



Modern Theatre Syllabus Content Reminders

Jazz Awards

For Silver and Gold Jazz Award examinations, candidates who perform Amalgamation 'D' have the option to wear jazz trainers for this set amalgamation.

For all Jazz Awards the Teacher's dance should be a **jazz** routine rather than a Lyrical / Contemporary piece.

Although still preferable, it is not compulsory that the jazz awards are taken in sequence.

Primary

Dance Movements: It is the examiner's choice of which **two** out of the three exercises below, that are requested to be performed:

- 1) Galloping and skipping "Burst the Balloon"
- 2) Bounces
- 3) Balancing

This is the same for when teachers deliver a remote session, and so it will be the teacher's choice of which two out of the three exercises candidates will perform. "My Right and Left" is always performed.

Grade 1 Modern Theatre

Dance Movements: It is the examiner's choice of **three** out of the four exercises listed below:

- 1) Skipping (if this is seen it will be continuously in a circle, square or diagonal pattern)
- 2) Galloping
- 3) Bounces
- 4) Running with action

Grade 2 Modern Theatre

Limbering: It is the examiner's choice of **four** out of the five exercises listed below:

- 1) Side stretch
- 2) Forward stretch
- 3) Foot exercise
- 4) Abdominal exercise
- 5) Front kicks

Grade 2 Free rhythm

This is a 2 bar phrase in the examination. 4 bar phrases will **not** be required for examination but used for practice in class.

Grades 2, 3 and 4 Modern Theatre Set Rhythms

Candidates should clap the set rhythm without the music first and be prepared to perform the dance development of the rhythm twice through. The examiner will conduct the candidates appropriately in the examination.



Grade 5 Modern Theatre Isolation sequence

Teachers may use free or set music for this Isolation exercise in the examination. If using free music this must be the same track for the candidates in each set and of an appropriate speed (use the original music as a guide for speed) with a short introduction. Candidates should be prepared to follow consecutively.

Grade 5 and 6 Modern Theatre - Improvisation

In both examinations, the examiner can see the Improvisation section from any time after the Isolations set exercise. i.e. after the Foot Warm-Up, after dance vocabulary steps/sequence or after set amalgamations. **Improvisation format:** Candidates will listen to the music first, before practicing and performing all together.

Intermediate Foundation Modern

Set Rhythm: Candidates clap the chosen set rhythm without the music but are **not** required to count. Candidates then demonstrate with the music their prepared development to the chosen set rhythm.

Free rhythm: This is a 2 bar phrase of 4/4 given by the examiner, to slow or quick tempo using note values up to and including 12ths and missed beats. Candidates will be expected to clap, mark, and develop with travelling steps forward on the diagonal. Candidates are **not** required to count the free rhythm.

Intermediate Foundation Combination Steps: These may be taken to either the teacher's choice of music or the set music (please see below for recommended bpm's). Please take care to match the tempo and style of music as artistically as possible, if in doubt use the set music as a guide.

Intermediate Modern Music

For Intermediate Music there are two routes:

1) Teachers to use the free new playlist music given to teachers on the Revise and Refresh course. This music should be used for **all** the exercises in examination however, teachers can still use their own choice of music for the exercises below if they wish: *Warm up, Isolations B, Blues Arm (bpm-66), Kicks, Leaps on Diagonal/Elevated Turns (bpm:105) and Teacher's dance.*

2) If teachers are using the set music, then they **must** use their own musical choices for the exercises below and **not** the set music:

Warm up, Isolations B, Blues Arm, Kicks, Leaps on Diagonal, Elevated Turns and Teachers dance.

Intermediate Modern

Set Warm Up: This is a choreographed free warm up, not to exceed 2 minutes and set by the teacher to free music using suitable components for a warmup.

Limbering: If dancers perform the Press-Ups exercise, (which is optional for all) then these dancers would **not** perform the Side and Round Kicks exercise.

Floor Sequence: this is optional for any candidate to perform (not compulsory) and is an additional exercise in the Limbering section.



Isolations B: teachers (or candidates) choreograph an 8-bar phrase with free music, one side only

Free Rhythm: examiners may use the set music or provide their own music. Candidates will be expected to interpret the rhythm with free dance movement, with use of pattern and direction. It is no longer necessary to retain the rise and fall of the marking steps when dancing. The examiner will determine how many times the rhythm will be clapped, marked, and danced.

Pirouettes: candidates performing a double pirouette at low level (optional double) step forward out of the pirouette on 6, spring dig, &7, head isolation &8. Following the double high pirouette (compulsory double) step forward on 7, spring dig, to change feet, &8.

Foot Warm Up: teachers free arrangement totalling 16 bars. This can be an 8 bar phrase repeated on Right and then Left (bpm guideline: 105)

Music

It is commonplace to download music and to research music readily on various digital platforms. Therefore, some teachers may wish to use the free tracks listed below, which were originally chosen by the choreographers/creative team.

Syllabus	Exercise	Recommended Music
Grade 3 and 4 Modern Theatre	Combination Steps	Set Music OR teacher’s choice. Recommended bpm 110-120
Grade 4 Modern Theatre	Lyrical Amalgamation	Set Music or “Runaway” by The Corrs (may need to be slowed down)
Grade 5 Modern Theatre	Isolations	Set Music OR teacher’s choice. Recommended bpm:115-120
Grade 5 Modern Theatre	Lyrical Amalgamation	Set Music or ‘Overdue Goodbye’ Anastasia
Grade 6 Modern Theatre	Jazz Arm Exercise	Set Music OR teacher’s choice. Recommended bpm:115-120
Grade 6 Modern Theatre	Option A - Jazz Amalgamation	Set Music or “Whirl-Y-Reel 2” – Afro Celt
Grade 6 Modern Theatre	Option B - Jazz Amalgamation	Set Music or free music
Intermediate Foundation Modern Theatre	All Combination Steps	Set Music OR teacher’s choice. For free music use the set music as a guide to speed of the



		recommend bpm's below: Jump warm up: bpm 125 Drag turns: bpm 125 Travelling jump: bpm 120 Circular spring: bpm 118 Jazz change of weight: bpm 120 Kicks OR Elevated sequence: bpm 115
Intermediate Modern Theatre	Warm up, Isolations B, Blues Arm, Kicks, Leaps on Diagonal, Elevated Turns and Teachers dance	If teachers are using the set music, they must use their own choice of music for these exercises
Advanced 1 Modern Theatre	All exercises	Teacher's choice or recommended music playlist
Advanced 2 Modern Theatre	All exercises	Teacher's choice or recommended music playlist
Bronze, Silver and Gold Jazz Awards	All exercises	Teacher's choice of music

Advanced 1 and 2 Modern Theatre

There are suggested playlists for **Advanced 1 and Advanced 2** examinations however teachers can source their own music but must be of an equivalence to these recommended tracks for style and tempo to match the choreographic setting. For these playlist, please email modern@istd.org