

Year 11 Term 1 GCSE Dance Knowledge Organiser- Set Studies and Performance Duet

<p><u>Physical Skills</u></p> <p>Posture Alignment Balance Coordination Control Flexibility Mobility Strength Stamina</p>	<p><u>Expressive Skills</u></p> <p>Projection Focus Spatial Awareness Facial Expression Phrasing Musicality Sensitivity to other dancers Communication of choreographic intent</p>	<p><u>Technical Skills</u></p> <p>Action Space Dynamics Relationships Timing Rhythmic Content Moving in a stylistically accurate way</p>	<p><u>Mental Skills</u></p> <p><i>Prep for Performance</i> Systematic repetition Mental rehearsal Rehearsal Discipline Planning of rehearsal Response to feedback Capacity to improve</p> <p><i>During Performance</i> Movement memory Commitment Concentration Confidence</p>	<p><u>Safe Practice</u></p> <p><i>Prep for Performance:</i> Warming up Cooling down Nutrition Hydration</p> <p><i>During Performance:</i> Safe execution Appropriate dancewear: Footwear Hairstyle Clothes Absence of jewellery</p>	<p><u>Action</u></p> <p>Travel Turn Elevation Gesture Stillness Use of different body parts Floor work Transfer of weight</p> <p><u>Dynamics</u></p> <p>Fast/Slow Sudden/Sustained Acceleration/ deceleration Strong/Light Direct/Indirect Flowing/Abrupt</p> <p><u>Spatial Content</u></p> <p>Pathways Levels Direction Size of movement Patterns Spatial Design</p> <p><u>Relationship Content</u></p> <p>Lead and follow Mirroring Action and reaction Accumulation Complement and contrast Counterpoint Contact Formations</p>
<p><u>Why warm up?</u></p> <p>To Reduce the possibility of Injury To Improve Performance To Prepare Psychologically</p>	<p><u>What happens in a warm up?</u></p> <ul style="list-style-type: none"> □ Pulse is raised Muscles become more Elastic □ Nerve messages from the brain to the limbs speed up Internal body Temperature is raised Increase of Blood flow to the muscles Reduce the risk of Injury □ Joints are mobilised 	<p><u>Why cool down?</u></p> <p>Prevent Blood Pooling in the muscles which can make you feel dizzy due to the reduced blood supply to the brain</p> <p>Prevent the build up of Waste Products in the muscles (e.g. lactic acid), which helps to prevent muscle stiffness and soreness</p> <p>Allow the Heart Rate to gradually return to normal</p>			

Home Study GCSE Dance Questions

Give two reasons for cooling down after a dance class?

Describe one exercise you could do to cool down?

Give two ways timing could be improved in a group dance?

Define the term 'expressive skill'?

Describe one way a dance can demonstrate musicality in a dance?

Name two mental skills and attributes?

Give two ways a dance can use mental skills to improve a performance?

Explain how you responded to feedback to improve your performance of the set phrase Breathe