understanding of style and performance. The Suggested Technical Exercises can be used for the examination alongside the set PAA Jazz Dance Music.

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OR

## **Teacher's Arrangement**

PAA promotes creativity and gives the teacher the flexibility to create and use their own Technical Exercises. The arrangement including the use of additional steps, arms and style can be choreographed by the teacher. Teachers must ensure their arrangements are at an appropriate level of technical difficulty for each grade. The set Jazz Dance music must be used alongside the guidance notes for the Teacher's Arrangement option found on [page 57](#).

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## Grade 3

Grade 3 candidates will have the ability to sustain their technique, performance and focus throughout the examination. There should be evidence of thorough preparation resulting in a secure performance piece.

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Teachers arranging their own Technical Exercises must include the following elements. The required dance steps specified below also appear in the PAA Suggested Technical Exercises video. **To clarify any of the dance steps listed below, please download the PAA Jazz Dance Level 1 Video from [www.rslawards.com/performance-arts](http://www.rslawards.com/performance-arts)**

### 1 THE WARM UP

Warm up exercise, to include:

- Travelling steps with change of direction
- High release recovering through forward stretch position

### 2 LIMBERING AND MOBILISING

Exercise focusing on the flexibility of the hips, hamstring and spine, to include:

- Standing parallel 2nd, forward stretch
- Deep plié in 2nd

### 3 FLOOR STRENGTHENING

Exercise to develop strength and control, to include:

- Coccyx and Jack Knife position
- Front and side kicks

## 4 ISOLATIONS

Exercise to develop isolations, to include:

- Hip roll or isolation
- Inverted knee isolation layered with arm and head isolation

Be prepared to demonstrate the exercise on both sides.

## 5 PIROUÉTTE

Pirouette exercise in the centre, to include:

- Use of jazz 4th, relevé and retiré
- Single pirouette
- Demonstrate on both sides

Be prepared to demonstrate the exercise on both sides.

## 6 PREPARATION FOR LEG TILTS AT THE BARRE

Exercise facing the barre preparing for full leg extension tilt, to include:

- Lift and lower leg to 2nd position
- Développé to second from retiré 45 degrees or above
- Demonstrate on both sides

Be prepared to demonstrate the exercise on both sides.

## 7 ARM SEQUENCE

Arm exercise, lyrical in style, to include:

- Use of travelling steps layered with arm sequence
- Use of creative and various arm pathways

Be prepared to demonstrate the exercise on both sides.

## 8 ELEVATION AND TRAVEL COMBINATION

Penultimate dance combination; an opportunity to bring greater creativity and sense of showmanship in preparation for the final dance performance, to include:

- Front leap
- Single pirouette
- Demonstrate on both sides

## 9 THE PERFORMANCE

The Performance is the final element to the examination and can include any style or variation of Jazz Dance. The music is of free choice and all candidates will dance together as a group. Costume and props are permitted if required.

The Performance piece should give each student an equal opportunity to exhibit their dance skills at the appropriate level. Each candidate will be awarded a mark based on their individual performance within the group.

**Grade 3 Performance: Approximately 2 minutes**

## 10 THE BOW

Free Arrangement.

