

GCSE Dance Knowledge Organiser – Performance

To be used in conjunction with your GCSE Dance handbook

| | | | | | | | |
|--|--|---|--|---|--|--|--|
| <p><u>Technical skills, including:</u></p> <ul style="list-style-type: none"> • action content • dynamic content • relationship content • timing content • rhythmic content • movement in a stylistically accurate way | | <p><u>Expressive skills, including:</u></p> <ul style="list-style-type: none"> • projection • focus • spatial awareness • facial expression • phrasing. <p>For duet/trio performance only:</p> <ul style="list-style-type: none"> • musicality • sensitivity to other dancers • communication of choreographic intent, including mood(s), meaning(s), idea(s), theme(s) and/or style/style fusion(s) | | <p><u>Mental skills and attributes including:</u></p> <p>During Performance</p> <ul style="list-style-type: none"> • movement memory • commitment • concentration • confidence <p>Process</p> <ul style="list-style-type: none"> • systematic repetition • mental rehearsal • rehearsal discipline • planning of rehearsal • response to feedback • capacity to improve | | <p><u>Physical skills and attributes:</u></p> <ul style="list-style-type: none"> • posture • alignment • balance • coordination • control • flexibility • mobility • strength • stamina • extension • isolation | |
| <p><u>Set Phrases</u></p> <p>Breath</p> <p>Shift</p> | <p><u>Group Dance</u></p> <p>Duet / Trio</p> | <p><u>Warm Up: Reasons to warm up:</u></p> <ul style="list-style-type: none"> • Prepares body for exercise • Increases blood flow which warms muscles • Prepares mind for exercise • To prevent injury <p><u>Stages of warm up:</u></p> <ul style="list-style-type: none"> • Pulse raising: jogging, jumping, star jumps etc • Stretching: moving or static stretches • Mobilising: moving of joints, shoulder/head/ankle rolls etc • Technique/Conditioning: specific exercises to enhance physical skills | | <p><u>Safe Execution</u></p> <ul style="list-style-type: none"> • Dancers need to ensure they safely execute the actions; physical skills can help with safe execution. • Bending the knees (plié) when elevating, landing, lifting or catching another dancer. • Bending the knees to lower the centre of gravity to the floor when performing floor work. • Using the hands to support the weight of the body when moving into the floor to prevent bottom or knee injuries. • Ensuring the arms and legs are correctly aligned so that muscles are not strained at the joints. • Ensuring the knees move over the toes when bending to prevent twisting in the knee. • Turning out from the hip rather than the knee to prevent knee injury. • Rolling through the feet when landing to prevent Achilles injuries. | | | |
| <p><u>Cooling down: Reasons to cool down:</u></p> <ul style="list-style-type: none"> • Prepares body for stopping exercise • Decreases injury or muscle soreness • Lowers heart rate <p><u>Stages of cool down:</u></p> <ul style="list-style-type: none"> • Gentle stretches • Breathing exercises | | | | | | | |