**SKILLS AUDIT UNIT 20** (END OF PROGRAMME OF STUDY)

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| PRACTITIONER |  | SIGNATURE |  |
| Date Assessed | w/b 02/01/2017 |

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|  | Needs Improvement | Satisfactory | Good | Excellent | **What exercise did you undertake during this programme of study to improve this skill? (Briefly describe the exercise)****PASS** | **Why did you undertake that exercise? Why is this skill useful to a professional practitioner? Why did you need this skill in your final performance?****MERIT**  | **How did this improve your skill level?****What are your strengths now in this skill?** **How did you know that you are working at that level?****DISTINCTION** |
| Knowledge of areas of the body relevant to voice production |  |  |  |  |  |  |  |
| Knowledge of sound formation |  |  |  |  |  |  |  |
| Centring |  |  |  |  |  |  |  |
| Weight Placement |  |  |  |  |  |  |  |
| Posture |  |  |  |  |  |  |  |
| Alignment of the body |  |  |  |  |  |  |  |
| Relaxation techniques |  |  |  |  |  |  |  |
| Breath capacity  |  |  |  |  | BREATHING THROUG A STRAW. Take a straw. Exhale through the straw on a slow count (10 beats?) hen inhale on a slow count (10 beats?) Repeat ensuring that you keep on the in-breath until the body needs to move onto the out –breath. You should feel a natural release. The ‘counts/beats’ should increase as you develop and improve lung capacity.  | The purpose of this exercise is to release the body and mind from habits that inhibit breath. We often breathe in before the body is ready and breathe out before the body has finished breathing in. Once I had created new and correct breathing habits, I could then work on increasing the length/depth of the in breath, controlling my breath capacity. Breath control and capacity is vital for clear speech, sustained vocal delivery which I needed in order to give my monologue vocal clarity and to ensure that the poem is delivered with life and meaning in the vocal delivery. | To begin with I felt dizzy because I was changing when my body felt it should take a breath, and controlling the breath so my body inhaled when it need to rather than when it felt it should. As I worked through the exercise and improved habits, I felt a deeper connection with my breath so I was able to increase the count for the inhale, moving from 10 counts up to 25 counts by the end of the lesson clearly demonstrating an increase in breath capacity. Feedback on my monologue performance commented on my ‘sustained breath’ that meant I did not lose vocal energy at the end of lines.  |
| Articulation |  |  |  |  |  |  |  |
| Placement of breath |  |  |  |  |  |  |  |
| Vocal Resonators (Resonance Ares) |  |  |  |  |  |  |  |
| Pace and pause |  |  |  |  |  |  |  |
| Rhythm |  |  |  |  |  |  |  |