SKILLS EMPLOYED

**Explain (DP6) Analyse (DM4)**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Tick your level** | **START OF PROJECT** | + | = | | - | **END OF PROJECT** | + | = | - |
| 1. Strength |  |  | |  |  |  |  |
| 1. Stamina |  |  | |  |  |  |  |
| 1. Flexibility |  |  | |  |  |  |  |
| 1. Posture |  |  | |  |  |  |  |
| 1. Alignment |  |  | |  |  |  |  |
| 1. Use of weight |  |  | |  |  |  |  |
| 1. Clarity of movement |  |  | |  |  |  |  |
| 1. Extension |  |  | |  |  |  |  |
| 1. Use of spine (bodily expression) |  |  | |  |  |  |  |
| 1. Balance |  |  | |  |  |  |  |
| 1. Control |  |  | |  |  |  |  |
| 1. Spatial awareness |  |  | |  |  |  |  |
| 1. Tension/relaxation (release) |  |  |  | |  |  |  |
| 1. Contact work (physical) |  |  |  | |  |  |  |
| 1. Characterisation Expression |  |  |  | |  |  |  |
| 1. Timing / Rhythmic accuracy |  |  |  | |  |  |  |
| 1. Emphasis |  |  |  | |  |  |  |
| 1. Musicality |  |  |  | |  |  |  |
| 1. Phrasing |  |  |  | |  |  |  |
| 1. Projection |  |  |  | |  |  |  |
| 1. Breathing |  |  |  | |  |  |  |
| 1. Impetus |  |  | |  |  |  |  |
| 1. Facial Expression |  |  | |  |  |  |  |

When you discuss your skills in this evaluation, refer to these numbers.

**SKILLS DEVELOPMENT**

**Analyse (DM4) Evaluate (DD3)**

Focus on one of the skills above. Write about your skills development over the final few weeks of rehearsal.

|  |  |  |
| --- | --- | --- |
| **PASS (150 words)** Describe: what we mean by this skill and give some examples of your use of this specific skill during this project. Describe the importance of these skills for a professional practitioner – show that you understand what these skills are / mean. | **MERIT (150 words)** Give some clear examples of what you did to improve this skill. This could be from rehearsals / in performance. This could also be exercises you undertook in your own time to develop this skill. | **DISTINCTION (150 words)** How do you know what your skill level was / is? What evidence and/or feedback are you basing this on?  Be specific here. Include tangible feedback – things people (peers and tutors) have said to you and intangible evidence (from your audience) |
|  |  |  |

**SKILLS DEVELOPMENT TECHNIQUES / EXERCISES**

**Analyse (DM4) Evaluate (DD3)**

**A DANCE TECHNIQUE I UTILISED IN PERFORMANCE**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| THE TECHNIQUE: |  | | | | | | |
| DESCRIBE THE TECHNIQUE: |  | | | | | | |
| Was the technique successful, and how could you improve on the use of the technique? |  | | | | | | |
| Evaluate your use of this technique (tick) | | **+** |  | **=** |  | **-** |  |

**A DEVELOPMENTAL EXERCISE I UTILISED DURING THE PROCESS**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| THE TECHNIQUE: |  | | | | | | |
| DESCRIBE THE TECHNIQUE: |  | | | | | | |
| Was the technique successful, and how could you improve on the use of the technique? |  | | | | | | |
| Evaluate your use of this technique (tick) | | **+** |  | **=** |  | **-** |  |

**PERSONAL MANAGEMENT, DISCIPLINE AND SAFE WORKING PRACTICES**

**Explain (DP6) Analyse (DM4) Evaluate (DD3)**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Tick your level** | **START OF PROJECT** | + | = | - | **END OF PROJECT** | + | = | - |
| 1. Attendance and punctuality |  |  |  |  |  |  |
| 1. Being ready to work, warming up and cooling down |  |  |  |  |  |  |
| 1. Wearing correct attire and presentation |  |  |  |  |  |  |
| 1. Concentration and focus |  |  |  |  |  |  |
| 1. Learning dialogue and actions / movement / choreography |  |  |  |  |  |  |
| 1. Listening and responding positively to direction, instruction and feedback |  |  |  |  |  |  |
| 1. Willingness to experiment and try things out |  |  |  |  |  |  |
| 1. Sensitivity and empathy towards others. |  |  |  |  |  |  |

**SKILLS DEVELOPMENT**

**Analyse (DM4) Evaluate (DD3)**

Focus on one of the skills above. Write about your skills development over the final few weeks of rehearsal.

|  |  |  |
| --- | --- | --- |
| **PASS (180 words)** Describe: what we mean by this skill and give some examples of your use of this specific skill during this project. Describe the importance of these skills for a professional practitioner – show that you understand what these skills are / mean. | **MERIT (150 words)** Give some clear examples of what you did to improve this skill. This could be from rehearsals / in performance. This could also be exercises you undertook in your own time to develop this skill. | **DISTINCTION (150 words)** How do you know what your skill level was / is? What evidence and/or feedback are you basing this on?  Be specific here. Include tangible feedback – things people (peers and tutors) have said to you and intangible evidence (from your audience) |
|  |  |  |

|  |
| --- |
| **What do you now need to do to ensure you improve your performance skills after this performance?** 200-250 words  **DM4/ DD3** |
|  |

|  |
| --- |
| **Why is it important for a professional practitioner to be proficient in these skills?**  **DM4/ DD3** 200-250 words |
|  |

|  |
| --- |
| **DP6/ DM4 / DD3** |

|  |  |  |
| --- | --- | --- |
| **Long Term Target 1 After Performance** | Specific | Delete guide text: EXACTLY what is it you want to achieve (state: which, who, what, where, when, why,)  I need to improve on … |
| Measurable | How will you demonstrate that your target has been met?  I will measure this by…. |
| Achievable | How will you ensure this is in your ability? Are there specific resources that can assist you? Can it be done at all? This will be achievable by…. |
| Realistic | It should be challenging but realistic. Why/how is it realistic? This is a realistic target because… |
| Time | Clearly specifies target dates, review dates. It will give a feasible deadline and a reason.  I want to increase on this skills within (insert time scale)….  Because…. |

|  |  |  |
| --- | --- | --- |
| **Long Term Target 2 After Performance** | Specific | Delete guide text: EXACTLY what is it you want to achieve (state: which, who, what, where, when, why,)  I need to improve on … |
| Measurable | How will you demonstrate that your target has been met?  I will measure this by…. |
| Achievable | How will you ensure this is in your ability? Are there specific resources that can assist you? Can it be done at all? This will be achievable by…. |
| Realistic | It should be challenging but realistic. Why/how is it realistic? This is a realistic target because… |
| Time | Clearly specifies target dates, review dates. It will give a feasible deadline and a reason.  I want to increase on this skills within (insert time scale)….  Because…. |