



BTEC Dance – Component 2

Physical/Technical Skills		Performance Skills	
Strength	Muscular Power	Interaction with other performers	How effectively you communicate with others on stage
Control	The ability to start and stop movement efficiently.	Focus	Use of the eyes to enhance performance or interpretative qualities
Extension	Lengthening one or more muscles/limbs	Confidence	Being certain of your abilities and evidencing this in your performance
Posture	The way the body is held	Awareness and appreciation of sound / musicality	The ability to make the unique qualities of the music evident in performance. Having an awareness of the beats and highlights within the music and complimenting/contrasting this with your movement.
Balance and Coordination	The ability to hold a steady position and to use a combination of parts of the body together efficiently	Rhythm and timing	Performing the correct movements at the correct time to compliment the music.
Energy	How much physical effort you put into the dance	Emphasis	The accents provided by the dancer at different moments throughout the dance
Dynamic range	Noticing and applying the correct quality to each movement. For example: sharp, soft, fluid etc.	Stage Presence	The ability to command the attention of a theatre audience
Accuracy	Performing the movements in the correct order with technical accuracy	Facial expression	Use of the face to show mood, feeling or character.
Alignment	Correct placement of body parts in relation to each other	Spatial Awareness	Showing effective consideration of the space you are performing in as well as the target audience and where they are situated.
Flexibility	Range of movement available at a joint.	Projection	The energy a dancer uses to connect with and draw in the audience.
Stamina	Ability to maintain physical and mental energy over periods of time.	Energy and commitment	Committing your full mental and physical ability to the dance consistently for the whole performance.
Movement memory	Your ability to remember movement		

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PSA: Pearson Set Assignment		Professional Work Overview					
<p>LOA: Use rehearsal processes</p> <p>LOB: Apply skills and techniques in performance realisation</p> <p>LOC: Review own development and application of performance skills.</p> <p>You will learn a piece of professional repertoire through workshops and rehearsals, perform this repertoire for assessment and review your development of skills.</p> <p>Your professional work must relate to the theme POWER.</p>		<p>Everybody’s Talking about Jamie </p> <p>Kate Prince</p> <p>‘And you don’t even know it’: Jamie shows that only he has the power to change his own future. His classmates are in his daydream and therefore he has the power over them as they start clicking their fingers, moving around the classroom, climbing on desks and interacting with him. He reveals his ‘hidden’ power’ on the cat walk, strutting, turning and gesturing.</p>	<p>Single Ladies </p> <p>Beyoncé</p> <p>Single Ladies was created for women. It is the power anthem for female empowerment and independence. The actions are punchy, powerful and confident and uses jazz hands with a wrist twist to create the iconic and powerful gesture.</p>				
		Stylistic Features of Hip Hop	Stylistic Features				
		<ul style="list-style-type: none"> -Isolated movements -Footwork -Sharp dynamics -Groove rhythms -Bended knees 	<table border="1"> <tr> <td>Jazz</td> <td>J-Setting</td> </tr> <tr> <td> <ul style="list-style-type: none"> -Kicks -Hip Rolls -Turned in knees -Isolated movements </td> <td> <ul style="list-style-type: none"> -Arm Thrusts ‘bucking’ -Lead and Follow -Marching (high knee steps) </td> </tr> </table>	Jazz	J-Setting	<ul style="list-style-type: none"> -Kicks -Hip Rolls -Turned in knees -Isolated movements 	<ul style="list-style-type: none"> -Arm Thrusts ‘bucking’ -Lead and Follow -Marching (high knee steps)
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How to develop your technical/performance skills		Rehearsal Skills	Personal Skills				
<ul style="list-style-type: none"> • Using peer evaluation and feedback • Using self-evaluation and teacher/audience feedback • Using a mirror • Using a camera to video and watch back • Using helpful feedback and directions – constructive criticism • Having rehearsals and repeated practice • Breaking down sections until it is accurate and them placing back together • Dancing it slow and then speeding it up • Are there any exercises that are helping you to develop your skills? E.g. strength/stamina/flexibility? 		<ul style="list-style-type: none"> -On time to class -Prepared for class -Wearing the correct kit -Applying aspects of safe practise -Listening to instructions -Rehearsing consistently for the whole lesson -Concentrating and focused -Performing to your full potential -Self-disciplined -Asking your teacher when unsure on any aspects -Focus and enthusiasm -Assisting others if they are unsure on any aspects -Cooperating with others -Respect for others’ opinions and skills -Taking the lead -Listening to others -Awareness of other performers in rehearsals and performance -Positive attitude 	<ul style="list-style-type: none"> - Communication - Influencing others - Listening skills - Problem solving - Planning and organisation - Decision making - Reliability - Respect - Collaboration - Awareness <p><i>These skills help groups to share ideas effectively and work together to create performance work.</i></p>				

