**Unit 12 Log Feedback Help Sheet**

***Some essentials!***

* SPELL CHECK YOUR WORK!!
* Re-read or get someone else to re-read to check your sentence structure (study support may be able to help you with this)
* Sentences start with capital letters!
* Names start with capital letters!
* If you are referring to a practitioner use their full name first then their surname – don’t talk about Wayne, Martha and Alvin!
* Don’t repeat yourself – the questions are asking for different things don’t waste words and time
* Try to keep sentences short and simple.
* Beware sweeping generalisations – if you haven’t seen all of McGregor’s work can you say his dancers ‘always’ wear hot-pants?! Does Revelations tell ‘the whole history of black culture’?!
* USE PARAGRAPHS
* You don’t have to write about every single thing we did in the lesson – don’t describe every warm-up unless it is new or particularly significant – better to be more thorough when there is something interesting to say! After the lesson look at what we did and highlight what you are going to write about – identify if there is any additional research you could do.

**Strengths and weaknesses**

* Make sure you complete this!
* Don’t just bullet point – briefly say why it was a strength/weakness – how did you know this?

**Subject specific terminology**

* You should have lots here!
* Remind me to put new words on the board for you
* These can be from your personal research as well as the lesson
* This includes
	+ names of new practitioners
	+ Techniques
	+ Anatomical terms
	+ French ballet terms
	+ Names of works
	+ Any new terms which I highlight which you haven’t heard before (or mentioned yet the examiner doesn’t know what id ne info to you- use this as a chance to demonstrate your understanding)

**Research sources**

* You should be doing additional research every week! If you don’t know what to research – ask.

Some examples:

* + Practitioners linked to Ailey (e.g. Dunham, Horton, Graham)
	+ Ailey’s life, AAADT
	+ Anatomy
	+ Exercises for developing specific weaknesses you have identified during these sessions (e.g. Pilates exercise for improving your core stability)
	+ Historical/contextual information to help inform your understanding
	+ Further research into the techniques we look at (Graham, Cunningham, Horton etc.)
	+ Articles/ reviews/ analysis of Revelations and Ailey’s other work
* Consider your sources – who wrote it and why?
* Don’t just list websites – BRIEFLY say what the source is and what info you got from it

**Describe**

You don’t need to describe and list every move. Describe the exercise generally and then outline the most important elements/skills I was looking for. For example: “We did the ‘Bounce and throw’ warm-up. It included bounces, lunges, spins and shifts of weight. The use of a low plié worked the quadriceps (largest muscle in the body) to encourage increased blood flow. The sequence included lots of changes of direction and changing counting patterns which engaged us mentally. By repeating the exercise several times we were also developing our stamina. (Skills 4, 6, 7, 13)

* Brief descriptive summary of the exercise.
* Identify what skills the exercise was working on – I should make this clear to you “This is what I want to see…/let’s do it again thinking about…” – if not ask!
* Think about the feedback I was giving- I will always focus on the most important element of the exercise so this should help you know the point of the exercise – e.g. Get lower in your plié means there was a focus on lowering the centre of gravity, working the leg muscles. Lots of repetitions means it is for stamina/strength, getting you to look at your shape in the mirror/highlighting my shapes lines means it is focussing on alignment/posture etc.
* Please remind me to recap/note on the board as we go along then you can take a picture/note it down at the end

**Personal views and feelings**

* More depth – evaluate *personally* needs to be more specific. Identify which exercises you enjoyed and why. Was anything challenging/too easy? Was it too fast/slow? Did you put enough effort in? What was the most interesting or memorable thing you learnt? What would you do differently if you did that lesson again? How could the lesson have been improved? What was the highlight? etc
* If an exercise was hard can you name the muscles it was working which you felt were challenged?
* If you enjoyed something can you unpick exactly what it was that you enjoyed about it?
* If you didn’t like something say! (But say why!)
* Use key vocab and demonstrate your understanding – always think about your language and saying something new.
* Could be wider picture – how does this make you feel about your future performances/lessons
* Don’t forget to mention professional practice here too

**Analyse/Evaluate**

***Why*** did we do these exercises? Think about how the activities in the lesson are developing you as a practitioner. Are you:

* improving a physical skill? E.g. Building strength, stamina, flexibility (be specific – name the muscles when you can)
* working on your interpretative skills (dynamic qualities, facial expression, characterisation, musicality, projection, expression…)
* improving other skills such as teamwork, independent work, giving feedback, staying focussed and ‘on-task’, working under pressure, accepting and responding to criticism, independent research/study skills etc.
* increasing your knowledge/understanding (e.g. Learning new facts/information) and WHY is this information important? For example helps you understand the context of the piece which will help you engage emotionally when you are performing, improving your general dance knowledge so you are better informed and know how to research further to develop your own skills, analysis of dance works can increase your movement vocabulary encouraging more creative choreography enables you to appreciate work even if you don’t like it etc.

How well do you feel you have developed in this skill? For example, if an exercise was designed to improve your back flexibility was it successful in doing so? “The back exercise was to focus on mobilising and improving the flexibility in our spines. It is a key characteristic of Ailey’s work and it really highlighted to me how rigid and inflexible my spine is. I was not able to isolate the different areas (cervical, thoracic and lumbar) correctly. I had never thought of my spine as being able to move in this way, this knowledge has opened up new possibilities for me in performance and choreography. If I continue to practice this exercise I hope my spine will become more flexible and therefore a much more versatile expressive ’tool’. Now I know it is possible to use my spine differently I will be much more aware in other technique exercises which part of the spine I am using.”

**Evaluate**

* Following on from above how important are the skills you were working on for professionals and with reference to your Revelations performance/future dance work? (Refer to the skills numbers when you can to save words)
* Which of the skills you have looked at do you think are most important and why?
* Which will be easiest for you to improve (and how could you do this?)
* In which skills did you feel the most development – why might this be?

**TIP!**

Don’t fill in the Describe box fully then the Response box fully – keep a clear structure by filling all the boxes for one exercise then going back and filling all the boxes for the next exercise:

* ***DESCRIBE***: Outline what you had to do for the phone number choreography task – (**remember to describe the task you were set – not the movements you came up with**!) and number the skills it used
* ***PERSONAL RESPONSE***: Share your feelings about the task – how did you feel when you were doing it? What did you like about it? How could this task have been improved? etc
* ***ANALYSE***: Explain that this task was designed to develop your choreographic skills, encourage you to produce new, original movement material outside your comfort zone, work quickly but not accept the first thing you came up with, improve your understanding of McGregor’s style. Evaluate how well you demonstrated all of these things.
* ***EVALUATE***: Why are these skills important? Why would professionals need these skills? Which ones are most important for you to focus on going forward and why? Which were you best at?