

# GCSE Dance Knowledge Organiser – Performance

To be used in conjunction with your GCSE Dance handbook

## Technical skills, including:

- action content
- dynamic content
- relationship content
- timing content
- rhythmic content
- movement in a stylistically accurate way

### Set Phrases

Breath

Shift

### Group Dance

Duet / Trio

## Expressive skills, including:

- projection
  - focus
  - spatial awareness
  - facial expression
  - phrasing.
- For duet/trio performance only:
- musicality
  - sensitivity to other dancers
  - communication of choreographic intent, including mood(s), meaning(s), idea(s), theme(s) and/or style/style fusion(s)

## Mental skills and attributes including:

### During Performance

- movement memory
- commitment
- concentration
- confidence

### Process

- systematic repetition
- mental rehearsal
- rehearsal discipline
- planning of rehearsal
- response to feedback
- capacity to improve

## Physical skills and attributes:

- posture
- alignment
- balance
- coordination
- control
- flexibility
- mobility
- strength
- stamina
- extension
- isolation

## Cooling down: Reasons to cool down:

- Prepares body for stopping exercise
- Decreases injury or muscle soreness
- Lowers heart rate

## Stages of cool down:

- Gentle stretches
- Breathing exercises

## Warm Up: Reasons to warm up:

- Prepares body for exercise
- Increases blood flow which warms muscles
- Prepares mind for exercise
- To prevent injury

## Stages of warm up:

- 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

## Safe Execution

- 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.