



The
Appleton
School

KS4 PERFORMING ARTS

Edexcel

COMPONENT 2: DANCE

PERSONAL LEARNING CHECKLISTS

2022

Performing Arts – Component 2 (Dance)

RAG Rate each section in the first column

Red = Not at all confident – needs major revision focus, Amber = requires more revision until confident. Green = Confident.

Use remaining columns to colour code when you have revised and tested your knowledge and understanding over several weeks.

Key Idea	Key Knowledge to understand	RAG					
Topic (Dance)	Repertoire						
	Practitioner						
Topic: Workshops	Dance Chance						
	Physical Theatre						
	Contact Improvisation						
	Site Specific						
Topic: Physical Skills	The Style of the dance						
	The Storyline of the dance						
	Posture						
	Balance						
	Control						
	Co-ordination						
	Flexibility						
	Alignment						
	Stamina						
	Extension						
	Movement Memory						
	Use of Space						
	Projection						
	Focus						
	Spatial Awareness						
	Musicality						
	Sensitivity to other dancers						
	Commitment						

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	Confidence						
	Accuracy						
1 Minute Performance	How do you think your performance went?						
	How well did you remember your repertoire?						
	How well did you use physical skills?						
	How well did you use technique?						
	How accurate was your performance?						
	How well did you use facial expressions?						
	How well did you use musicality?						
	How well did you use timing?						
2 Minute Performance	How do you think your performance went?						
	How well did you remember your repertoire?						
	How well did you use physical skills?						
	How well did you use technique?						
	How accurate was your performance?						
	How well did you use facial expressions?						
	How well did you use musicality?						
	How well did you use timing?						
Mock Assessment	How do you think your performance went?						
	How well did you remember your repertoire?						
	How well did you use physical skills?						
	How well did you use technique?						
	How accurate was your performance?						
	How well did you use facial expressions?						
	How well did you use musicality?						
	How well did you use timing?						
Final Assessment	How do you think your performance went?						
	How well did you remember your repertoire?						
	How well did you use physical skills?						
	How well did you use technique?						

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	How accurate was your performance?						
	How well did you use facial expressions?						
	How well did you use musicality?						
	How well did you use timing?						