

# SECTION A : 30 MARKS

## PERFORMING SKILLS

### LEARN THEM!

Make sure you know which skill goes in which box!  
You **WILL** need them!

#### PHYSICAL SKILLS

posture  
alignment  
balance  
coordination  
control  
flexibility  
mobility  
strength  
stamina  
isolation  
extension

#### TECHNICAL SKILLS

action  
space  
dynamics  
relationships  
timing  
rhythmic content  
moving in a stylistically  
accurate way

#### EXPRESSIVE SKILLS

projection  
focus  
spatial awareness  
facial expression  
phrasing.  
musicality  
sensitivity to other dancers  
communication of  
choreographic intent

#### MENTAL SKILLS

##### PREP FOR PERFORMANCE

systematic repetition  
mental rehearsal  
rehearsal discipline  
planning of rehearsal  
response to feedback  
capacity to improve

#### MENTAL SKILLS

##### DURING PERFORMANCE

movement memory  
commitment  
concentration  
confidence

#### SAFE PRACTICE

##### PREP FOR PERFORMANCE

warming up  
cooling down  
nutrition  
hydration

#### SAFE PRACTICE

##### DURING PERFORMANCE

safe execution  
appropriate dancewear,  
including:  
footwear  
hairstyle  
absence of jewellery

**IMPORTANT**