



PE: Dance

Chorography	
Canon	Performing any movements one after the other (can be the same or different movements)
Unison	Performing the same movement at the same time as other dancers
Formation	The positions / shapes you are in during your dance
Levels	Making use of different heights in your choreography e.g. high, medium & low
Direction	Changing the way you face to perform a movement OR changing the direction a movement is performed
Repetition	Performing the same movement more than once in your choreography
Retrograde	Performing a sequence backwards, as if rewinding a video
Motif	A key phrase that reflects the theme of the dance
Motif Development	Repeating the motif in the choreography with use of variation so that it is recognisable but not the same
Variation	Repeating a phrase but with a change, by using one of the choreographic devices



Physical Skills	
Alignment	Correct placement of body parts in relation to each other
Balance	A steady or held position achieved
Spatial Awareness	Being aware of the space around you
Strength	Being able to hold your own body weight and participate in lifts
Stamina	Being able to keep dancing without getting tired
Co-ordination	Ability to move multiple body parts all at the same time
Flexibility	Having a wide range of movement in the joints
Extension	Lengthening your muscles and limbs as much as you can
Control	The ability to start and stop movement, change direction and hold a shape effectively

Performing Skills	
Confidence	Being able to perform at your very best, keeping your head and eyes up
Timing	Keeping in time with the music and other dancers
Focus	Where you are looking while you dance
Fluency	Making movements flow smoothly into one another
Facial Expression	The faces that you show whilst dancing to communicate with the audience
Accuracy	Being able to perform a movement exactly as it should be
Extension	Stretching your body to the very end of your fingertips and toes
Professionalism	Showing the audience that you know what you are doing, no giggling, talking or fidgeting
Effort	The amount of energy that you put into a performance
Characterisation	Expressing a character or theme through the dance