

GCSE Dance knowledge organiser

Physical Skills

Posture	The way the body is held.
Alignment	Correct placement of body parts in relation to each other.
Co-ordination	Efficient combination of body parts.
Balance	A steady or held position achieved by even distribution of weight.
Strength	Muscular power.
Stamina	Ability to maintain physical and mental energy over periods of time.
Flexibility	The range of movement in the joints, (Muscles, tendons, ligaments).
Mobility	The ability to move fluently from action to action.
Control	The skills required to ensure that the body can master dance movements.
Extension	Lengthening one or more muscles/limbs.
Isolation	Independent movement of part of the body.

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