Your notes

GCSE Dance: revision notes

Performance skills

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Physical skills

- Posture, **alignment**, balance, coordination, control, flexibility, mobility, strength, stamina, **extension** and **isolation**.
- Example: **extension** (lengthening through the limbs) makes lines clear; **isolation** moves one body part on its own.

Technical skills

- Accurate action, dynamic, spatial, relationship, timing and rhythmic content: performing the choreography exactly as it was set.
- Moving in a stylistically accurate way, such as sharp, grounded movements in a hip hop piece.

Expressive skills

- **Projection** (energy that reaches the audience), **focus** (where the eyes look), spatial awareness, facial expression and **phrasing**.
- **Musicality** (responding to the music), sensitivity to other dancers, and communicating the choreographic intention.

Mental skills

- During performance: movement memory, commitment, concentration and confidence.
- When improving: systematic repetition, mental rehearsal, rehearsal discipline, planning rehearsals, responding to feedback and the capacity to improve.

Key terms

Alignment	Correct placement of body parts in relation to each other.
Extension	Lengthening through the limbs to make clear lines.

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Isolation	Moving one body part on its own.
Projection	Energy that makes the dance reach the audience.
Focus	Where the dancer's eyes and attention are directed.
Musicality	Responding sensitively to the music.
Phrasing	How energy is distributed through a dance phrase.

Quick questions

Cover the answers and test yourself: remembering is what makes it stick.

1. Which is a physical skill?
2. Which is an expressive skill?
3. What is isolation?
4. What is musicality?
5. Which is a mental skill during performance?
6. What is focus in dance?
7. What does performing with stylistic accuracy mean?
8. Which mental skill helps you improve?

Answers

1. Flexibility
2. Projection
3. Moving one body part on its own
4. Responding sensitively to the music
5. Concentration
6. Where the dancer's eyes and attention are directed
7. Performing in the correct style of the dance
8. Responding to feedback

What to do next

Practise 10 questions on this topic

Try 3 exam questions, with mark schemes

Read the lesson, one step at a time

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