

Knowledge, understanding and skills for performance

<p><u>Physical skills and attributes, including:</u></p>	<p>posture alignment balance coordination control flexibility mobility strength stamina extension isolation.</p>
<p><u>Technical skills, including:</u></p>	<p>action content (eg travel, turn, elevation, gesture, stillness, use of different body parts, floor work, transfer of weight) dynamic content (eg fast/slow, sudden/sustained, acceleration/deceleration, strong/light, direct/indirect, flowing/abrupt) spatial content (eg pathways, levels, directions, size of movement, patterns, spatial design) relationship content - <b>for duet/trio performance only</b> (eg lead and follow, mirroring, action and reaction, accumulation, complement and contrast, counterpoint, contact, formations) timing content rhythmic content movement in a stylistically accurate way.</p>
<p><u>Expressive skills, including:</u></p>	<p>projection focus spatial awareness facial expression phrasing.</p>

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	<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 (during performance), including:</u></p>	<ul style="list-style-type: none"><li>movement memory</li><li>commitment</li><li>concentration</li><li>confidence.</li></ul>
<p><u>Safe working practices (during performance), including:</u></p>	<ul style="list-style-type: none"><li>safe execution</li><li>appropriate dancewear, including:<ul style="list-style-type: none"><li>footwear</li><li>hairstyle</li><li>absence of jewellery.</li></ul></li></ul>
<p><u>Mental skills and attributes (process), including:</u></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>Safe working practices (process), including:</u></p>	<ul style="list-style-type: none"><li>warming up</li><li>cooling down</li><li>nutrition</li><li>hydration.</li></ul>