

Filmmaking within P.E or Dance

Overview

Technique is very important to almost all forms of sport and dance, filming practises allows us to review performance and make any necessary alterations to correct technique. In dance, the focus is often on the form of the body, such as the height the leg is lifted and at what angle. Reviewing this on video allows the students to see if any mistakes were made without the distraction of remembering the routine. Similarly in football, reviewing footage of a match could allow the student to see openings in the goal or opportunities for the ball which they missed while on the field.

Learning Aims

- To better understand how your body moves while doing sports
- To learn a basic knowledge of how the camera works
- To learn how to improve technique in their chosen area of sport or dance
- To have a record of any spectacular sporting moments.

Main Objective

For students to take it in turns to use the camera to film sporting activities, mainly practises. This gives them hands-on experience with using a camera, learning where the buttons are and how to frame all the action in the shot. Once the footage has been recorded it can be shown to the class, so they can review each other's performances, congratulate people on their successes and correct any flaws in technique. This teaches the students how to give constructive criticism and compliment others on work well done, while improving on their own performance.

Optional Extras

Students could film matches and games, such as a football or tennis matches, to keep as a record but to also review to see if any improvements could be made. The footage could also be edited into a promotional tool for the school or for the parents and students to watch, demonstrating what the students have been doing in PE.