

## Key points to learn – Physical skills

1. Flexibility	The range of movement at a joint 
2. Strength	Power of resisting a force, lifting someone or holding own body weight
3. Balance	Having an equal distribution of weight- showing control in a balance or landing
4. Coordination	Being able to move 2 or more body parts at the same time
5. Extension	The action of straightening and stretching a limb, e.g. leg, arm or pointing a toe.
6. Control	The ability to start and stop a movement with balance, land a jump or hold a shape efficiently
7. Relationship	Relationship to other dancers in the space
8. Action / reaction	One person or group performs, and the second person or group performs in response to the first
9. Contact	Making contact with another dancer, through weight sharing or lifting
10. Mirroring	Doing the same as another individual or group but on the opposite side
11. Unison	Dancing the same actions at the same time
12. Style specific moves	The movements of that style (Break dance -top rock, 3 step, CC'S, freezes)

## Key points to learn – Expressive skills

14. Professionalism	Show confidence, show a positive attitude, put 100% effort into the performance and know what you are doing.
15. Focus	Where you look 
16. Musicality	The ability to make the qualities of the accompaniment evident in performance 
17. Stylistic qualities	How similar your performance is to the characteristics of the style
18. Confidence	The feeling or belief and self-assurance in a performance
19. Facial expression	A form of nonverbal communication using the face that helps the audience connect with the music, theme, narrative, character or style of dance 
20. Spatial awareness	The ability to be aware of oneself in space.
21. Energy	The amount of force and effort applied to movement.
22. Atmosphere	The feeling created by the dancers, set, costumes, lights, intentions, characters 
23. Creativity	Being imaginative and original with ideas
24. Accurate replication	How accurate you are in your moves i.e. use of correct arm, leg, body position, focus

## Yr9 Dance Rotation Knowledge Organiser

Name.....

### Performance skills



### Notes

All performers will benefit from having good physical skills. However they also need to think about their expressive skills in order to create the right atmosphere and make their performance believable and engaging.

### Go Beyond