**PERFORMANCE LOG FOR
THE DEVELOPMENT PROCESS**

**Learning Aim
D**

**DEVELOPMENT – Rehearsals towards final performance**

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| Date of workshops / rehearsals:  |  |
| The focus of the workshops / rehearsals: |  |

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| **WHAT SKILLS HAVE YOU EMPLOYED DURING YOUR INVESTIGATION**  |
| Physical skills | Used | + | = | - |  | Used | + | = | - |  | Used | + | = | - |
| 1.Posture |  |  |  |  | 8. Positions/use of the spine |  |  |  |  | 15. Focus |  |  |  |  |
| 2.Alignment |  |  |  |  | 9. Fluidity |  |  |  |  | 16. Musicality |  |  |  |  |
| 3.Balance/Stability |  |  |  |  | 10. Elevation |  |  |  |  | 17. Timing |  |  |  |  |
| 4.Co-ordination |  |  |  |  | 11. breath |  |  |  |  | 18. Dynamics |  |  |  |  |
| 5.Flexibility  |  |  |  |  | 12.Fall & Recover |  |  |  |  | 19. Spatial awareness |  |  |  |  |
| 6.Strength |  |  |  |  | 13. Shifting of body weight |  |  |  |  | 20. Use of Prop |  |  |  |  |
| 7.Stamina |  |  |  |  | 14. Isolations |  |  |  |  | 21.Expression  |  |  |  |  |

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| **AWARENESS OF SAFE PRACTICE** |
| Correct Attire  |  | Clear Work Space |  |
| Hydration |  | Warm-Up / Warm Down |  |
| Awareness of electrical equipment |  | Awareness of evacuation procedures |  |

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| **STRENGTHS OF SELF (evaluate)** |  |
| **WEAKNESSES OF SELF (evaluate)** |  |
| Target for development - **Improvements and actions required at this stage to develop the piece** |  |
| Links to Learning Aim A **–Key skills/ techniques employed during this process**  |  |

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| Explain: What you did in each session(Link to skills quoting their number) |  |
| Personal Views and Feelings (can split this into sessions or compile as a whole) |  |
| Analyse | Evaluate: Why did you complete this work?What techniques /skills did you employ – evaluate your use of each of them(Evaluate skills you explored) |  |
| Evaluate - What can / will you do now to develop this work and your own skills development? **(Ensure you make reference to your SKILLS)** |  |
| Director’s / Outside Eye / Peer’s Feedback & Notes  |  |
| ACTION PLAN/Target for DevelopmentWhat do you and your performance company need to do now to move forwards … |  |
| **Research – in response to any suggested developments**(Practical and theoretical research / character work / design work – give sources and summarise your findings) |  |