

## Year 11 – Term 3 and 4 – Live Performance

	Objectives	Can you do it?			
	Personal Skills	Not Yet	Pass (I can do it)	Merit (It's well-developed)	Distinction (It's accomplished)
	To be able to have good confidence when answering questions and performing in front of others.				
	To always come prepared for lesson – bringing kit and a positive attitude				
	To keep motivated for the entirety of a task				
	To be able to stay focused and concentrate during tasks				
	To be able to work well as part of a team, working with everyone in your group.				
	To be able to cooperate with everyone in your group and not just your friends.				
	To be able to communicate with everyone in the class clearly.				
	To be able to work as an individual without getting distracted by others.				
	To be able to take on constructive criticism.				
	To be able to improve and edit work.				
	To understand why it is important to make mistakes.				
	Technical Skills				
	To show the correct posture when preparing for a performance				
	To understand what correct alignment is and use it throughout a performance				
	To be able to use co-ordination throughout a performance				
	To keep stable and use balance				
	To improve your strength and use this when performing solo and partner work				
	To understand how to safely improve your flexibility and use your flexibility throughout a performance				
	To control your movements whilst on stage				
	To be able to keep up your stamina throughout a full performance				
	To be agile and flow smoothly from the floor to standing				
	To show full extension when performing through your full body				
	To use elevation when performing to move off the floor				

<b>Performance Skills</b>				
	To be able to sustain concentration throughout a full performance			
	To be able to have a strong presence on the stage.			
	To use projection when performing on stage			
	To engage the audience when on stage and performing			
	To understand spatial awareness and use it when performing			
	To keep in time with the music and others on stage			
	To memorise the dance routine			
	To have your own sense of flair and style whilst on stage			
<b>Evaluation Skills</b>				
	To be able to know what someone else has done well.			
	To be able to know what someone else needs to do to improve.			
	To be able to know what you have done well.			
	To be able to know what you need to do to improve.			
<b>Writing Skills</b>				
	To be able to describe personal aims in relation to the live performance including own image, repertoire and audience expectation.			
	To be able to propose ideas for the performance that incorporates dancing.			
	To be able to produce a production plan to meet the needs of an agreed brief.			
	To be able to analyse health and safety issues in the context of a live performance.			