

# Skills Quiz

**NAME:** ..... **Date:** .....

1. Identify 5 physical skills [5]

.....  
.....  
.....  
.....  
.....

2. Give the definitions of 3 of them. [3]

.....  
.....  
.....

3. Take one of them and give an exercise to improve this skill. [3]

.....  
.....  
.....  
.....  
.....  
.....

4. How could you improve this further over time? [2]

.....  
.....  
.....  
.....  
.....  
.....

5. Identify an effectiveness of good physical skills. [1]

.....



6. There are 2 types of Mental skills. One type is Process and the other is Performance. Identify 1 skill from each type. [2]

1.....

2.....

7. Give their definitions. [2]

1.....

2.....

8. Take one of them and give an exercise to improve this skill. [3]

.....  
.....  
.....  
.....  
.....  
.....

9. How could you improve this further over time? [2]

.....  
.....  
.....  
.....  
.....  
.....

10. Identify an effectiveness of good mental skills. [1]

.....

11. Identify 5 expressive skills [5]

.....



.....  
.....  
.....  
.....

12. Give the definitions of 3 of them. [3]

.....  
.....  
.....

13. Take one of them and give an exercise to improve this skill. [3]

.....  
.....  
.....  
.....  
.....  
.....

14. How could you improve this further over time? [2]

.....  
.....  
.....  
.....  
.....  
.....

15. Identify an effectiveness of good expressive skills. [1]

.....

16. Define *“moving in a stylistically accurate way.”* [1]

.....  
.....



17. Define “*rhythmic content*” [1]

.....  
.....

18. What type of skills are Q. 16 and 17? [1]

.....

19. How many marks out of 80 on the written paper are knowing the skills worth? [1]

.....

20. What is meant by “*choreographic intent*” [1]

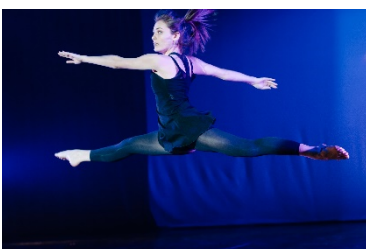
.....

21. Give 2 ways that choreographic intent be identified? [2]

22. Look at these pictures. Identify 3 skills from different categories for each picture. eg. 1 physical, 1 expressive, 1 mental



1.....  
2.....  
3.....



1.....  
2.....  
3.....



- 1.....
- 2.....
- 3.....

23. Identify a movement/action from a Set Phrase and then identify 3 skills required to perform this movement/action. [3]

.....  
.....

- 1.....
- 2.....
- 3.....

24. How is “systematic repetition” used effectively? [1]

.....  
.....

25. Identify 2 choreographic devices. [2]

.....  
.....

Mark out of 60 .....

% .....