

Btec Dance – Health & Safety in the Dance Studio and Technical Physical Skills in Dance

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| Health and safety issues |  |
| What is appropriate dress |  |
| Which styles of Dance do you like to train in and why? |  |

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| **Technical Physical Skills** | **Explanation & Example** |
| Actions |  |
| Posture |  |
| Alignment |  |
| Balance |  |
| Coordination |  |
| Strengths |  |
| Stamina |  |
| Flexibility |  |
| Whole body participation |  |
| Movement memory |  |

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| **Review own practice** | **Explanation & Example** |
| What does ‘review your own practice’ mean? |  |
| Identify strengths and weaknesses |  |
| Set targets |  |