**FINAL EVALUATION OF MY**

**Learning Aim D
Evaluation1**

**OWN DEVELOPMENT** The first two pages = 4 sides

**Explain (DP5 | 6)**

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| **Tick your level** | **START OF PROJECT** | + | = | - | **END OF PROJECT** | + | = | - |
| 1. Balance/Stability
 |  |  |  |  |  |  |
| 1. Strength
 |  |  |  |  |  |  |
| 1. Positions/ use of spine
 |  |  |  |  |  |  |
| 1. Breath
 |  |  |  |  |  |  |
| 1. Focus
 |  |  |  |  |  |  |
| 1. Timing
 |  |  |  |  |  |  |
| 1. Dynamics
 |  |  |  |  |  |  |
| 1. Flexibility
 |  |  |  |  |  |  |
| 1. Expression
 |  |  |  |  |  |  |
| 1. Shifting of weight
 |  |  |  |  |  |  |
| 1. Elevation
 |  |  |  |  |  |  |
| 1. Musicality
 |  |  |  |  |  |  |
| 1. Alignment
 |  |  |  |  |  |  |
| 1. Co-ordination
 |  |  |  |  |  |  |
| 1. Use of feet
 |  |  |  |  |  |  |
| 1. Breath
 |  |  |  |  |  |  |

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| **Analyse (DM4)**Why do you think you have improved these performance skills during this project?What activities have you undertaken that have helped you develop your performance skills? |
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| **Evaluate (DD3)**What were your strengths during this project? (Reference the performance skill number as you discuss)Give specific examples.Discuss how you know where your skill level is.Discuss how your strengths benefitted this process |
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| **Evaluate (DD3)**What were your weaknesses during this project? (Reference the performance skill number as you discuss)Give specific examples.Discuss how you know where your skill level is.Discuss how your weaknesses may have impacted this process |
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| **Describe/Analyse (DP5&6/M4)**What did you hope to achieve during this unit?Did you meet this objective?  |
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| **Analyse/Evaluate (DP5&6/M4/D3)**What do you need to do to support your own progression and practice?Here you are setting targets for future improvement  |
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**SUPPORTING YOUR OWN PROGRESSION AND PRACTICE**

**Discuss (DP5 | 6)** 2-3 sides

Discuss four exercises that you can undertake today that will help you improve your practice in the future

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| **Title of Exercise** |  |
| **Performance Skill that is being developed**  |  |
| **Description of exercise** |  |
| **How will this help you improve?** |  |

|  |  |
| --- | --- |
| **Title of Exercise** |  |
| **Performance Skill that is being developed**  |  |
| **Description of exercise** |  |
| **How will this help you improve?** |  |

|  |  |
| --- | --- |
| **Title of Exercise** |  |
| **Performance Skill that is being developed**  |  |
| **Description of exercise** |  |
| **How will this help you improve?** |  |

|  |  |
| --- | --- |
| **Title of Exercise** |  |
| **Performance Skill that is being developed**  |  |
| **Description of exercise** |  |
| **How will this help you improve?** |  |