



Year 8 Dance Knowledge Organiser: Term 2

Mental Skills

In rehearsals:

- Systematic repetition
- Mental rehearsal
- Rehearsal Discipline
- Planning of rehearsals
- Responding to feedback
- Having the capacity and willingness to improve

Physical Skills

- Posture
- Alignment
- Balance
- Coordination
- Control
- Flexibility
- Mobility
- Strength
- Stamina

Expressive Skills

- Projection
- Focus
- Spatial awareness
- Facial expressions
- Phrasing
- Musicality
- Sensitivity to other dancers
- To communicate the intention of the dance

Definition:

The skills your body needs to perform with control and make the dance look easy!

Characteristics:

Strength, stamina, flexibility, control, posture, balance, co-ordination

Physical Skills

Examples:

"I needed to develop my physical skill of stamina as the dance was 30 minutes long and I started to lose strength and control"

Non-examples:

Expressive skills, specific styles

Definition:

The ability to express the meaning of the dance and communicate with the audience

Characteristics:

Facial expressions, musicality, focus, projection, communicating the meaning of the dance

Expressive Skills

Examples:

"In order to show the audience the emotion of the dance, I needed to express sadness in my facial expressions".

Non-examples:

Strength, stamina, timing