

GCSE Dance—Skills for Performance

PHYSICAL SKILLS

'Physical skills are the skills necessary to perform an action accurately and effectively without causing an injury'

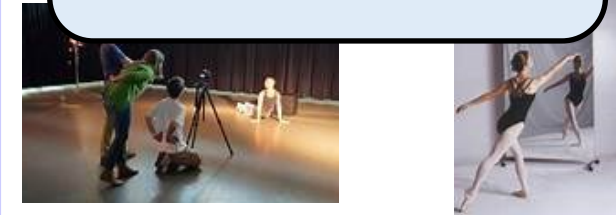
There are a number of physical skills that a dancer needs to use to be an effective performer. You have to demonstrate physical skills in your Set Phrases and Performance in a Duo/Trio

KEY WORDS	DEFINITION	HOW TO IMPROVE THIS SKILL?	WHAT IS THE SKILL NEEDED FOR?
1. Alignment	Correct placement of body parts in relation to each other	Table top	Prevent injury & posture
2. Balance	A steady or held position achieved by an even distribution of weight	Releve	Posture & alignment
3. Control	The ability to start and stop movement, change direction and hold a shape efficiently.	Reverse Crunches	Accuracy & expressive quality
4. Coordination	The efficient combination of body parts	Travelling with arm gestures	Accuracy
5. Extension	Lengthening one or more muscles or limbs	Tendu exercises	Accuracy & clarity
6. Flexibility	The range of movements in the joints (involving muscles, tendons & ligaments)	Yoga Sun Salutation	Mobility, accuracy & alignment
7. Isolation	An independent movement of part of the body	Head isolations	Adds intricacy to movements
8. Mobility	The range of movement in a joint, the ability to move fluently from action to action	Arm swings	Precision, control & fluency
9. Posture	The way the body is held	Stand tall, visualise a line through the body	Control & Safety
10. Stamina	Ability to maintain physical and mental energy over periods of time	Jumps	Safety, energy & projection
11. Strength	Muscular power.	Bridge exercise	Control & effortlessness

REMEMBER
To develop these skills overtime and to maintain improvements these exercises can increase by **TIME** (do it for longer) **FREQUENCY** (do it more often) **DIFFICULTY** (increase the challenge by

HOW CAN YOU CHECK YOUR PROGRESS?

- ♦ Watch yourself in the mirror
- ♦ Film yourself and watch back
- ♦ Peer or teacher feedback



EXAM QUESTIONS example

1. Define the term '**Balance**' (1 mark)
2. Describe one exercise a dancer could do to improve their balance (2 marks)
3. Explain how your use of **physical skills** contributed to the overall effectiveness of your duet/trio performance (6 marks)

Exam Tips:

Revise the definition of each term, learn how to improve this skill, know where you can identify it in your work, know how and why it enhances the performance of others through choreographic intent or of your own performance. Learn how to spell the words correctly