

DANCE PERSONAL LEARNING CHECKLIST

SECTION A			
	RED	AMBER	GREEN
What is a stimulus			
How would you use a stimulus to create a dance			
What structures can be used for dance			
What structure did you use for your Performance in a duo/trio / composition?			
What are physical skills? Do you know the EXACT definition? Posture, alignment, balance, co-ordination, control, flexibility, mobility, strength, stamina, extension, isolation			
What are technical skills? Timing, action, space, dynamics, rhythm,			
What are expressive skills? Do you know the EXACT definition? Projection, focus, spatial awareness, facial expression, phrasing.			
How could YOU improve physical, technical and expressive skills?			
What exercises could you do to improve physical, technical and expressive skills?			
What is a motif? Can you write out a motif using action, space, dynamics and relationships			
How can you develop a motif?			
What production elements could you use for this choreography? Set design, aural accompaniment, lighting and costume and how do these relate to your stimulus			
What is your choreographic intention			
Safety of the dancer/ dance studio			
What exercises what you do to warm up/cool down?			
Why warm up/cool down			
Health and well being of a dancer. (nutrition and diet, smoking, balanced diet, sleep)			

SECTION B			
CRITICAL APPRECIATION OF YOUR OWN WORK			
	RED	AMBER	GREEN
Explain how expressive skills/ physical skills/ technical skills contributed to your performance			
How did your use of space, action and dynamics show the choreographic intention			
How did you structure your Performance in a duo/trio and choreography			
What is the choreographic process? (stimulus, research, create motifs, select, disregard, etc)			
What are your strengths and weaknesses in performance?			
How can you improve?			
What can you use to help you to improve?			
How can check to see if progress/improvements have been made?			

	RED	AMBER	GREEN
SECTION C			
CRITICAL APPRECIATION OF PROFESSIONAL WORKS			
What was the stimulus			
What was the choreographic approach			
What was the choreographic intention			
Describe costume, lighting, aural setting, physical setting			
How do costume, lighting, aural setting, physical setting contribute to the dance			
What are the similarities and differences in costume, lighting, aural setting and physical setting?			
What is the performance environment			
What is the structure			
What dance relationships are used			