

S u c c e s s C r i t e r i a

Technical	Definition	Expressive	Definition	Other	Definition
Posture	The way you hold you upper body	Focus	Where you are looking in relation to body parts of the audience	Choreography	The art of creating dance.
Alignment	Arrangement of body parts in a straight line or in correct relative position	Facial Expressions	Emotion displayed through facial features	Fidgeting	Do not mess with your hair, clothing or itch during a performance
Stamina	the ability to sustain prolonged physical or mental effort	Projection	The energy the dancer uses to connect with and draw in the audience. Make movements as big as possible	Health & Safety	Hair tied up Correct kit No Jewellery
Strength	the quality or state of being physically strong	Musicality	Be in time with the music	Team Work	Supporting each other and working well in a group
Flexibility	The ability to bend with ease.	Extension	Lengthening one or more muscles or limbs. From the shoulder to finger tips, hips to toes	Contribution	Putting forward suggestions to your group for choreography and providing feedback to others
Control	The ability to start and stop movement, change direction and hold a shape efficiently.	Sense of style	Suit the genre of the dance to your performance i.e. Street style	Rehearsals	Use 100% of your rehearsal time – do not sit down
Extension	Lengthening one or more muscles or limbs. From the shoulder to finger tips, hips to toes			Effort	Try your very best in every lesson
Dynamics	The qualities of movement based upon variations in speed, strength and flow.				



TECHNIQUE



Technique is the basis of all fundamentals of **dance**, from holding your body correctly while performing, to executing skills properly in a routine. Strong **technique** extends across all areas of **dance**, regardless of the style of your routine

Year 9
Unit 1

	ACTION WORD	DIRECTION	DYNAMIC	WEIGHT/FLOW
1	SKIP	BACKWARDS	SUDDEN	DEEP
2	JUMP	FORWARDS	SMOOTH	LIGHT
3	TWIST	DIAGONAL	DELICATELY	CENTRAL
4	BALANCE	UPWARD	HARSH	HEAVY
5	RISE	SIDEWAYS	FAST	AWKWARD
6	FALL	UPSIDE DOWN	SLOW	BOUND



@blogilates

