



Knowledge of Performance Skills

Command Words:

Define: Specify meaning

Describe: Set out characteristics

Discuss: Present key points
(detailed writing taking into account different idea, characteristics and/or features)

Explain: Set out purposes or reasons

Give: Produce and answer from Recall

Identify: Name or otherwise characterise

Name: Identify correctly

Physical Skills

(MICS FAB PECS)

Mobility
Isolation
Co-ordination
Stamina
Flexibility
Alignment
Balance
Posture
Extension
Control
Strength

Expressive Skills

Facial Expression
Focus
Projection
Musicality
Spatial Awareness
Sensitivity to other dancers
Phrasing
Communication of Choreographic Intent

Technical Skills

(ASDRTRS)

Action
Space
Dynamics
Relationships
Rhythm
Timing
Style

Mental Skills

Rehearsal Process:

Systematic repetition
Mental rehearsal
Rehearsal discipline
Planning of rehearsal
Response to feedback
Capacity to improve

Performance:

Confidence
Commitment
Concentration
Movement Memory

Safe Working Practices

Preparation for Performance

Warming up
Cooling down
Nutrition
Hydration

Performance:

Safe execution
Appropriate dance wear: no jewellery, hair tied back, appropriate footwear, clothing



Anthology works

1: A Linha Curva	Rambert Dance Company	Itzik Galili
2: Artificial Things	Stopgap Dance Company	Lucy Bennett
3: Emancipation of Expressionism	Boy Blue Entertainment	Kenrick H2O Sandy
4: Infra	The Royal Ballet	Wayne McGregor
5: Shadows	Phoenix Dance Theatre	Christopher Bruce
6: Within Her Eyes	James Cousins Company	James Cousins

Aural Setting (what you can hear): Song, instrumental, orchestral, spoken word, silence, natural sound, found sound, body percussion, style, structure, musical elements such as tone, pitch and rhythm.

Dance for Camera: placement, angle, proximity, special effects

Key Words

Stimulus: the starting point for the dance

Choreographic Intent: What the choreographer would like to show

Choreographic Approach: How the choreographer makes the movement material

Motif: a short phrase that can be repeated or varied that represents the theme

Features of Production: Lighting, Physical Set, Costume, Movement, Aural Setting

Know

Action

- Turn
- Travel
- Gesture
- Balance
- Stillness
- Transference of weight
- Floorwork
- Use of different body parts

Dynamics Content

- Fast/slow
- Sudden/sustained
- Acceleration/deceleration
- Strong/light
- Direct/indirect
- Flowing/abrupt

Spatial Content

- Pathways
- Levels
- Directions
- Size of movement
- Patterns
- Spatial design

Choreographic Devices

- Motif and development
- Repetition
- Contrast
- Highlights
- Climax
- Manipulation of number
- Unison and canon

Relationship Content

- Lead and follow
- Mirroring
- Action and reaction
- Accumulation
- Complement and contrast
- Counterpoint
- Contact
- Formations

Choreographic Processes

- Uresearching
- Improvising
- Generating
- Selection
- Developing
- Structuring
- Refining and synthesising

Structuring Devices:

- Binary
- Ternary
- Rondo
- Narrative
- Episodic
- Beginning/middle/end
- Unity
- Logical Sequence
- Transitions

Performance Environments

- Proscenium Arch
- End Stage
- Site-sensitive
- In-the-round

Aural Settings

- Song
- Instrumental
- Orchestral
- Spoken word
- Silence
- Natural Sound
- Found sounds
- Body percussion

Effects of the choreographic outcome:

- Mood and atmosphere
- Contrast and variety
- Structure
- Relationship to theme/idea.

Communication of choreographic intent:

- Mood (s)
- Meaning (s)
- Idea (s)
- Theme (s)
- Style/style fusion (s)



Choreography key words Stimulus: The starting point for a dance piece. Motif: A short phrase of movement that reflects a stimulus. Choreographic intention: What the choreographer would like the audience to learn about the dance. Choreographic approach: How the choreographer created movement material eg improvisation, collaboration, choreographic tasks.