

Dance

<u>Marks</u>	<u>Band</u>	<u>Grade</u>	<u>Range of skills</u>	<u>Quality of skills</u>	<u>Physical Attributes</u>
18-20	D	7-8	<u>All core/nearly all advanced</u>	Core and advanced skills performed consistently with an <u>excellent</u> standard of accuracy, control and fluency	Appropriate levels of physical fitness to perform <u>very effectively.</u>
13-17	C	5-6	<u>All core/many advanced</u>	Core and advanced skills performed consistently with a <u>very good</u> standard of accuracy, control and fluency	Appropriate levels of physical fitness to perform <u>very effectively.</u>
8-12	B	3-4	<u>Most core/some advanced</u>	Core and advanced skills performed consistently with a <u>good</u> standard of accuracy, control and fluency	Appropriate levels of physical fitness to perform <u>effectively.</u>
4-7	A	1-2	<u>Many core/few advanced</u>	Core and advanced skills performed with a <u>limited consistency</u> and some accuracy, control and fluency	Appropriate levels of physical fitness to perform with <u>some effectiveness</u>

<u>Core Skills</u>		<u>Advanced Skills</u>	
<p>Specific dance movement skills applied to the appropriate discipline being assessed:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Contemporary: <ul style="list-style-type: none"> o Leaps o Balances o Turns and traveling o Step patterns <input type="checkbox"/> Street: <ul style="list-style-type: none"> o Jumps o Holds/grabs o Step patterns o Turns and traveling 	<p>Technique of manoeuvres:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Aesthetics of movements – Body tension/extension, coordination of body parts <input type="checkbox"/> Balance <input type="checkbox"/> Control of body shape 	<p>Dance movement skills applied to the appropriate discipline being assessed with more efficient and technically difficult versions of:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Contemporary: <ul style="list-style-type: none"> o Leaps o Balances o Turns and traveling o Step patterns Street: <ul style="list-style-type: none"> o Jumps o Holds/grabs o Step patterns o Turns and traveling 	<p>Technique of manoeuvres completed with high levels of:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Aesthetics of movements – Body tension/extension, coordination of body parts <input type="checkbox"/> Balance <input type="checkbox"/> Control of body shape <input type="checkbox"/> Expression <p>Choreography of routines:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Motifs <input type="checkbox"/> Theme and variation <input type="checkbox"/> Repetition <input type="checkbox"/> Climax

Decision Making

Difficulty of routine

- Choreography of routine
- Responses and Interpretation to music
- How to ensure the routine flows
- Body awareness and ensuring that you choose movements that work well for you
- Use of flight - leaps
- Acceleration/deceleration of movements
- Spatial awareness and moving into space
- When to use showmanship to impress judges
- Awareness of strengths/weaknesses and actions of other dancers e.g. adopt a different routine depending on score achieved by other competitors.
- Awareness of the rules and regulations of the activity and their application (including judging signals)