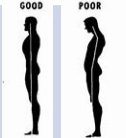




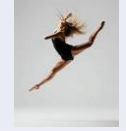





Physical Skills

1		Posture The way the body is held.
2		Alignment Correct placement of body parts in relation to each other.
3		Balance A steady or held position achieved by an even distribution of weight.
4		Coordination Efficient combination of body parts.
5		Control The ability to start & stop movement, change direction & hold a shape efficiently.
6		Flexibility The range of movement in the joints.
7		Strength Muscular power.
8		Stamina Ability to maintain physical and mental energy over periods of time.
9		Extension Lengthening one or more muscles or limbs.

Expressive Skills

1	Projection	The energy the dancer uses to connect with and draw in the audience.
2	Focus	The use of the eyes to enhance performance & interpretative qualities.
3	Spatial Awareness	Consciousness of the surrounding space and its effective use.
4	Facial Expression	Use of the face to show mood, meaning or character.
5	Musicality	The ability to make the unique qualities of the accompaniment evident in the music.
6	Communicate the choreographic intent	The ability to communicate the aim of the dance. What the choreographer wants to express to the audience.

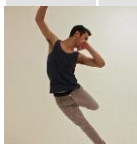

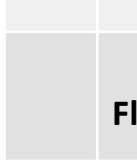

Warm Up

WHY?	<ol style="list-style-type: none"> To prepare the body & mind for performance. To prevent injury.
Pulse Raising	To raise the pulse to pump more blood to the muscles, making the body warm.
Mobilisation	To move the joints to release synovial fluid, making them free and mobile.
Stretching	When the body is warm, we can lengthen the muscles, to make them pliable and elastic.

Technical Skills

1	Actions	What a dancer does: Travel, turn, elevation (jumping), gesture, stillness, floorwork, transference of weight.
2	Dynamics	How a dancer performs a movement: fast, slow, strong, light, flowing, abrupt, acceleration, deceleration.
3	Space	Where movements are performed in space: levels, directions, pathways, shapes, designs, patterns.
4	Relationships	How dancers in a group relate to each other: Lead & follow, mirroring, action & reaction, accumulation, complement, contrast, counterpoint, contact, formations.



	Turn		Travel
	Elevation		Floor work