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| **Improving my Logbook** | | |
| Lesson Objective | This week is our first week of preparing for the project iD performance in 3 weeks; we continued choreographing our solos and learnt parts from both Aquarius and the optional dance, and received feedback on these from our peers and teacher. | Make this clear and include all lessons |
| Explain: What you did in today’s session  Explain what we did in the lesson. | **Warm up and Technique** - Over the week we have learnt lots of different warm up exercises to improve our technique; the first one we did was our arms, rolling our shoulders, then elbows then arms before including a rise and finally a jump. This exercise both warms up our muscles and helps us to focus and mentally prepare for the lesson.  The second exercise was a foot exercise; working through them by pointing and flexing and also incorporating rises and plies with some simple ballet arms.  Our final technique exercise was jumps in parallel, first and second, then holding a full plie in second; decreasing the number we did each time until it got down to one.  Other warm up activities we did included runs and jumps across the floor crossing in front and behind other dancers and in groups making different shapes/ images when told to.  **Theory** – Firstly we started writing our SMART targets for this week, helping us see what we need to concentrate on/ achieve over the sessions this week; these were then handed back to us the next session for us to add to, to make them more specific.  We also went through some slides which made us think about what we did in each part of a rehearsal and why we do it; as a team we defined the keywords: Isolation, Sickling. Parallel and extension.  **Solos** – We spent time in all three sessions this week improving our solos ready for the performance; in the first session we recapped them so they were clear in our minds and added on a couple of movements onto them, in the second session we spent time choreographing them and then filmed them in groups, I spent this time rearranging the structure of mine as I used the wrong section of music so it needed to fit to a different section whilst keeping the movements mainly the same, I also thought about different ways I could choreograph the rest of the dance by using choreographic techniques and repeating movements. In the final session we watched back the films of our solos and got feedback on them from our teacher and peers. | **Split your lessons up into the relevant areas:**   * **Warm up & Technique** * **Skills learnt** * **Theory** * **Choreography** * **Independent rehearsal**   **If in doubt ask!** |
| Analyse | Evaluate:  Why did you complete this work? **(don’t forgot the evaluation is most important)**  Why are these skills important to a professional practitioner in your chosen pathway? | C:\Users\hope\AppData\Local\Microsoft\Windows\INetCacheContent.Word\release technique 1.jpg**Warm up and Technique** –  The rolling shoulders and arms exercise was effective as it warmed up our shoulders and helped us to work on isolating certain body parts. We had to hold our core muscles tight whilst moving 1 body part. This was difficult because I progressed to demi point which made my ankles unstable (Sickling)  This exercise also helps us to balance and move our weight from the floor into the air through a technical jump. The foot exercise went through the technique of pushing through the foot in a tendu instead of just placing it and our alignment whilst in plies in different positions, warm up our feet and legs. The final technique exercise helped up work through our feet in jumps and holding the plie improved our leg strength. All of the exercises help to focus us and prepare us mentally for the next part of the class.  The last part of the warm up is the ‘Across the floor’ section. We move diagonally in the space doing leaps, jumps, runs etc. This is an important part of the lesson because it improves your spatial awareness as you have to move around makes you independent with the timing of the music as you need to count yourself in. We also worked on our extension of our arms as this was a target from last week.  **Solos** – We spent time adding on choreography to our solos as it’s important that they’re finished before the performance so that we have time to refine them. I found this useful because it allowed me time to work on the targets set from last lesson.  It is also important to spend time considering the structure of a dance/solo as otherwise it will not flow properly and movements will look out of place; it is also important for a dancer/ choreographer to think about how they will develop the piece using choreographic devices as they help link all sections of the dance together without obviously repeating large chunks of movement. I filmed and watched me travelling sequence back in order to help me further the work.  Filming and watching back dances is important as it gives you a measure of how much of the dance you have left to complete, watching them back means you can easily see if the movements work well in the piece and what needs to be adjusted in it; it is also an easy way to get feedback from peers on work as they can watch it with you and point things out. | **Analyse :** examine (something) methodically and in detail, typically in order to explain and interpret it  Unpick/magnify  **Evaluate:** evaluate the success/failures/effectiveness of the choreography/performance throughout the process by revising and refining the movement material.  Think/share/give opinions  **Use all key vocabulary from lesson**  **Make links to the wider professional world.**   * How will this help you become and actor/dancer/singer * Think long term |
| What can / will you do now to develop this work and your own skills development?  **(Ensure you make reference to your SKILLS)** | I am going to book out the studio on a Tuesday afternoon for 45mins and use the mirrors to help me identify when I have good posture and alignment and set myself some clear targets for class work.  I am going to spend 15min working on my own in front of the mirrors (I will work on exercise 1 /rolling the shoulders and 2/ tendu exercise) and then I will invite my friend in to watch and she will offer me feedback. I will ask her to look specifically for isolation of body parts and sickling of the ankles. I will then write down everything she says and then spend the last 15mins mins making corrections  Posture and alignment is very important in dance because you need to have good core stability in order to demonstrate the shapes and balances needed. In order for me to get better at this target I need to watch myself in the mirrors and identify not only my weaknesses but also my strengths. | Explain in detail what you will do next:  WHAT =Write about what you’re actually going to do!  HOW = clearly explain how you will meet this target.  WHY = You have decided to set the target, evidence from a dvd/feedback from teacher is needed. |
| Health and Safety Aspects  (Please tick H&S aspects involved in this session and expand … why is this a consideration? Then write about any other issues at play in this session) | |  |  |  |  | | --- | --- | --- | --- | | Correct Attire |  | Clear Work Space |  | | Hydration |  | Warm-Up / Warm Down |  | | Awareness of electrical equipment |  | Awareness of evacuation procedures |  |   Image result for easy lifts for dancersHydration – it is very important whilst dancing to keep hydrated as we lost a lot of water through sweat and it makes you more energised meaning you can dance for longer without hurting yourself; this was a particular concern this week as it was the hottest week in September for many years meaning we lost more water as we would of usually as we sweated more, because of this I remembered to bring a full water bottle to every lesson and drank a lot during and after the session so I didn’t become dehydrated. Also because it was the first week back after the summer it is likely that I was not as fit as I was before meaning that I would find the sessions more difficult, therefore sweating more, meaning I needed to drink a lot of water to replenish what I lost.  Today we learnt a lift with the teacher. The lift involved 2 people and required one person to be in charge of jumping in space and the other to move their partner onto their hips. We had to be careful when doing this lift that the person being lifted held on in the correct position and their weight came through our hips. If not the person being lift would slip off. | You need to think about health and safety in relation to the classes:  What have we covered that would tick this category?   * Lifts * Contact work * Exercises * Technique/ learning material * Cool down   ***Use pictures when appropriate*** |
| What feedback did you receive in this session (tutor or peer)? | **It is your responsibility to actively seek feedback from your peers.**  Today I received feedback from both the teacher and my peers. The feedback I received from my peers for Aquarius was that I needed to have more of a variety of dynamics in my movements, although they were choreographed into the section I didn’t perform them enough making it seem as though the dance was all very similar with no highlights.  The feedback I received from my teacher for my solo was that the dance wasn’t very specific to the music and that we really needed to listen to the music and choreograph specifically to it rather than doing movements and timing that could fit with any song of a similar timing and style, making it more unique. Also that I needed to choreograph more of a variety of dynamics and movements into the dance as at the moment these were all the similar meaning the dance had no highlights/climaxes to it, these dynamics could also be emphasised by putting more energy into it which would also engage the audience more and improve the quality of my performance.  **General feedback**: we were given in the technique/ warm up exercises were to tilt the pelvis under in plies so it is not sticking out and makes a nice line; don’t sickle our feet in rises/ pointes as it is a sign of weak ankles and could lead to injury and isn’t aesthetically pleasing to the audience. Finally during arm isolations to keep the hips still by using our cores to show control. | Identify the feedback  Explain why you were given this feedback  How did it make you feel? |
| Identify and describe your strengths in this workshop / rehearsal.  Evaluate/analyse why these were strengths  Why are these skills important to a professional practitioner in your chosen pathway? | I think this week has been successful as we have been preparing for and are now more ready than last week to perform in the project iD performance.  One of my strengths from was working well in a group to choreograph a section of Aquarius as we incorporated everyone’s ideas and communicated well as a group giving each other feedback and ideas for the section. This is important as it meant that we could choreograph a longer section giving us a lot of movement ideas and we could include a variety of movements from everybody’s individual sections, meaning we all had particular bits we were better at so could all help each other with different bits. Communicating was also important a it meant e could develop the section by adding in different dynamics, actions and directions; also we could help each other we the sections we were struggling with as there was a variety of styles within the section.  Another strength was that I was able to pick up and perform the set section for Aquarius well-meaning it was performed accurately and with good timing as I was told by a peer that I had good alignment and extension in the section and that my turns were well centred an I used my core as was in control of them. | You will need x3 strengths |
| Identify and describe your weaknesses in this workshop / rehearsal.  Evaluate/analyse why these were weaknesses.  Explain what your target is and how you will achieve it. | Part of our homework was to find 1 section of our solo that we would be prepared to teach to the rest of the group. One of my weaknesses was that I was not prepared for this task and failed to complete my homework, meaning we had to take extra time to do this before moving on to learning more of Aquarius and choreographing our own sections of it. This meant that we wasted some of our rehearsal time and I felt under pressure as part of a team to complete this task. To make sure I am more prepared for next session I am going to go over all movement from previous lessons the day before a session so that I have refreshed the movement in my head and am ready to start learning/ choreographing a new section, speeding up our rehearsal process. | You will need x2 weaknesses  **POINT**  **EVIDENCE**  **EXPLANATION**  **TARGET: Explain how you will achieve this.** |