

Year: 11		Autumn Term
Subject: Dance		Topic: <b>Component 2: Developing Skills and Techniques in the Performing Arts</b>
<b>Knowledge</b>		<b>Answer</b>
<b>1</b>	Technical/Physical skills	The fundamental skills a dancer needs to perform at their best
<b>2</b>	Extension	Lengthening your arms and legs, pointing your toes and reaching with your fingertips
<b>3</b>	Coordination	The ability to perform more than one action at the same time
<b>4</b>	Balance	An even distribution of weight
<b>5</b>	Posture	The position in which a dancer holds their body
<b>6</b>	Alignment	The lines you create in your body as you perform
<b>7</b>	Flexibility	The range of movement in your joints and muscles
<b>8</b>	Strength	The amount of force a muscle can exert
<b>9</b>	Accuracy	Replicating movements with attention to detail
<b>10</b>	Stamina	The ability to keep performing without tiring
<b>11</b>	Body awareness	Understanding and controlling your actions
<b>12</b>	Interpretative/Performance skills	Skills that further enhance the dancers' performance
<b>13</b>	Timing	The ability to dance closely to the rhythm of the accompaniment
<b>14</b>	Musicality	The ability to use the mood and atmosphere of the accompaniment to enhance your performance
<b>15</b>	Facial expressions	Using your face to communicate your character/emotions
<b>16</b>	Clarity	Performing your movements precisely and accurately
<b>17</b>	Focus	Your use of eyeline and where you are looking as you perform
<b>18</b>	Movement memory	The ability to recall your movements

<b>19</b>	Projection	Enhancing your performance to ensure all members of the audience receive the same level of performance
<b>20</b>	Dynamics	How a movement is performed
<b>21</b>	SMART Targets	Specific, measurable, achievable, realistic, time
<b>22</b>	Identify the skill	Select a skill from the list above that you have used in your rehearsal/performance
<b>23</b>	Connect this to an action	Which action are you applying this skill to? Describe the movement as best as you can in good detail
<b>24</b>	Why is this skill necessary?	Explain why you must apply this skill to this action e.g. "I must apply the use of correct timing to the flick ball-changes or our group unison will not be evident"
<b>25</b>	How does this connect to the theme?	"If unison cannot be seen, then the theme of friendship will be lost, as it is the use of unison that binds us together as a cast".
<b>26</b>	Celebrate what you are doing well	Select a skill you are applying effectively and explain the evidence to prove this skill is going well
<b>27</b>	Identify an area of improvement and set yourself a target	Select a skill that needs improving, explain the evidence that suggests this. Identify your target to achieve in relation to this skill
<b>28</b>	Ways of improving skills	Stretching, strength work, use of mirrors, regular practice and training of a skill, watching back footage of rehearsals, asking for feedback from a peer or teacher, regular review to measure progress