

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