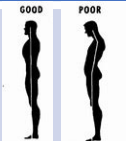










## Physical Skills

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

<b>WHY?</b>	<ol style="list-style-type: none"> <li>To prepare the body &amp; mind for performance.</li> <li>To prevent injury.</li> </ol>
<b>Pulse Raising</b>	To raise the pulse to pump more blood to the muscles, making the body warm.
<b>Mobilisation</b>	To move the joints to release synovial fluid, making them free and mobile.
<b>Stretching</b>	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.



	<b>Turn</b>	
	<b>Elevation</b>	
	<b>Floor work</b>	