Learning Aim B1: Development of Contemporary Dance Techniques   
Learning Aim D: Review personal Development and own performance

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Highlight which physical skills are developed by each of the dance Exercises studied.(B.P2)** | **Whip your hair** | **Adagio** | **Across the floor** | **Identify 3 skills and explain how the exercises helped you to improve your technique/ a particular physical** skill. (D.P5/6) |
| 1.Posture |  |  |  |  |
| 2.Alignment |  |  |  |
| 3.Balance/Stability |  |  |  |
| 4.Co-ordination |  |  |  |
| 5.Flexibility |  |  |  |
| 6.Strength |  |  |  |
| 7.Stamina |  |  |  |
| 8. Positions/use of the spine |  |  |  |  |
| 9. Fluidity |  |  |  |
| 10. Elevation |  |  |  |
| 11. breath |  |  |  |
| 12.Fall & Recover |  |  |  |
| 13. Shifting of body weight |  |  |  |
| 14. Isolations |  |  |  |
| 15. Focus |  |  |  |  |
| 16. Musicality |  |  |  |
| 17. Timing |  |  |  |
| 18. Dynamics |  |  |  |
| 19. Spatial awareness |  |  |  |
| 20. Use of Prop |  |  |  |
| 21.Expression |  |  |  |

**Please identify 3 exercises that have developed you as a practitioner ( B.M2)**

|  |  |
| --- | --- |
| Name of exercise |  |
| Brief outline of the exercise |  |
| Level of difficulty |  |

|  |  |
| --- | --- |
| Name of exercise |  |
| Brief outline of the exercise |  |
| Level of difficulty |  |

|  |  |
| --- | --- |
| Name of exercise |  |
| Brief outline of the exercise |  |
| Level of difficulty |  |