

JAZZ DANCE

SYLLABUS SPECIFICATION

GRADE 6 – GRADE 8





Jazz Dance

Syllabus Specification

LEVEL 3

Grade 6, 7 and 8



All supporting material can be downloaded from
www.rslawards.com

Acknowledgements

Syllabus

Syllabus written and devised by: **Francesca Denton**
Specialist writers and consultants: **Marie Dalziel and Victoria Goodwin**
Syllabus advisors: **Jessica Fairfield**

Publishing

Cover design: **Philip Millard**
Layout design: **Philip Millard**
Layout and sub-editor: **Jennie Troup**
Cover photograph: © **maratr / Shutterstock**

Audio

Composed and produced by: **Jono Harrison**

Executives

Mr N. York
Mr J. Simpson

Contact

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

Performance Arts Awards (PAA)
www.rslawards.com/performance-arts
Telephone: +44 (0)345 460 4747
Email: paa@rslawards.com

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.

Once you've created an account, you'll be able to access the supporting content at: 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	
Form of Assessment	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.
Unit Format	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.
Bands of Attainment	There are four bands of assessment (Distinction, Merit, Pass and Unclassified) for the qualification as a whole.
Quality Assurance	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.

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

Cw.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.

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.

SECTION E: EQUAL OPPORTUNITIES POLICY

RSL's Equal Opportunities policy can be found on the RSL website 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

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 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

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 THREE**GRADE 6**

Title	RSL Level 3 Certificate in Graded Examination in Dance – Grade 6
Level	Level 3
Credit Value	13
Guided Learning Hours	90
Total Qualification Time	130

Learning Outcome – The learner will:		Assessment Criteria – The learner can:	
1	Be able to perform complex movement sequences showing an understanding and secure use of technique in Jazz Dance	1.1	Demonstrate a detailed knowledge and understanding of Jazz Dance vocabulary
1.2		Demonstrate secure technical skills at an advanced level	
2	Be able to perform complex movement sequences showing an understanding of musicality in Jazz Dance	2.1	Demonstrate a clear understanding of a range of complex rhythmical sounds, accents and timings
2.2		Demonstrate sensitive musical interpretation through: a) Phrasing b) Dynamics c) Atmosphere	
3	Be able to present an assured performance in Jazz Dance	3.1	Demonstrate the use of expression and performance skills appropriately at an advanced level
3.2		Use varied expression and a range of performance skills with appropriate engagement with the audience	

GRADE 7

Title	RSL Level 3 Certificate in Graded Examination in Dance – Grade 7
Level	Level 3
Credit Value	13
GLH	90
TQT	130

Learning Outcome – The learner will:		Assessment Criteria – The learner can:	
1	Be able to perform complex movement sequences showing an understanding and secure use of technique in Jazz Dance	1.1	Demonstrate a detailed knowledge and understanding of Jazz Dance vocabulary
1.2		Demonstrate secure technical skills at an advanced level	
2	Be able to perform complex movement sequences showing an understanding of musicality in Jazz Dance	2.1	Demonstrate a clear understanding of a range of complex rhythmical sounds, accents and timings
2.2		Demonstrate sensitive musical interpretation through: a) Phrasing b) Dynamics c) Atmosphere	
3	Be able to present an assured performance in Jazz Dance	3.1	Demonstrate the use of expression and performance skills appropriately at an advanced level
3.2		Use varied expression and a range of performance skills with appropriate engagement with the audience	

GRADE 8

Title	RSL Level 3 Certificate in Graded Examination in Dance – Grade 8
Level	Level 3
Credit Value	13
GLH	90
TQT	130

Learning Outcome – The learner will:		Assessment Criteria – The learner can:	
1	Be able to perform complex movement sequences showing an understanding, and secure use of technique in Jazz Dance	1.1	Demonstrate a detailed knowledge and understanding of Jazz Dance vocabulary
1.2		Demonstrate secure skills at an advanced level	
2	Be able to perform complex movement sequences showing an understanding of musicality in Jazz Dance	2.1	Demonstrate a clear understanding of a range of complex rhythmical sounds, accents and timings
2.2		Demonstrate sensitive musical interpretation through: a) Phrasing b) Dynamics c) Atmosphere	
3	Be able to present an assured performance in Jazz Dance	3.1	Demonstrate the use of expression and performance skills appropriately at an advanced level
3.2		Use varied expression and a range of performance skills with appropriate engagement with the audience	

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 6

1 LEARNING OUTCOME 1 (Technical Exercises)

The learner will be able to perform complex movement sequences showing an understanding and secure use of technique in Jazz Dance

Unclassified	Pass	Merit	Distinction
Insecure evidence of technical accuracy at an advanced level. An inability to demonstrate the following: <ul style="list-style-type: none"> ■ Coordination ■ Control ■ Dynamic values ■ Line ■ Projection ■ Fluency ■ Style 	Evidence of technical accuracy at an advanced level. To include the following some of the time: <ul style="list-style-type: none"> ■ Coordination ■ Control ■ Dynamic values ■ Line ■ Projection ■ Fluency ■ Style 	Evidence of technical accuracy at an advanced level. To include the following for the majority of the time: <ul style="list-style-type: none"> ■ Coordination ■ Control ■ Dynamic values ■ Line ■ Projection ■ Fluency ■ Style 	Evidence of technical accuracy at an advanced level. To include the following throughout: <ul style="list-style-type: none"> ■ Coordination ■ Control ■ Dynamic values ■ Line ■ Projection ■ Fluency ■ Style

2 LEARNING OUTCOME 2 (Technical Exercises)

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

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

3 LEARNING OUTCOME 3 (The Performance)

The learner will be able to present an assured performance in Jazz Dance

Unclassified	Pass	Merit	Distinction
Insecure evidence of a Jazz Dance performance at an advanced level. An inability to demonstrate the following: <ul style="list-style-type: none"> ■ Expression ■ Communication ■ Technique ■ Projection ■ Interpretation ■ Atmosphere ■ Style 	Evidence of a Jazz Dance performance at an advanced level. To include the following some of the time: <ul style="list-style-type: none"> ■ Expression ■ Communication ■ Technique ■ Projection ■ Interpretation ■ Atmosphere ■ Style 	Evidence of a Jazz Dance performance at an advanced level. To include the following for the majority of the time: <ul style="list-style-type: none"> ■ Expression ■ Communication ■ Technique ■ Projection ■ Interpretation ■ Atmosphere ■ Style 	Evidence of a Jazz Dance performance at an advanced level. To include the following throughout: <ul style="list-style-type: none"> ■ Expression ■ Communication ■ Technique ■ Projection ■ Interpretation ■ Atmosphere ■ Style

GRADE 7

1 LEARNING OUTCOME 1 (Technical Exercises)

The learner will be able to perform complex movement sequences showing an understanding and secure use of technique in Jazz Dance

Unclassified	Pass	Merit	Distinction
Insecure evidence of technical accuracy at an advanced level. An inability to demonstrate the following: <ul style="list-style-type: none"> ■ Coordination ■ Control ■ Dynamic values ■ Line ■ Projection ■ Fluency ■ Style 	Evidence of technical accuracy at an advanced level. To include the following some of the time: <ul style="list-style-type: none"> ■ Coordination ■ Control ■ Dynamic values ■ Line ■ Projection ■ Fluency ■ Style 	Evidence of technical accuracy at an advanced level. To include the following for the majority of the time: <ul style="list-style-type: none"> ■ Coordination ■ Control ■ Dynamic values ■ Line ■ Projection ■ Fluency ■ Style 	Evidence of technical accuracy at an advanced level. To include the following throughout: <ul style="list-style-type: none"> ■ Coordination ■ Control ■ Dynamic values ■ Line ■ Projection ■ Fluency ■ Style

2 LEARNING OUTCOME 2 (Technical Exercises)

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

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

3 LEARNING OUTCOME 3 (The Performance)

The learner will be able to present an assured performance in Jazz Dance

Unclassified	Pass	Merit	Distinction
Insecure evidence of a Jazz Dance performance at an advanced level. An inability to demonstrate the following: <ul style="list-style-type: none"> ■ Expression ■ Communication ■ Technique ■ Projection ■ Interpretation ■ Atmosphere ■ Style 	Evidence of a Jazz Dance performance at an advanced level. To include the following some of the time: <ul style="list-style-type: none"> ■ Expression ■ Communication ■ Technique ■ Projection ■ Interpretation ■ Atmosphere ■ Style 	Evidence of a Jazz Dance performance at an advanced level. To include the following for the majority of the time: <ul style="list-style-type: none"> ■ Expression ■ Communication ■ Technique ■ Projection ■ Interpretation ■ Atmosphere ■ Style 	Evidence of a Jazz Dance performance at an advanced level. To include the following throughout: <ul style="list-style-type: none"> ■ Expression ■ Communication ■ Technique ■ Projection ■ Interpretation ■ Atmosphere ■ Style

GRADE 8

1 LEARNING OUTCOME 1 (Technical Exercises)

The learner will be able to perform complex movement sequences showing an understanding and secure use of technique in Jazz Dance

Unclassified	Pass	Merit	Distinction
Insecure evidence of technical accuracy at an advanced level. An inability to demonstrate the following: <ul style="list-style-type: none"> ■ Coordination ■ Control ■ Dynamic values ■ Line ■ Projection ■ Fluency ■ Style 	Evidence of technical accuracy at an advanced level. To include the following some of the time: <ul style="list-style-type: none"> ■ Coordination ■ Control ■ Dynamic values ■ Line ■ Projection ■ Fluency ■ Style 	Evidence of technical accuracy at an advanced level. To include the following for the majority of the time: <ul style="list-style-type: none"> ■ Coordination ■ Control ■ Dynamic values ■ Line ■ Projection ■ Fluency ■ Style 	Evidence of technical accuracy at an advanced level. To include the following throughout: <ul style="list-style-type: none"> ■ Coordination ■ Control ■ Dynamic values ■ Line ■ Projection ■ Fluency ■ Style

2 LEARNING OUTCOME 2 (Technical Exercises)

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

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

3 LEARNING OUTCOME 3 (The Performance)

The learner will be able to present an assured performance in Jazz Dance

Unclassified	Pass	Merit	Distinction
Insecure evidence of a Jazz Dance performance at an advanced level. An inability to demonstrate the following: <ul style="list-style-type: none"> ■ Expression ■ Communication ■ Technique ■ Projection ■ Interpretation ■ Atmosphere ■ Style 	Evidence of a Jazz Dance performance at an advanced level. To include the following some of the time: <ul style="list-style-type: none"> ■ Expression ■ Communication ■ Technique ■ Projection ■ Interpretation ■ Atmosphere ■ Style 	Evidence of a Jazz Dance performance at an advanced level. To include the following for the majority of the time: <ul style="list-style-type: none"> ■ Expression ■ Communication ■ Technique ■ Projection ■ Interpretation ■ Atmosphere ■ Style 	Evidence of a Jazz Dance performance at an advanced level. To include the following throughout: <ul style="list-style-type: none"> ■ Expression ■ Communication ■ Technique ■ Projection ■ Interpretation ■ Atmosphere ■ Style

Definitions

Definitions of the Terminology used in the Grade Descriptors

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

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 59](#).

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' 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

Improvisation

Improvisation is introduced at level 2 and 3 only. Candidates are required to improvise; this will be assessed in small groups. The improvisation will be to music the examiner provides. Candidates should aim to use a wide vocabulary of steps along with a strong sense of technique and style.

Candidates will be permitted to listen to the piece of music once through before they are asked to improvise.

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 may ask to see any exercise or 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

Grade 6

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



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 59**.

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

Grade 6

Grade 6 candidates are required to perform at an advanced level. Candidates will have the ability to sustain their technique, performance and focus throughout the examination. Candidates will exhibit a greater proficiency and fluency, including a strong ability to combine a sense of character or theme appropriate to the exercise or piece. 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 facing front, arms held by sides.

Counts	Choreography	Arms
1-8	Introduction – wait.	
1, 2	Transfer weight side to side, using plié, step Right, tap Left.	Swing to jazz 2nd.
3, 4	Repeat other side.	Swing back down, crossing arms in front of body.
5-7	3 gallops to Right.	Natural swing by the side of the body.
8	Jump into parallel 1st.	Arms held by sides.
1-8	Repeat all on other side.	Repeat all.
1, 2	Backwards shoulder roll.	Arms held by sides.
3, 4	Into high release, ripple, lowering the body to floor, legs plié.	End fingertips touch floor.
5, 6	Recover to standing.	Lift to jazz 5th palms facing.
7, 8	Tread through the feet in parallel 2nd, Right, Left.	Reach jazz 5th, stretching Right high then Left to high.
1, 2	Hold in parallel 2nd, upward stretch.	Reach up to jazz 5th.
3, 4	Forward stretch.	Remain.
5	Contract.	
6	Release to forward stretch.	
7, 8	Plié, release down and recover to standing.	Hands touch floor, end by sides.
1-8	Repeat all.	Repeat all.
1, 2	2 jumps parallel 1st.	Natural swing.
3, 4	Jump into pile, turnout 2nd, hold.	Hands clasp, arms extended in front.
5-8	Repeat.	Repeat.
1, 2	Relevé in turned out 2nd.	Jazz 2nd, palms down.
3, 4	Plié on relevé.	
5, 6	Lower heels.	
7, 8	Extend legs.	Arms held by sides.

Continued over >

1 THE WARM UP (CONTINUED)

Counts	Choreography	Arms
1, 2	Backwards shoulder roll, with bounce in knees.	Arms held by sides.
3, 4	Continue bounce in knees.	Hands on shoulders, elbows circle backwards.
5, 6	Continue bounce in knees.	Backwards arm circle, both arms.
7, 8	Relevé, recover heels down.	Shoot to jazz 5th palms facing, then drop by sides.
4 bars	16 runs on balls of feet.	Arm sequence 4 times: jazz 1st, elbows drop, jazz 5th, jazz 2nd.
1-8	2 burpees.	Reach up on jump.
1-4	Grapevine Right.	Jazz 5th, jazz 2nd, jazz 1st, elbows drop. *
5-8	Repeat Left ending in parallel 2nd.	Repeat arm sequence above. *
1-4	Head circle to Right.	Arms held by sides.
5, 6	Step forward on Right, hold.	
7, 8	Join Left to Right, hold.	
	<i>Repeat exercise from the beginning on the same side.</i>	

2 FLOOR STRENGTHENING

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

Counts	Choreography	Arms
1-8	Introduction – wait.	
1-8	Slow and controlled lift to Jack Knife position and hold.	Counter balance in low V.
1-4	4 beats with the legs starting with Right.	Lift to jazz 5th.
5-8	Release, rolling through the spine back to opening position.	Lower to low V on floor.
4 bars	Repeat all.	Repeat all.
1-8	Roll onto front (towards front), hold.	Jazz 5th, palms flat on floor.
1-4	Lift upper body off floor into a back bend.	Lift in parallel jazz 5th.
5-8	Release to lying on front.	Return to floor.
1-4	Lift upper body and legs off the floor.	Lift in parallel jazz 5th.
5-8	Release to lying on front.	Return to floor.
4 bars	Repeat back bend and back/leg lifts.	Repeat.
1-4	Push upper body off the floor, move back and sit on heels in a back stretch.	Push body up and then palms on floor, extended forward in stretch.
5-8	Hold.	
1-4	Ripple through body back to laying on front.	Into press up position, elbows bent.
5-8	Push up and into arch, feet and hangs flat on the floor.	Support weight on floor.
1-4	Flex Left knee, into a forwards roll.	
5-8	Open legs to sitting in 2nd position, facing SL and hold.	Jazz 2nd.
1-4	Draw legs together, reverse roll backwards over either shoulder.	
5-8	Unfold to lying on front, hold.	On floor in press up position, elbows bent.

3 PLIÉS

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

Counts	Choreography	Arms
1-8	Introduction – wait.	
1-4	Demi-plié.	Lift to jazz 2nd, palms down.
5-8	Recover to standing.	Lower by sides.
1-8	Repeat.	Repeat.
1-4	Grande plié.	Lift to jazz 5th, palms facing.
5-8	Recover to standing.	Arms lower by sides.
1-8	Repeat.	Repeat.
1-4	Rise, lower.	Jazz 1st.
5-8	Repeat.	Elbows drop.
1-4	Repeat.	To jazz 5th, palms facing.
5-8	Repeat, turn out 1st position.	To jazz 2nd, palms down.
	<i>Repeat all in turn out 1st.</i>	

4 ISOLATIONS

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

Counts	Choreography	Arms
1-8	Introduction – wait.	
1		Right circles back.
2	Step Right to Right into deep lunge on Left.	Continue circle forwards (figure of 8), arm ends low between legs.
3		Right continues figure 8.
4	Recover Right leg into bevel.	Rises to high V.
5, 6	Cork screw turn to Left, end jazz 4th facing DSL.	Arms held by sides.
7	Hold.	Right pushes to jazz 2nd, palm forward, fingers splayed (towards SR).
8	Hold.	Flex Right elbow, drawing hand beside chest.
1-4	High release remaining in jazz 4th.	Right unfolds to low V.
5	Recover and shoulder shrug Right.	
6-8	Right leg sweeping turn to Left, end facing front.	Right whips to catch Left wrists, arms high, fingers splayed.
1, 2	Salsa step forwards on Right.	Remain.
3		Open jazz 2nd.
4		Close jazz 1st.
&		Elbows drop.
5-8	Repeat Left.	Repeat.
1, 2	Step to side on Right, hip isolation high, rocks back, hip isolation low, Right knee flexed.	Relaxed by sides.
3, 4	Repeat other side.	
5, 6	Hip circle to Right, treading through Right foot.	
7	Jump to close parallel 1st.	
8		Hands come behind head, elbows high.
	<p><i>Repeat all from the beginning on the Left side. Be prepared to demonstrate the exercise on both sides.</i></p>	

5 PIROUÉTTE

Free Arrangement. Pirouette exercise in the Centre appropriate for an advanced dancer, to include:

- Use of jazz 4th, relevé and retiré
- Single and double pirouette
- Travelling and elevated turns
- Be prepared to demonstrate the exercise on both sides

6 LEG TILT

Preparation: Stand USC, facing front with feet in preparatory, Right leg bears weight, arms held by sides.

Counts	Choreography	Arms
1-8	Introduction – wait.	
1, 2	Step through on Left leg.	
3, 4	Lift Right leg to retiré.	Lift to jazz 2nd, palms down.
5, 6	Adjust weight placement (to prepare for leg extension), extend the Right leg to tilt.	Left lowers, Right comes to high V, palms down.
7, 8	Lower Right leg and recover to standing in turned out 1st.	Lower to by sides.
1-8	Repeat on Left.	
	<i>Repeat the exercise from the beginning.</i>	

7 KICK SEQUENCE

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

Counts	Choreography	Arms
1-8	Introduction – wait.	
1-3	Step back onto relevé, Right, Left. Step forward to flat foot on Right leg.	Arms held by sides.
4	Left leg forward kick.	Jazz 2nd.
5-8	Repeat other side.	Jazz 2nd.
1, 2	Gallop on Right leg, traveling towards DSR.	Opposition.
3 +4	Pas de bourrée, starting on Left leg, facing DSR.	Free.
5	Forward kick Right.	Jazz 2nd.
6	Right leg lands.	
7	Fan kick Left.	Both cross low and circle over head.
8	Left leg lands in 2nd position.	Arms held by sides.
1-3	Pas de bourré behind starting with the Left leg, facing front.	
4	Left leg side kick.	Jazz 4th, Right arm high.
5-8	Repeat other side.	Repeat.
1-6	Turning over Right shoulder, take 6 jazz runs to USC on Right first, coming to face front.	Free.
7, 8	Come to parallel 1st, facing front.	Arms held by sides.
	<i>Repeat from the beginning on the Left. Be prepared to demonstrate the exercise on both sides.</i>	

8 ELEVATION AND TRAVEL – DANCE COMBINATION

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

Counts	Choreography	Arms
1–8	Introduction – wait.	
1–4	<i>Travelling to DSR:</i> 4 walks backwards starting on Right.	Arms held by sides.
5	Open chaîné–turn Right (low, using plié).	Jazz 2nd and close jazz 1st.
6	Calypso leap, leading with the Right leg.	Diagonal, Right arm low.
7, 8	On landing roll using the Left knee to lower and stand.	Use to aid roll.
1	<i>Facing DSR:</i> Relevé in parallel 2nd.	Low V, palms front, fingers splayed.
2, 3	Hold.	
4	Lower heels.	
5, 6	<i>To face front:</i> Fan kick Left and step out on Left.	Both circle over head.
7, 8	Pas de bourrée turning over Right shoulder, on Right.	Arms held by sides.
1, 2	Side kick Left, lower.	Jazz 4th.
3, 4	Right leg steps out to the side with hip rotation.	Low by sides.
5–7	<i>To face DSR:</i> Slide Right leg to jazz 4th, with a slow high release.	Both hands draw up to chest height, backs of wrists meeting, unfold out and backwards, coming to rest by sides.
8	Rebound to standing parallel 1st (sharp).	Arms held by sides.
1–4	<i>Travelling round and down to DSL:</i> 2 circular springs turning over Right.	Right draws circle above head, Left held in jazz 2nd.
5, 6	Right leg gallop.	Opposition.
7	Step Left.	
8	Forward leap Right.	Jazz 3rd.
8	Step Left leg through.	
1, 2	<i>Facing DSL:</i> Step Right to 2nd on relevé, hold.	Jazz 2nd.
3, 4	Slide Right foot into jazz 4th position.	Opposition.
5, 6	Double pirouette.	Jazz 1st.
7, 8	<i>Facing front:</i> Step forward Right, Left, to parallel 2nd flex knees, body forward into flat back. Hold.	Extend forwards, fingers splayed.

Continued over >

8 ELEVATION AND TRAVEL – DANCE COMBINATION (CONTINUED)

Counts	Choreography	Arms
1, 2	Recover to standing, in parallel 2nd on relevé. Hold.	Low V, palms front, fingers splayed.
3, 4	<i>Travel to USL, end facing DSR:</i> Free run.	Free.
5–8	<i>Travel to DSR:</i> Open spring ball change Right, Left.	Opposition.
1, 2	Step turn step, turning over Right shoulder.	Jazz 2nd, jazz 1st, jazz 2nd.
3	Forward kick Left into layout.	Low V by sides.
4	Lower Left leg.	
5	To floor.	Hands rest on floor.
6–8	Roll on floor to Right and come to standing on Right leg.	Support roll and end by sides.
1–3	<i>Travel to USC, end facing SL:</i> Free run.	Free.
4	Stand on Left, Right prepped behind.	Arms held by sides.
5	<i>Travel DS:</i> Chainé–turn Right.	Open to jazz 2nd, close jazz 1st.
6, 7	<i>Face front:</i> Step forward on the Right to forced arch parallel 2nd.	Low V, palms forwards, hands splayed.
8	Hold balance.	
1	Hinge in the body back from bent knees. <i>Be prepared to demonstrate the exercise on both sides.</i>	

9 IMPROVISATION

Improvisation is introduced at level 2 and 3. Candidates are required to improvise; this will be assessed in small groups. The improvisation will be to music the examiner provides. Candidates should aim to use a wide vocabulary of steps along with a strong sense of technique and style. Candidates will be permitted to listen to the piece of music once through before they are asked to improvise.

Improvisation – approximately 60 seconds

10 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 6 Dance Performance: Two contrasting performances – approximately 3 minutes each

11 THE BOW

Free Arrangement.



Grade 7

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



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 59](#).

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

Grade 7

Grade 7 candidates are required to perform at an advanced level. Candidates will have the ability to sustain their technique, performance and focus throughout the examination. Candidates will exhibit a greater proficiency and fluency, including a strong ability to combine a sense of character or theme appropriate to the exercise or piece. 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 turnout 2nd, CS facing front arms held by sides.

Counts	Choreography	Arms
1-8	Introduction – wait.	
1-4		Through jazz 2nd to jazz 5th.
5-8	High release.	Circle head and release from jazz 5th back down through jazz 2nd, relaxed at the side.
1-4	Unfold spine to come sitting in deep plié 2nd.	Back up to jazz 2nd.
5-8	Extend knees, focus high.	Lift to jazz 5th, palms front.
1-4	4 jumps parallel 1st.	Natural swing.
5-8	4 jumps parallel 2nd.	
4 bars	16 runs on balls of feet.	Sequence: Jazz 1st, elbows drop, jazz 5th, jazz 2nd. Repeat 4 times through.
1, 2	Jump open to turnout 2nd and into plié.	Jazz 2nd.
3, 4	Extend knees, reach up, focus high.	Reach jazz 5th.
5-8	Repeat plié in 2nd and recover.	Repeat.
1, 2	Side bend to Right.	Left reaches over head to Right side, Right reaches down.
3, 4	Continue to flat back in Centre.	Jazz 2nd.
5, 6	Continue to side bend to Left.	Right reaches over head to Left side, Left reaches down.
7, 8	Recover to standing.	Open to jazz 2nd.
1, 2	Bounce in knees with double shoulder roll backwards.	Arms by sides.
3, 4	Repeat bounce in knees.	Both elbows circle backwards, hands on shoulders.
5, 6	Repeat bounce in knees.	Both arms circle backwards.
7	Relevé look up.	Shoot to jazz 5th, recover by sides.
8	Heels down.	
1-8	Repeat knee bounces and shoulder rolls.	Repeat.
1-8	Plié turnout 2nd, hold.	Press elbows into knees.
1-4	Extend knees, stretch body forward and down to stretch.	Hands or elbows to floor.
5-8	Two pulses through legs.	Reach hands through legs.

Continued over >

1 THE WARM UP (CONTINUED)

Counts	Choreography	Arms
1-8	Recover to standing through forward stretch.	Reach forward in parallel and come to jazz 5th.
1-8	Grapevine Right and Left.	Arms held by sides.
1-8	Step tap to Right, Left, Right, Left.	
1-4	Step Right to parallel 2nd.	Backwards shoulder roll Right, Left.
5-8	Focus high.	Up to jazz 5th through jazz 2nd.
	<i>Repeat exercise from the beginning on the same side.</i>	

2 FLOOR STRENGTHENING

Preparation: Lay on the floor, knees bent, feet flat on floor, arms held by sides.

Counts	Choreography	Arms
1-8	Introduction – wait.	
1, 2	Draw both knees toward chest.	
3, 4	Extend legs upwards towards the ceiling at a 90 degrees angle..	
5-8	Slowly lower legs and hold just before touching the floor.	
4 bars	Repeat twice more.	
1-4	Draw both knees towards chest.	Hug knees.
5-8	Legs extend along the floor.	Come to low V.
1-6	Come to sitting through a back bend, arching the spine to lift.	
7, 8	Draw knees in, feet flat on floor, round the spine.	Wrap around knees.
1-4	Backwards roll over either shoulder.	
5-8	To end laying on front.	Sweep through jazz 2nd to jazz 5th
1, 2	Lift upper body and legs off floor.	
3, 4	Recover.	
5-8	Repeat.	
1, 2		Hands come to press- up position by shoulders.
3, 4	Press up in to plank position.	
5, 6	Hold.	
7, 8	Push arch, hands and feet flat on the floor.	
1, 2	Life Left leg to 180 degrees, toes reaching to ceiling.	
3, 4	Hold.	
5, 6	Flex the Left knee and lower leg back to floor.	
7, 8	Flex both knees, extend legs.	
1-8	Repeat on other side.	
1-4	Starting with the Right, walk hands out, returning to plank.	
5-8	Controlled lower to lying on floor.	Hands by shoulders in press-up position.

3 PLIÉS

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

Counts	Choreography	Arms
1-8	Introduction – wait.	
1-4	Demi plié in parallel 2nd, recover.	Lift to jazz 2nd palms down, lower.
5-8	Demi plié in turnout 2nd , recover.	Lift to jazz 1st, lower.
1-8	Repeat pliés.	Repeat.
1-4	Grande plié in parallel 2nd.	Lift to jazz 5th, palms facing.
5-8	Recover.	Lower.
1-4	Grande plié in turnout 2nd.	Lift to jazz 5th, palms facing.
5-8	Recover.	Lower.
1, 2 *	Relevé in parallel 2nd, lower.	Jazz 1st.
3, 4	Repeat.	Elbows drop.
5, 6	Repeat.	Jazz 5th, palms facing.
7, 8	Repeat.	Open to jazz 2nd and down.
1-8	Repeat relevé sequence.*	Repeat.

4 ISOLATIONS

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

Counts	Choreography	Arms
1-8	Introduction –wait.	
1+2	Pas de bourrée on Right – end facing SR.	Arms held by sides.
3+4	Pas de bourrée on Left – end facing Front.	
5	Relevé in parallel 2nd.	Right shoulder isolation, recover.
6	Recover, heels down.	
7	Head isolation to Right side.	Arms held by sides.
8	Recover Centre.	Relaxed by sides.
1	Body ripple.	Come to low V, elbows bent.
2	Plié in turned out 2nd.	Fingers click low next to hips.
83	Isolate and invert Right knee, recover.	Free.
84	Repeat Left.	
5, 6	Rib isolation Right, Left.	
7, 8	Rib rotation to Right.	
1, 2	Pas de bourrée Right, turning over Right shoulder to face back.	
3	Retiré Left leg, on relevé.	Jazz 1st.
4	Step in to lunge on Left.	Opposition.
5	Facing the back rebound to parallel 2nd on relevé.	Low V.
6	Recover back to lunge.	Opposition.
7	Ripple through the body, step Left foot to join Right.	Free.
8	Step Right back into lunge.	
1	Cross Right behind Left.	Arms held by sides.
2-4	Turn over Right shoulder to face front, standing in parallel 2nd.	
5-8	Backwards shoulder roll Left, Right, Left, Right.	
	<i>Repeat from the beginning on the Left side.</i>	

5 PIROUÉTTE

Free Arrangement. Pirouette exercise in the Centre appropriate for an advanced dancer, to include:

- Double or triple pirouette
- Travelling and elevated turns
- Be prepared to demonstrate the exercise on both sides

6 KICK SEQUENCE

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

Counts	Choreography	Arms
1–8	Introduction – wait.	
1–3	Step back onto relevé, Right, Left. Step forward to flat foot on Right leg.	Arms held by sides.
4	Side kick Left.	Jazz 4th, Right arm high.
5–8	Repeat other side.	Repeat.
1+2	<i>Travelling to DSR:</i> Right leg lead into gallop.	Opposition.
3+4	Left leg gallop.	
5	Step forward on Right.	
6	Forward kick Left on relevé.	Jazz 2nd.
7,8	Repeat step kick on Right.	
1	Right leg recovers, turning body to face front.	
2	Lunge onto Right, Left leg extended to Left side.	Opposition.
3	Ball-change stepping Left leg behind.	
4	Side kick Left.	Jazz 4th.
5	Lower leg, transferring weight.	
6–8	Pas de bourrée Right, turning over Right shoulder to come front.	
1	Left leg fan kick.	Left circles head, Right held in jazz 2nd.
2	Left leg recovers to side, lunge onto Left, turning body into the lunge.	Opposition.
3,4	Open chaîné turn Right to end facing front.	Open to jazz 2nd, close jazz 1st.
5–7	3 walks backwards, Right, Left, Right.	Arms held by sides.
8	Tuck Left behind into preparatory position.	
	<i>Repeat from the beginning on the Left.</i>	

7 ELEVATION AND TRAVEL – DANCE COMBINATION

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

Counts	Choreography	Arms
1–8	Introduction – wait.	
1, 2	<i>On spot:</i> Transfer weight across to Right leg treading through Right foot.	Right shoulder roll backward, arms by sides.
3, 4	Repeat Left.	Repeat Left.
5	Stand parallel 2nd.	Throw Right arm unfolding to jazz 5th, palm front, fingers splayed, Left behind head, and clasps Right elbow.
6	Plié in parallel 2nd body relaxes over in the Centre of the plié.	Remaining in position throw down fingertips of Right hand facing the floor.
7	Hold.	
8	Jump into parallel 1st.	By sides.
1	Step Right across Left.	On hips.
2	Tap Left to side.	Jazz 5th.
3	Step Left across Right.	On hips.
4	<i>To face: SL</i> Tap Right to side.	Jazz 2nd.
5, 6	<i>Face SL, travelling to DSR:</i> Gallop on Right.	
7	Step Left across.	Release.
8	Side leap, close Left behind.	Return to jazz 2nd.
1, 2	<i>To face DSR:</i> Pas de bourrée Left, turning over Left shoulder.	Jazz 1st, ending opposition.
3, 4	Double pirouette.	Jazz 1st.
5–7	Step back to parallel 2nd on relevé Right, Left. Step forward Right.	Jazz 2nd.
8	Front kick Left.	
1–3	Step back to parallel 2nd on relevé Left, Right. Step forward Left.	
4	Side kick Right.	
5–8	Step Right to side and lunge.	Sweep across body.
1–4	<i>Travelling to USC, end facing front:</i> 4 runs starting on Right, turning over Right shoulder.	Free.
5	Step to Right side on Right leg.	Arms held by sides.
6–8	Half turn bringing the body front, stepping Left leg to join parallel 1st.	

Continued over >

7 ELEVATION AND TRAVEL – DANCE COMBINATION (CONTINUED)

Counts	Choreography	Arms
1–4	<i>Travelling to DSL</i> : 2 chainé turns on Right (back to audience).	Open jazz 2nd, close jazz 1st.
5	Calypso leap on Right.	Free.
6–8	On landing roll through floor, stand up on Left leg.	
1–3	3 walks forwards, Left first.	
4	Hitch-kick Left leg.	
5–8	Recover and hold, standing parallel 1st.	
1	<i>Travelling backwards to USL</i> : Step backwards on Left, turning body to face the back and drag Right foot.	
2&	Ball-change turning body to face the front whilst travelling USL.	
3, 4	Repeat on other side.	Repeat on other side.
5	Step Left to side.	Jazz 2nd.
6, 7	Right leg fan kick.	Left circles head, Right in jazz 2nd.
8	Lower leg to floor.	
1–4	Seat roll turning to the Left leg, roll towards the front.	Hands rest on floor.
5–8	<i>Facing SL</i> : Right leg extended in front towards SL, Left leg supporting weight, bent with flat foot at 90 degrees angle.	Right extended and supporting, Left unfolds up to ceiling, palm front, hand splayed.

8 IMPROVISATION

Improvisation is introduced at level 2 and 3. Candidates are required to improvise; this will be assessed in small groups. The improvisation will be to music the examiner provides. Candidates should aim to use a wide vocabulary of steps along with a strong sense of technique and style. Candidates will be permitted to listen to the piece of music once through before they are asked to improvise.

Improvisation – approximately 60 seconds

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 7 Dance Performance: Two contrasting performances approximately 3 minutes each

10 THE BOW

Free Arrangement.



Grade 8

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



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 59](#).

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

Grade 8

Grade 8 candidates are required to perform at an advanced level. Candidates will have the ability to sustain their technique, performance and focus throughout the examination. Candidates will exhibit a greater proficiency and fluency, including a strong ability to combine a sense of style or theme appropriate to the exercise and piece. 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 2nd, CS facing front, arms held by sides.

Counts	Choreography	Arms
5-8, 1-4	Introduction – wait.	
5-8	2 head rotations to Right, shoulders and upper body relaxed.	Arms held by sides.
8&1	Step Left across and in front, tap Right to uncross keeping weight on Left leg.	Right swings up to jazz 5th.
2	Transfer the weight across to Right then back to Left leg in a swaying motion, twisting body to Left, Right leg extended to side.	Right elbow pulls arm back, to cut across the body, low, coming to Left side . Left is down.
3	Sway Right.	Lift Right to Right, bent at elbow, elbow high.
4	Sway Left.	Slice Right across body to low by Left side, arm straight.
5, 6	Transfer weight on to Right foot, adjusting hips and body to face DSR.	Left hand clasps Right wrist, both arms reach towards DSR.
7, 8	Forward stretch to DSR.	Remain.
1, 2	Remain in forward stretch and move body to Centre.	Remain.
3, 4	Relax and recover to standing with slight bend in the knees.	Come to by sides.
5-8, 1-8, 1-4	Repeat Left side.	Repeat Left side.
5-8 *	Transfer weight to Right, Left, Right, Left with soft knees.	Backwards shoulder roll Right, Left, Right, Left, arms by sides.
1	Kneel on Right leg.	
2	Knees bent, roll onto the floor on back, facing the back.	Jazz 2nd, resting on floor.
3	Swing Right leg across, tracing the foot along the floor whilst dropping Left knee Left to the floor.	
4	Recover to Centre.	
5, 6	Roll to Right stand up on Left leg, coming to parallel 4th position, facing front.	Arms held by sides.
7, 8	Hold position, bend knees.	Circle backwards and continue to high V, palms up.
1, 2	Step into parallel 1st, extending both legs, leaning forward into forward stretch.	Reach forward in parallel, palms facing.
3	Recover to stand jazz 4th , knees flexed.	High V.
4	Close back leg to parallel 1st.	Arms held by sides.
5-8, 1-8, 1-4	Repeat on other side (from 4 shoulder rolls).*	
5-8	Hold parallel 2nd.	Lift slowly through jazz 2nd to jazz 5th, palms facing.

Continued over >

1 THE WARM UP (CONTINUED)

Counts	Choreography	Arms
1, 2	Bounce in knees x 2, body release over on the second bounce.	Circle forward, and down to touch floor.
3, 4	Reverse to standing.	Reverse to jazz 5th, palms facing.
5–8	Repeat knee bounces and arm swings.	Repeat.
1, 2	Step Right out to wide parallel 2nd.	Jazz 5th, palms facing.
3, 4	Forward stretch.	Remain.
5, 6	Plié, remain in forward stretch.	
7, 8	Release and flex knees, roll up to standing.	Come to by sides.
1, 2	Hold.	Rise to jazz 5th through jazz 2nd, palms facing.
3–8	Repeat forward stretch, release and recover.	Repeat.

2 FLOOR STRENGTHENING

Preparation: Lay on front, head towards SR, arms held above head in jazz 5th, palms facing.

Counts	Choreography	Arms
5-8	Introduction – wait.	
1, 2	Lift upper body off floor.	Rise with body.
3, 4	Recover to laying.	Recover to jazz 5th resting on floor.
5-8, 1-8	Repeat three more times.	
1, 2		Bring hands press up position by shoulders.
3, 4	Push up, sending hips back, resting over heels.	Hands on floor, arms extended.
5-8	Hold spine stretch.	
1-4	Ripple through spine, against floor to return to lying on front.	Hands come back to press-up position by shoulders.
5	Tuck toes under and prepare.	
6-8	Push up into arch.	
1	Relevé.	
2	Flex both knees and twist to Right.	
3, 4	Roll on floor turning over Right shoulder towards front.	
5-8	Open legs to 2nd.	Lift to jazz 2nd, palms down.
1, 2		Lift to jazz 5th, palms facing.
3, 4	Side stretch over Right leg.	
5, 6	Recover to Centre.	
7, 8	Side stretch over Left leg.	
1, 2	Recover to Centre.	
3, 4	Bring legs together, knees to chest, toes on floor.	Wrap around legs.
5, 6	Extend to Jack Knife balance.	Low V to counter-balance.
7, 8	Hold.	

3 PLIÉS

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

Counts	Choreography	Arms
1-8	Introduction – wait.	
1-4	Demi plié parallel 1st.	Lift to jazz 1st.
5-8	Recover.	Recover.
1-4, 5-8	Repeat in turned out 1st.	Lift to jazz 2nd, palms front and recover.
16 bars	Repeat all.	Repeat.
1-8	Grande plié parallel 1st.	Lift to jazz 5th.
1-8	Recover.	Recover.
16 bars	Repeat grade plié in turned out 1st.	Lift through jazz 2nd to jazz 5th.
1-4	Relevé and lower in parallel 1st.	Jazz 1st.
5-8	Repeat.	Elbows drop.
1-4	Repeat.	Jazz 5th, palms front.
5-8	Repeat.	Open to jazz 2nd, lower to sides.
1-8	Step to parallel 2nd and hold.	
20 bars	Repeat all in 2nd position.	
1-4	Hold 2nd position in parallel.	Lower arms to by sides.

4 ISOLATIONS

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

Counts	Choreography	Arms
1–8	Introduction – wait.	
1	On relevé.	Backwards shoulder roll Right, Left, arms by sides.
+2	Transfer weight onto Left, isolate Right knee outwards. Right foot on forced arch.	
3	Hold.	
+4	Hip isolation to Right and recover.	
5, 6	Head isolation Right, return Centre.	
7	Step forward Left.	Circle backwards.
8	Crouch down, Right leg draws in, head down.	Hands touch floor.
1, 2	Come up and step open on Right leg to Right side, Right hip isolates to Right, back and Right again.	Relaxed by sides.
3, 4	Repeat stepping on Left to face back.	
5	Rond de jambe the Right leg on the floor, to turn and face SL.	
6	Bend both knees.	
7, 8	Relevé, transfer weight to Right hip and isolate Left knee.	Right shoots jazz 5th, and opens to jazz 2nd.
1, 2	Extend both knees to face front, parallel 2nd.	Circle above head with Right.
3, 4	Hip isolation Right, Left.	Come above head, Left hand clasping Right wrist.
5	Step back on Right, isolate Left knee, begin a body ripple.	High V.
6	Transfer weight to the back leg, Left knee isolate.	Wrist rotation and click.
7	Hold.	
8	Left hip isolate and recover. Left foot on forced arch.	
6 bars	<i>Repeat from the beginning on the same side. Be prepared to demonstrate the exercise on both sides.</i>	

5 PIROUÉTTE

Free Arrangement. Pirouette exercise in the Centre appropriate for an advanced dancer, to include:

- Double or triple pirouette
- Travelling and elevated turns
- Be prepared to demonstrate the exercise on both sides

6 KICK SEQUENCE

Free Arrangement. Kick amalgamation appropriate for an advanced dancer, to include:

- Forward kick on relevé and on a flat foot
- Side and fan kicks
- Stylised kicks
- Be prepared to demonstrate the exercise on both sides

7 ELEVATION AND TRAVEL – DANCE COMBINATION

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

Counts	Choreography	Arms
1–8	Introduction – wait.	
1–4	<i>Travelling towards DSL:</i> 4 bouncy walks starting on Right leg.	Swing in opposition.
5+6, 7+8	<i>In Centre, facing front:</i> Spring ball change on Right and Left.	Swing to jazz 3rd.
1, 2	Double pirouette Right.	Jazz 1st.
3	Recover to parallel 2nd.	Low V , palms front, fingers splayed.
4	Hold.	
5	Isolate and invert Right knee.	
6–8	Upper body ripple facing DSL.	Free.
1–4	Body ripple DSL through flat back to standing.	
5+6	Pas de bourrée, turning over Right shoulder to face front.	Circle above head and down to sides.
7, 8	Hip and shoulder roll to the Left.	Arms held by sides.
1–3	Pas de bourrée behind starting with the Right leg facing DSL.	Jazz 2nd.
4	Side kick Left.	
5, 6	<i>To face DSL:</i> Left leg recovers, stepping back into a lunge, weight over Right leg.	
7, 8		Release to low V.
1, 2	Relax body forwards.	Arms travel up to jazz 1st, opens to sweep across shoulder and release..
3–7	High release.	Release arms by sides.
8	Recover.	
1–2	<i>Travelling towards USL:</i> 2 jazz runs, Left, Right.	
3–4	<i>To face DSR:</i> Step Left, hop in retiré.	
5+6, 7+8	<i>Travelling towards DSR:</i> Spring ball change Right, Left.	

Continued over >

7 ELEVATION AND TRAVEL – DANCE COMBINATION (CONTINUED)

Counts	Choreography	Arms
1, 2	Gallop on Right.	Opposition.
3	Step Left.	Jazz 1st.
4	Right leap forward.	Jazz 3rd.
5, 6	Repeat step leap.	Repeat.
7	Recover to parallel 1st.	Arms held by sides.
8	Join Right leg to close parallel 1st, facing DSL.	
1, 2	<i>Travelling towards USL (back to audience):</i> chainé-turn Right on straight legs.	Jazz 2nd, jazz 1st.
3, 4	Repeat with plié.	Repeat.
5	Calypso leap, on Right.	Extend to diagonal line, Left high.
6–8	On landing roll through the floor using the Left knee to lower, stand up on Left leg.	
1–4	<i>Travelling to C:</i> 4 jazz runs, Right first, turning over Right shoulder.	Natural swing.
5+6	Double ball change on Right leg.	Jazz 2nd.
7	Side kick Right.	
8	Lower leg.	Arms held to jazz 2nd.
1, 2	Left leg fan kick.	Right circle above head, Left remains in jazz 2nd.
3, 4	Step Left to sideways lunge, twist body to Left.	Right continues to parallel middle, palm up Left arm opens to the back, continuing the line.
5–8	<i>Travelling to C:</i> 4 jazz runs turning over the Right shoulder to face front.	Swing in opposition.
1	Jump into parallel 1st.	Arms held by sides.
2	Box jump.	Jazz 2nd.
3	Recover.	Lower.
4	Drop to a crouch position head down.	Fingertips on floor.
5–8	Hold.	

8 IMPROVISATION

Improvisation is introduced at level 2 and 3. Candidates are required to improvise; this will be assessed in small groups. The improvisation will be to music the examiner provides. Candidates should aim to use a wide vocabulary of steps along with a strong sense of technique and style. Candidates will be permitted to listen to the piece of music once through before they are asked to improvise.

Improvisation – approximately 60 seconds

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 8 Dance Performance: Two contrasting performances approximately 3 minutes each

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 6

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



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 59**.

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

Grade 6

Grade 6 candidates are required to perform at an advanced level. Candidates will have the ability to sustain their technique, performance and focus throughout the examination. Candidates will exhibit a greater proficiency and fluency, including a strong ability to combine a sense of character or theme appropriate to the exercise or piece. 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 in the Teacher Arrangement, please download the PAA Jazz Dance Level 3 video from www.rslawards.com/performance-arts**

1 THE WARM UP

Warm up exercise appropriate for an advanced dancer, to include:

- Forward stretch into contraction and recover
- Plié in 2nd, push onto demi point

2 FLOOR STRENGTHENING

Exercise to develop strength and control appropriate for an advanced dancer, to include:

- Jack Knife position, beat legs
- Lying on front, lift the upper spine and lower legs

3 PLIÉS

Exercise in the Centre continuing the development of core strength and overall control appropriate for an advanced dancer, to include:

- Demi and full plié in parallel 1st and 2nd in the Centre
- Use of rise and lower

4 ISOLATIONS

Exercise to develop isolations appropriate for an advanced dancer, to include:

- Layering of isolations including change of direction
- Creative use of the music

5 PIROUÉTTE

Pirouette exercise in the Centre appropriate for an advanced dancer, to include:

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

6 LEG TILTS

Exercise in the Centre to demonstrate tilt appropriate for an advanced dancer, to include:

- Working leg through retiré to tilt position
- Demonstrate on both sides

7 KICK SEQUENCE

Kick amalgamation appropriate for an advanced dancer, to include:

- Forward, side and circular kicks
- Demonstrate on both sides

8 ELEVATION AND TRAVEL

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

- Calypso leap
- Circular Spring
- Double or triple pirouette
- Demonstrate on both sides

9 IMPROVISATION

Improvisation is introduced at level 2 and 3. Candidates are required to improvise; this will be assessed in small groups. The improvisation will be to music the examiner provides. Candidates should aim to use a wide vocabulary of steps along with a strong sense of technique and style. Candidates will be permitted to listen to the piece of music once through before they are asked to improvise.

Improvisation – approximately 60 seconds

10 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 6 Dance Performance: Two contrasting performances approximately 3 minutes each

11 THE BOW

Free Arrangement.



Grade 7

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:

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OR

Teacher's Arrangement

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

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Grade 7 candidates are required to perform at an advanced level. Candidates will have the ability to sustain their technique, performance and focus throughout the examination. Candidates will exhibit a greater proficiency and fluency, including a strong ability to combine a sense of character or theme appropriate to the exercise or piece. 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 in the Teacher Arrangement, please download the PAA Jazz Dance Level 3 video from www.rslawards.com/performance-arts**

1 THE WARM UP

Warm up exercise appropriate for an advanced dancer, to include:

- Stretching sequence to mobilises the limbs and joints
- High energy exercise with layered steps warming up the whole body

2 FLOOR STRENGTHENING

Exercise to develop strength and control appropriate for an advanced dancer, to include:

- Controlled back and core strengthening exercises
- Balances engaging the whole body

3 PLIÉS

Exercise in the Centre continuing the development of core strength and overall control appropriate for an advanced dancer, to include:

- Demi and full plié in the Centre parallel and turned out
- Use of rise and lower

4 ISOLATIONS

Exercise to develop isolations appropriate for an advanced dancer, to include:

- Layering of isolations including change of direction
- Creative use of the music

5 PIROUETTE

Pirouette exercise in the Centre appropriate for an advanced dancer, to include:

- Double or triple pirouette
- Travelling and elevated turns
- Demonstrate on both sides

6 KICK SEQUENCE

Kick amalgamation appropriate for an advanced dancer, to include:

- Forward kick on relevé and on a flat foot
- Side and circular kicks
- Demonstrate on both sides

7 ELEVATION AND TRAVEL

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

- Forward and side leaps
- Front, side and circular kicks
- Double or triple pirouette and travelling turns
- Demonstrate on both sides

8 IMPROVISATION

Improvisation is introduced at level 2 and 3. Candidates are required to improvise; this will be assessed in small groups. The improvisation will be to music the examiner provides. Candidates should aim to use a wide vocabulary of steps along with a strong sense of technique and style. Candidates will be permitted to listen to the piece of music once through before they are asked to improvise.

Improvisation – approximately 60 seconds

9 THE PERFORMANCE

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Grade 7 Dance Performance: Two contrasting performances approximately 3 minutes each

10 THE BOW

Free Arrangement.



Grade 8

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.

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1 THE WARM UP

Warm up exercise appropriate for an advanced dancer, to include:

- Sustained and controlled stretches
- Floor work

2 FLOOR STRENGTHENING

Exercise to develop strength and control appropriate for an advanced dancer, to include:

- Controlled back and core strengthening exercises
- Balances engaging the whole body

3 PLIÉS

Exercise in the Centre continuing the development of core strength and overall control appropriate for an advanced dancer, to include:

- Demi and full in parallel 1st and 2nd position in the Centre parallel and turned out
- Use of rise and lower

4 ISOLATIONS

Exercise to develop isolations appropriate for an advanced dancer, to include:

- Layering of isolations including change of direction
- Creative use of the music

5 PIROUÉTTE

Pirouette exercise in the Centre appropriate for an advanced dancer, to include:

- Double or triple pirouette
- Travelling and elevated turns
- Stylised pirouette
- Demonstrate on both sides

6 KICK SEQUENCE

Kick amalgamation appropriate for an advanced dancer, to include:

- Forward kick on relevé and on a flat foot
- Side and circular kicks
- Stylised kicks
- Demonstrate on both sides

7 ELEVATION AND TRAVEL

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

- Box jump
- Forward, side or circular kicks
- Double or triple pirouette
- Demonstrate on both sides

8 IMPROVISATION

Improvisation is introduced at level 2 and 3. Candidates are required to improvise; this will be assessed in small groups. The improvisation will be to music the examiner provides. Candidates should aim to use a wide vocabulary of steps along with a strong sense of technique and style. Candidates will be permitted to listen to the piece of music once through before they are asked to improvise.

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Grade 8 Dance Performance: Two contrasting performances approximately 3 minutes each

10 THE BOW

Free Arrangement.

