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| **PHYSICAL** | **INTERPRETATIVE** | **STYLES & PERFORMANCE DISCIPLINES** | **PERSONAL MANAGEMENT** |
| Strength | Characterisation/Expression | Understanding of the social/historical context | Attendance and punctuality |
| Stamina | Timing / Rhythmic accuracy | Recognising/demonstrating stylistic qualities | Being ready to work, warming up and cooling down |
| Flexibility | Emphasis | Ability to analyse choreographic structures and devices | Wearing correct attire and presentation |
| Posture | Musicality | Understanding choreographer’s intention | Hair tied back,  No jewellery |
| Alignment | Phrasing | Ability to analyse physical skills required for the work | Concentration and focus |
| Use of weight | Projection | Understanding relationship to music | Learning movement |
| Clarity of movement | Breathing | Learning and absorbing taught material (movement memory) | Listening and responding positively to direction, instruction and feedback |
| Extension | Impetus | Responding to corrections while working | Willingness to experiment and try things out |
| Use of spine (bodily expression) | Facial Expression | Working within a group – trust, communication, collaboration | Sensitivity and empathy towards others. |
| Balance | Relationships |  |  |
| Control | Reaction / Interaction |  |  |
| Spatial awareness | Contact work (interpretative) |  |  |
| Tension/relaxation (release) | Focus/eyeline |  |  |
| Contact work (physical) |  |  |  |