

DELLTA

Key Words and Definitions for Identification of Dance Skills

These criteria will help observers focus on some of the characteristics and behaviors of students participating in dance activities. The definitions are neither all-inclusive nor mutually exclusive. The profile of each individual is unique. The observer will recognize many of the behaviors simultaneously, and can weigh the criteria according to his or her own perspective. The focus of each session changes to allow students to demonstrate their full range of abilities, to solve real problems, and to learn and demonstrate new skills.

SKILLS

Physical Control

- Knows by feeling
- Can make adjustments
- Can balance on one leg
- Has strength in legs, arms, torso
- Is able to hold a still shape
- Can maintain control in slow movement

Coordination and Agility

- Can combine movements
- Executes complex locomotor patterns
- Can isolate body parts from each other
- Is able to move quickly
- Connects body parts

Spatial Awareness

- Is aware of other people
- Adjusts to other dancers in the space
- Evens up the circle or line
- Is accurate in time and space
- Moves freely through space

Observation and Recall

- Remembers information
- Can perform without following
- Can see and replicate movements accurately
- Can build sequences

Rhythm

- Puts beat in the body
- Repeats rhythmic patterns accurately
- Anticipates transitions and waits for proper moment to begin
- Can find the underlying pulse or beat

MOTIVATION

Ability to Focus

- Directs attention
- Sustains attention
- Makes full commitment to the movement
- Is interested and involved in class

Perseverance

- Doesn't give up easily
- Practices
- Improves over time
- Takes time to think
- Tries hard to get it right
- Willing to take risks

CREATIVITY

Expressiveness

- Shows pleasure in movement
- Performs with energy, intensity and confidence
- Is fully involved
- Communicates feelings

Movement Qualities

- Displays a range of dynamics
- Has facility moving in different styles
- Communicates subtlety
- Moves fully

Improvisation

- Responds spontaneously
- Uses focus to create reality
- Shows the details
- Gives surprising or unusual answers