

## AS DANCE Personal and Learning Checklist 2014/15

<b><u>DANC1: Understanding Dance</u></b>	Yes	No
<b><u>The Dancer as the Performer</u></b>		
Do I have knowledge and understanding of the following:		
Correct alignment and posture?		
The structure of joints- such as the range of movement in relation to the dancer and the body when moving. How does this prevent injury?		
The fitness components of strength for example muscular endurance, cardiovascular endurance, flexibility and agility?		
Can I discuss how I develop fitness components through progressive and regular training?		
Do I understand how technical skills relate to specific dance styles or genres?		
Can I discuss specific exercises in certain dance styles and how they improve technical skills?- pli�, turnout, preparation for aerial work.		
Do I understand performance skills such as focus, musicality, emphasis, timing and phrasing.		
Can I discuss how a dance idea is communicated through projection, characterization and focus?		
Can I discuss how I should perform with others: awareness, sensitivity, contact, use of space and timing?		
Do I understand the following aspects of safe practice as a dancer?		
Warm up and cool down- why we do this and the changes in the body and examples of exercises?		
Appropriate environment in which to dance?		
Appropriate clothing and presentation?		
Physical and psychological limitations of the mind and body- focus, commitment and concentration?		
Do I understand a balanced diet, the need for hydration and preparing for exercise?		
Do I understand the simple treatment required for injury?		
<b><u>The Process and craft of choreography: own work and that of professional repertoire.</u></b>	Yes	No
<b><u>Have I watched the following pieces:</u></b> <b>Rosas Danst Rosas by Anna Teresa de Keersamaeker</b> <b>West Side Story by Jerome Robbins</b> <b>Swan Lake by Matthew Bourne</b> <b>Rooster or Swansong by Christopher Bruce</b>		
Do I understand the following constituent features of the dance and their relationships?		
The movement components- action space dynamics		
Can I identify which sections of the piece I will be discussing in the written paper?		
Do I understand the purpose of the dancers- the number, role,		

gender, role and physique?		
Can I discuss the aural setting- silence, audible aspect of dancing, found sound, natural sound, the spoken word, music and sound effects?		
Can I discuss the Physical Setting- performance environment (proscenium arch, site specific) set, costume, lighting and film?		
Can I discuss the relationship of the dance to any aural setting- direct correlation, mutual coexistence, enhancement of mood/atmosphere?		
Do I know how to develop ideas from a starting point for example a question, analysis of this and research?		
Do I understand the importance of the use of improvisation/task-based improvisation as an approach to initiating ideas?		
Do I understand the use and benefits of experimentation of movement material within the studio?		
Do I understand how I can do and discuss the development and manipulation of material and structuring using choreographic devices- motif and development, variation, repetition, contrast and highlights.		
Can I discuss the structuring of material- binary, ternary, rondo, theme and variation, narrative?		
Do I know how to discuss the rehearsal process- selection, refinement and feedback?		
Do I understand the importance of writing clear and succinct programme notes?		
Do I understand the value of keeping a choreographic journal?		
The Significance my own and professional dance repertoire: Do I understand the following:		
Do I understand the character of the dance pieces?		
Do I understand the quality of the dance pieces?		
Do I understand what the subject matter of the dance piece is?		
Do I understand how the subject matter has been treated by the choreographer and the audience?		
Do I understand what the piece is about and how this can be interpreted?		
Do I understand the choreographic intention of the piece?		

<b><u>DANC2 Choreography and Performance</u></b>	Yes	No
<b><u>Section A: Solo Choreography and Performance</u></b>		
Have I choreographed a solo in response to a specific question which is 2-3 minutes long?		
Do I have a copy of the assessment criteria?		
Do I understand how the movement components have been developed?		
Do I understand what my role is in my choreography?		
Do I understand what my music is and why I have selected this music?		
Have I considered the physical setting in my choreography?		
How have I developed my dance idea?		
Have I used improvisation as an approach to initiating dance ideas?		
How I have experimented with movement material in the dance studio?		
How have I developed and structured movement material using choreographic devices?		
Do I know what choreographic devices I have used and why?		
How have I structured my dance piece- consider Binary, Ternary etc.		
What relationship does my dance and the music have and why?		
Did I consider safe practice when developing my piece?		
Have I written my programme notes for my solo choreography?		
<b><u>THE PERFORMANCE OF MY SOLO CHOREOGRAPHY</u></b>		
Do I perform my choreography with correct alignment, posture, stability and control?		
Do I perform the actions with understanding of flexion, extension, rotation, balance, elevation, isolation, transference of weight, turns, tilts, falls?		
Do I perform with strength, muscular endurance, flexibility and agility?		
Do I perform my solo with dynamic variation?		
Do I perform with awareness of the personal and stage space/		
Do I perform with focus, musicality, emphasis, timing and phrasing?		
Do I clearly communicate the dance idea through projection and characterization when performing my solo?		

<b><u>DANC2: The Development of performance skills within the Trio Performance Context?</u></b>	<b>Yes</b>	<b>No</b>
Do I have a completed performance piece that is between 3-4 minutes?		
Do I understand the choreographic intention of the performance piece?		
Do I understand my role in the performance piece?		
Do I understand the spatial awareness between me and the other dancers?		
Do I perform with sensitivity to the other dancers?		
Do I perform with a clear demonstration and presentation of the choreographic devices within the trio?		
Do I perform the piece with a good awareness of the group formations?		
Do I perform with a good understanding of the focus between me and the other dancers?		
Do I perform with good relationships so that we can clearly project the dance idea?		
Do I perform with understanding and awareness of safe practice within the context of the trio?		
Do I perform with understanding and awareness of musicality and timing between me and the dancers?		
Do I perform the piece with understanding and awareness when using contact in the piece?		