

**Expressive skills**

Projection.  
Focus.  
Spatial awareness.  
Facial expression  
Phrasing  
Musicality  
Sensitivity to other  
dancers  
Communication of  
choreographic  
intent

**Physical skills**

Posture  
Alignment  
Balance  
Coordination  
Control  
Flexibility  
Mobility  
Strength  
Stamina

**Technical skills**

Action  
Space  
Dynamics  
Relationships  
Timing  
Rhythmic content  
Moving in a  
stylistically  
accurate way

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**Mental Skills**

Prep for performance:  
Systematic repetition  
Mental rehearsal  
Rehearsal discipline  
Planning of rehearsal  
Response to feedback  
Capacity to improve

During performance:  
Movement memory  
Commitment  
Concentration  
Confidence

**Safe Practice**

Prep for performance:  
Warming up  
Cooling down  
Nutrition  
Hydration

During performance:  
Safe execution  
Appropriate dance wear:  
footwear  
hairstyle  
clothing  
absence of jewellery

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