



Physical skills	posture	The way the body is held.
	alignment	Correct placement of body parts in relation to each other.
	balance	A steady or held position achieved by an even distribution of weight.
	coordination	The efficient combination of body parts.
	control	The ability to start and stop movement, change direction and hold a shape efficiently.
	flexibility	The range of movement in the joints (involving muscles, tendons and ligaments).
	mobility	The range of movement in a joint; the ability to move fluently from action to action.
	strength	Muscular power.
	stamina	Ability to maintain physical and mental energy over periods of time.
	extension	Lengthening one or more muscles or limbs.
	isolation	An independent movement of part of the body.
Technical skills	action content	travel, turn, elevation, gesture, stillness, use of different body parts, floor work, transfer of weight.
	dynamic content	fast/slow, sudden /sustained, acceleration/deceleration, strong/light, direct/indirect, flowing/abrupt.
	spatial content	pathways, levels, directions, size of movement, patterns, spatial design.
	relationship content	lead and follow, mirroring, action and reaction, accumulation, complement and contrast, counterpoint, contact, formations.
	rhythmic content	Repeated patterns of sound or movement.
	timing content	The use of time or counts when matching movements to sound and/or other dancers.
	style	Characteristic way of dancing.
Expressive skills	projection	The energy the dancer uses to connect with and draw in the audience
	focus	Use of the eyes to enhance performance or interpretative qualities.
	spatial awareness	Consciousness of the surrounding space and its effective use.
	facial expression	Use of the face to show mood, feeling or character.
	phrasing	The way in which the energy is distributed in the execution of a movement phrase.
	musicality	The ability to make the unique qualities of the accompaniment evident in performance.
	Communication of choreographic Intent	Successfully communicating the aim of the dance; what the choreographer aims to communicate.
	sensitivity to other dancers	Awareness of and connection to other dancers.

