

Knowledge Organiser Component 2

Explanations are provided to help ensure common understanding of the terminology used. The topics embraced by these terms apply to all dance styles but are often defined in the vocabulary specific to the particular style. Because the specification has to be accessible to those working in many different styles a generic vocabulary has been used.

Learners may, and should be encouraged, to use terminology specific to the dance style they study.

PHYSICAL SKILLS	
Accuracy	The ability to replicate movements correctly.
Co-ordination	Skill in controlling all parts of the body within the required actions.
Control	The skills required to ensure that the body can muster dance movements.
Precision	The ability to replicate dance movements which are exact and accurate.
Spatial awareness	When the dancer is well informed of their surroundings and movement, knowing where they are going, who is around them, how much space they are utilizing.
Movement Memory	This is the exact way we learn to walk or any of our voluntary movements. Muscle memory or movement memory. The neurological pathways identify a certain pattern of movement and store this memory in the cells, and when you trigger the starting point of that sequence, the rest of it simply follows. This is how dancers remember long sequences of movements.
Mobility	The dancer's ability to move the whole body easily and proficiently within the parameters of a particular dance.
Balance	Skill in controlling the body weight over the point of support.
Strength	The muscle power required to execute dance movements
Stamina	Is the physical or mental energy needed to do a tiring activity for a long time.
Flow of Energy	How the energy passes from one action to another. This may be sequential i.e. flowing in turn from one body part to another, e.g. fingers, wrist, elbow, shoulder, torso, or simultaneous occurring through the whole limb, or body at the same time.
Extension	The ability to stretch fully through the limbs to create good alignment and correct positioning.
Posture	How one stands, sits.
Alignment	Position of parts of the body in relation to the whole
Flexibility	The range of movement possible at a joint.

INTERPRETIVE SKILLS	
Timing	Counted in counts, movement is usually fitted around the counts of the music.
Focus	Use of the eyes to enhance performance/ interpretative qualities, this may be between dancers, into the stage space towards the audience. Its use helps draw the audience's attention to the important aspect of the movement.
Fluency	Performing movements which flow together seamlessly.
Musicality	The ability to pick out the quality in music and make this evident, complement it, or contrast with it, through the dancer's performance.
Projection	Occurs when a dancer gives out appropriate energy from the body giving a noticeable quality to the movements. It enables dancer's movements to reach beyond the body and draw the audience into what is happening.
Rhythm	Is the pattern of regular or irregular pulses caused in music by the occurrence of strong and weak melodic and harmonic beats.
Sensitivity to others	Awareness of and connection to other dancers
Energy	The effort or force behind the movement.
Expression	To show of an idea or an emotion to an audience through the means of dance.
Quality	An interpretive dance skill used to help enhance the dance theme, stylistic qualities of the dance or convey emotion. It is the HOW the movement is performed with detail showing a degree of excellence.
Emphasis	An interpretive dance skill used to help enhance the dance theme, stylistic qualities of the dance or convey emotion. It is the HOW the movement is performed giving special importance or value to selected movements to help convey a stimuli.
Style	A characteristic way of dancing. The movements are performing within the chosen style.
Interpretation	Finding the meaning in the movement or creating movement to reflect the meaning (stimuli)

Personal Management Skills	
Attendance	Regularly attend all classes, extra-curricular clubs, rehearsals and performance opportunities.
Time keeping	Arrive on time, ready to learn. Get changed quickly and stick to deadlines for homework and rehearsals.
Warm up	Always participate fully in the warm up and sometimes lead the warm up yourself. Think about safe dance practice.
Correct equipment	Always be prepared, ensure you have the correct Dance kit, footwear, hair is tied up, costume, course booklet, folder, pen, pencil.
Level of Commitment	Make sure you give 100% to all that you do. Be committed to the movement, the intention, the group, the task or activity.
Level of Concentration	Ensure that you are focused and understand the activity or task. Try not to be distracted.
Level of Co-operation	Working effectively with the rest of the group, being able to negotiate with others.
Level of discipline	To be strict with yourself and to push yourself to achieve your potential. To overcome things that are difficult or challenging and to follow the dance studio rules and guidelines.
Positive response to feedback	Upon receiving feedback either positive or constructive respond in a positive way. Embrace the information and make improvements.
Gave constructive feedback	When giving feedback to other members of the group show respect and positive ways in which they can make improvements.
Tried to make improvements	Acting upon feedback in a positive way and striving to improve your work.
Listened to others	Showing respect, taking your turn to speak and making sure you are listening and understanding other peoples' views, opinions, contributions and knowledge.
Contributed ideas	Being able to put your ideas forward to the group with confidence and ease. Also understanding that your idea could or could not be used.