Dimensions for fulfilling potential in dance artists

Alignment: The ability to maintain safe posture and placement

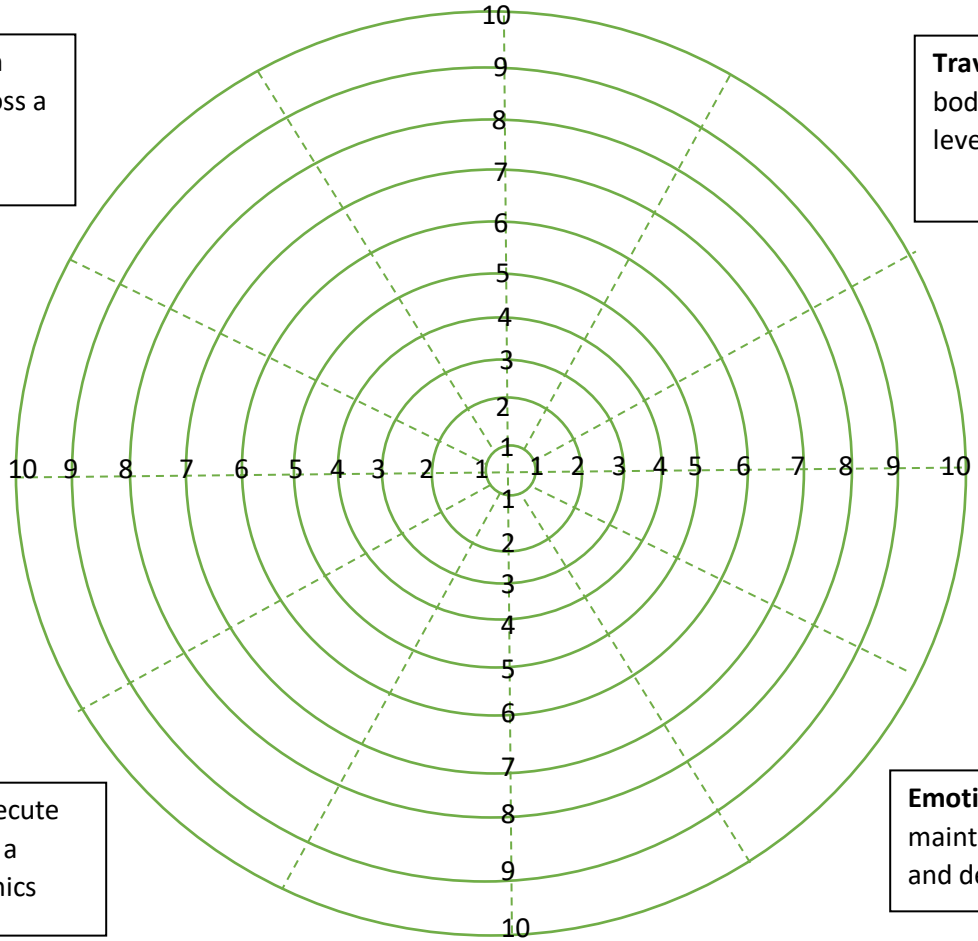
Elevation: The ability to move the centre of gravity efficiently between levels with control

Strength: To use the optimum amount of force required across a range of motion to safely and efficiently control movement.

Travel: The ability to move the body across space on different levels and in different directions

Coordination: The ability to efficiently control, execute and direct your movements in relation to internal and external factors

Focus/concentration: The ability to sustain focus on and on task throughout the session



Balance: The ability to maintain centre of gravity and equilibrium during activity in relation to different forces and distribution of weight

Motivation: The ability to demonstrate autonomy and intrinsic motivation in the session

Timing: The ability to execute dance movement across a range of different dynamics

Emotional mastery: The ability to maintain a positive working attitude and develop resilience in the session

Stamina: The ability to sustain dance for a long period of time in the session

Social interaction: To demonstrate social skills and communication in the teaching & learning environment

Centre_____

Date_____

Participant_____