**DO NOW! 5 MINS**

1. Write down a definition of each type of skills
2. Give one example for each type of skill

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| **Personal Skills** | **Technical Skills** | **Performance Skills** |
| **Definition:** **Example:**  | **Definition:** **Example:**  | **Definition:** **Example:**  |

**Skill Audit Examples**

1. Fill in the gaps

Posture is a strength because I can stand up tall at the start of an exercise.

This improves my performance because it makes me look \_\_\_\_\_\_\_\_\_\_\_ and it means I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. I could improve my posture by engaging my \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and lengthening \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Main Task**

Please use the pages below to complete you skills audit.

Write next to each skills with either ‘weakness or strength’ and why it is either.

Remember to check your work for spelling errors and understanding before submission.

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| **Personal Skills** |
| Focus |
| Concentration |
| Motivation |
| Attitude |
| Communication  |
| Receiving Feedback  |
| Adaptability |
| Attendance/ Punctuality |
| Being prepared for lesson |
| Team Work |
| Leadership skills |
| Meeting Deadlines |
| Independent Learner |

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| **Technical skills** |
| Posture |
| Alignment |
| Coordination |
| Balance |
| Strength |
| Flexibility |
| Control |
| Stamina |
| Agility |
| Extension |
| Elevation |

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| **Performance Skills** |
| Stage Presence |
| Sustaining Concentration |
| Projection |
| Engaging the audience |
| Spatial Awareness |
| Sustaining Momentum of performance |
| Timing |
| Rhythm  |
| Memorising |
| Flair |
| Style |