

Assessment and Qualifications Alliance (AQA) GCSE Dance Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

SAMPLE

- 1. Which of the following improves core strength?**
 - A. Planks**
 - B. Running**
 - C. Jumping jacks**
 - D. Side lunges**

- 2. What is the process of breaking down movement phrases into different parts of the body known as?**
 - A. Flexibility**
 - B. Coordination**
 - C. Extension**
 - D. Isolation**

- 3. What should dancers practice before a performance to ensure success?**
 - A. Emotional expression**
 - B. Systematic repetition**
 - C. Costume fitting**
 - D. Audience interaction**

- 4. What is a key component for improving core strength in dance?**
 - A. Performing high-intensity cardio**
 - B. Doing sit-ups and gradually increasing repetitions**
 - C. Stretching daily**
 - D. Practicing isolation techniques**

- 5. What is a 'choreographic motif'?**
 - A. A background story for a dance piece**
 - B. A recurring movement or theme developed throughout a dance**
 - C. A set of steps that must be followed**
 - D. A style of music used in the dance**

- 6. How do highlights function within a dance performance?**
- A. They distract the audience**
 - B. They create moments of interest**
 - C. They add repetitive movements**
 - D. They serve as transitions only**
- 7. What is the role of a mental rehearsal in dance preparation?**
- A. To physically practice movements**
 - B. To visualize the performance in one's mind**
 - C. To choose a costume**
 - D. To socialize with peers**
- 8. What characteristic defines a dance company?**
- A. They perform solo acts primarily**
 - B. They specialize in a specific genre of dance**
 - C. They only perform on competition stages**
 - D. They focus solely on improvisational dance**
- 9. What is one way to improve a plié?**
- A. Focus on arm movements**
 - B. Drop shoulders and use a mirror**
 - C. Increase speed of the movement**
 - D. Limit the range of motion**
- 10. Why is audience engagement important in dance performance?**
- A. It allows dancers to feel distracted**
 - B. It helps to connect the emotions of the dancers and the audience**
 - C. It decreases the need for rehearsals**
 - D. It determines the choreography choices**

Answers

SAMPLE

1. A
2. B
3. B
4. B
5. B
6. B
7. B
8. B
9. B
10. B

SAMPLE

Explanations

SAMPLE

1. Which of the following improves core strength?

- A. Planks**
- B. Running**
- C. Jumping jacks**
- D. Side lunges**

Planks are an effective exercise for improving core strength because they specifically target the muscles of the abdomen, lower back, and pelvis, collectively known as the core. When performing a plank, the body is held in a straight line from head to heels, requiring the core muscles to engage continuously to maintain stability and proper alignment. This isometric contraction helps to strengthen these muscles over time, leading to better overall core stability. Running primarily focuses on cardiovascular fitness and leg strength, although it does engage the core to some extent for balance and stability. However, it does not isolate or primarily target the core muscles like planks do. Jumping jacks serve as a full-body workout that includes aerobic benefits and some degree of core engagement, but they are not as specialized for core strength as planks. Side lunges, while beneficial for lower body strength and flexibility, do not focus on the core in the same way as planks. Overall, planks are considered one of the most effective exercises for isolating and strengthening core muscles, making them the best choice for this question.

2. What is the process of breaking down movement phrases into different parts of the body known as?

- A. Flexibility**
- B. Coordination**
- C. Extension**
- D. Isolation**

The process of breaking down movement phrases into different parts of the body is known as isolation. Isolation refers to focusing on and moving one specific body part independently from the rest of the body. This technique allows dancers to articulate movements clearly and expressively, emphasizing individual elements such as the head, shoulders, or hips. In dance, isolating body parts can enhance the overall performance by allowing for more detailed and intricate movement qualities. This is particularly important in styles that require distinct and expressive movements, where the connection and differentiation between body parts can significantly affect the visual impact of the dance. The other options pertain to different aspects of dance. Flexibility refers to the range of motion in the joints and the ability to stretch muscles, coordination involves the ability to synchronise movements of different body parts, and extension is related to lengthening the body or a specific part during performance. Each of these terms represents important skills and concepts in dance, but they do not specifically address the process of breaking down movement phrases into separate body parts.

3. What should dancers practice before a performance to ensure success?

- A. Emotional expression
- B. Systematic repetition**
- C. Costume fitting
- D. Audience interaction

Systematic repetition is crucial for dancers to ensure success before a performance because it allows them to refine their movements and techniques. By practicing repetitively, dancers can build muscle memory, reinforce coordination, and achieve a greater sense of timing and rhythm. Repeated practice helps in solidifying choreography so that it becomes second nature, which can reduce anxiety and increase confidence on stage. Emotional expression is important for a performance but generally comes after solidifying technical skills through systematic repetition. Costume fitting and audience interaction, while relevant to overall performance preparation, do not directly enhance the physical execution of dance in the way that systematic repetition does. Therefore, focusing on systematic repetition is key to ensuring that a dancer performs at their best during a performance.

4. What is a key component for improving core strength in dance?

- A. Performing high-intensity cardio
- B. Doing sit-ups and gradually increasing repetitions**
- C. Stretching daily
- D. Practicing isolation techniques

Improving core strength is essential for dancers as it provides stability, balance, and control in movement. Focusing on exercises like sit-ups effectively targets the abdominal muscles, which are a major component of core strength. Gradually increasing repetitions allows for progressive overload, which is crucial in building muscle endurance and strength over time. Strengthening the core through targeted exercises helps dancers maintain good posture and execute complex movements more efficiently. The other options, while beneficial for overall fitness or flexibility, do not specifically target the core in the same way. High-intensity cardio focuses more on cardiovascular fitness and endurance rather than specifically building core muscles. Stretching daily improves flexibility but does not contribute significantly to core strength. Practicing isolation techniques can enhance motor control and coordination but does not directly engage the core muscles effectively. Therefore, the choice that rightly emphasizes specific strengthening of the core is through exercises like sit-ups.

5. What is a 'choreographic motif'?

- A. A background story for a dance piece
- B. A recurring movement or theme developed throughout a dance**
- C. A set of steps that must be followed
- D. A style of music used in the dance

A choreographic motif is defined as a recurring movement or theme that is developed and varied throughout a dance piece. This concept allows choreographers to establish a central idea or visual reference that can be manipulated and transformed as the dance progresses. By using motifs, choreographers not only create coherence in their work but also can explore different interpretations and emotional nuances related to that motif. Understanding a choreographic motif is essential in performance and choreography, as it helps to communicate the artistic message and intent of the dance more effectively. For example, a motif could be a specific gesture that is repeated and altered in different contexts, contributing to the overall narrative or aesthetic of the piece. This approach encourages dancers to engage more deeply with the movement, as they can emphasize the evolution of the motif throughout the performance. The options that are not selected do not accurately define what a choreographic motif is. A background story relates more to the narrative aspect of the dance rather than a specific movement. A set of steps implies a strict sequence, which doesn't allow for the creativity or variation inherent in a motif. Meanwhile, a style of music does not relate specifically to the movement vocabulary of the dance itself.

6. How do highlights function within a dance performance?

- A. They distract the audience
- B. They create moments of interest**
- C. They add repetitive movements
- D. They serve as transitions only

Highlights in a dance performance function to create moments of interest that capture the audience's attention. These moments are often characterized by dynamic movements, expressive gestures, or striking formations that stand out from the surrounding choreography. By drawing the viewer's focus, highlights can enhance the emotional impact of a performance and emphasize key themes or concepts being conveyed. In a well-structured dance piece, highlights serve to engage the audience, providing peaks of excitement or emotional resonance that make the performance memorable. Rather than being mere distractions, highlights are intentional and thoughtfully placed to enhance the storytelling or artistic expression of the work. Other options do not fully encapsulate the purpose of highlights. They are not meant to distract the audience, nor do they primarily add repetitive movements or serve solely as transitions between sections. Instead, highlights are strategic moments designed to elevate the overall experience of the performance.

7. What is the role of a mental rehearsal in dance preparation?

- A. To physically practice movements**
- B. To visualize the performance in one's mind**
- C. To choose a costume**
- D. To socialize with peers**

The role of mental rehearsal in dance preparation primarily involves visualizing the performance in one's mind. This technique allows dancers to mentally practice their movements, sequences, and overall performance without the physical act of dancing. By vividly imagining each step, transition, and expression in their mind, dancers can enhance their muscle memory, build confidence, and reduce performance anxiety. Mental rehearsal helps in creating a strong mental image of the dance, enabling the dancer to refine movements, anticipate challenges, and strategize how to handle them. It serves as a powerful tool for mental conditioning, allowing dancers to focus on the details of their performance and understand the emotional and artistic aspects they wish to convey. In contrast, physically practicing movements relates to the actual physical execution, while choosing a costume or socializing with peers does not directly contribute to performance preparation in the same focused, introspective way that mental rehearsal does.

8. What characteristic defines a dance company?

- A. They perform solo acts primarily**
- B. They specialize in a specific genre of dance**
- C. They only perform on competition stages**
- D. They focus solely on improvisational dance**

A dance company is typically defined by its specialization in a specific genre of dance. This focus allows the company to develop a unique identity and style, which can be further refined through consistent training, collaboration, and performance. By specializing, a dance company can cultivate a specific repertoire and appeal to particular audiences, making it more distinctive within the broader dance community. The other options reflect practices or approaches that might not fully encapsulate what defines a dance company. Performing solo acts primarily does not represent the ensemble nature of a company. Limiting performances to competition stages restricts the range and scope of a company's activities, which might also include theatrical presentations, community engagements, and festivals. Focusing entirely on improvisational dance may not align with the structured repertoire that many dance companies maintain, as they often choreograph specific works for performance. Thus, specializing in a specific genre is the defining characteristic that enhances a dance company's purpose and identity.

9. What is one way to improve a plié?

- A. Focus on arm movements
- B. Drop shoulders and use a mirror**
- C. Increase speed of the movement
- D. Limit the range of motion

Focusing on dropping the shoulders and using a mirror is an effective way to improve a plié because it encourages better body alignment and posture. By consciously relaxing the shoulders, a dancer can create a more fluid and grounded movement, preventing tension that could interfere with the plié's effectiveness. Utilizing a mirror allows for self-assessment; dancers can visually check their form, ensuring they are maintaining proper alignment in the knees and feet while executing the movement. This awareness fosters improvement in technique, making the plié more efficient and aesthetically pleasing. The other options, such as focusing solely on arm movements, may distract from the core purpose of refining the leg and foot work in a plié. Increasing the speed of the movement can sometimes lead to loss of control and technique, which is counterproductive to mastering this foundational element. Limiting the range of motion is not advisable when aiming to improve a plié, as this restricts the full development of strength and flexibility, which are essential in executing this foundational move correctly.

10. Why is audience engagement important in dance performance?

- A. It allows dancers to feel distracted
- B. It helps to connect the emotions of the dancers and the audience**
- C. It decreases the need for rehearsals
- D. It determines the choreography choices

Audience engagement is essential in dance performance because it fosters a connection between the dancers and the audience, enhancing the overall impact of the work. When audiences are emotionally engaged, they become more receptive to the themes and messages being portrayed. This connection allows the dancers to express their emotions more authentically and invites the audience to experience and resonate with those feelings. When the audience is engaged, it creates an atmosphere that not only enriches the performance but also heightens the energy and dynamic between the performers and spectators. A truly engaged audience can amplify the emotional nuances expressed in the dance, making the experience more immersive and memorable for everyone involved.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://aqa-gcse-dance.examzify.com>

We wish you the very best on your exam journey. You've got this!

SAMPLE