**Year 11 - Summer Transition**

**Name:**

|  |
| --- |
| Below is some key dance terminology that you need to understand before starting the BTEC Level 3 Dance course. You will be required to use this terminology within your lessons and coursework during Year 12 and 13. Please research (in relation to dance) each word and write a clear definition.  |

|  |  |
| --- | --- |
|  | **Definition of skill** |
| **Posture** | e.g. Posture is where you hold your body in an upright position against the force of gravity whilst standing, sitting or moving.  |
| **Alignment** |  |
| **Balance** |  |
| **Coordination** |  |
| **Extension** |  |
| **Flexion**  |  |
| **Rotation**  |  |
| **Isolation**  |  |
| **Flexibility** |  |
| **Mobility** |  |
| **Strength** |  |
| **Stamina**  |  |
| **Elevation**  |  |
| **Spatial control** |  |
| **Rhythmic control** |  |
| **Dynamic qualities** |  |
| **Collaboration**  |  |
| **Practitioner**  |  |
| **Projection** |  |
| **Focus** |  |
| **Expression** |  |
| **Musicality** |  |
| **Timing** |  |