




GCSE DANCE- CHOREOGRAPHY (SOLO PERFORMANCE)

Mark on how confident you are with each topic and what you need to do, use this as a checklist for your revision notes and then to keep track of the topics you have revised. Tick and date once you have completed the tasks.

Topic	How confident am I?			What do I need to do to improve my understanding – create a mind map, write revision note cards, use online tests, attempt some practice question papers, read and highlight my notes....	I have made my revision notes on this topic	I have practiced this topic	I am confident on this topic	Evidence
								
	I could teach	I would need to look at my notes	I can not remember					
Physical skills and attributes								
I am able to demonstrate all of the physical skills and attributes during the performance of the first set phrase								
I am able to demonstrate all of the physical skills and attributes during the performance of the second set phrase								
Technical skills and attributes								
I am able to demonstrate all of the technical skills and attributes during the performance of the first set phrase								
I am able to demonstrate all of the technical skills and attributes during the performance of the second set phrase								
Expressive skills and attributes								
I am able to perform a piece demonstrating my understanding of the expressive skills								
Mental skills and attributes								

I am able to demonstrate my knowledge and understanding of the mental skills and attributes used during a performance								
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Safe working practices

I am able to demonstrate my knowledge and understanding of the safe working practices used during the performance								
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Review of previous examinations: