

## Year 9 Dance Knowledge Organiser

### Mental Skills

Commitment  
Concentration  
Confidence  
Movement Memory



### Expressive Skills

#### Projection

The energy the dancers use to connect with the audience.

#### Focus

Use of the eyes on stage

#### Spatial Awareness

Awareness of the surrounding space and its effective use.

#### Phrasing

The way on which the energy is distributed in the performance of a movement phrase.

#### Musicality

The ability to make the unique qualities of the music shown in the performance

#### Choreographic Intent

How the mood and meaning of the dance is communicated to the audience.

### Physical Skills

#### Posture

The way the body is held

#### Alignment

Correct placement of body parts

#### Strength

Muscular Power

#### Extension

Lengthening one or more muscles/limbs

#### Isolation

An independent movement of part of the body



