

# TEMP Acronyms

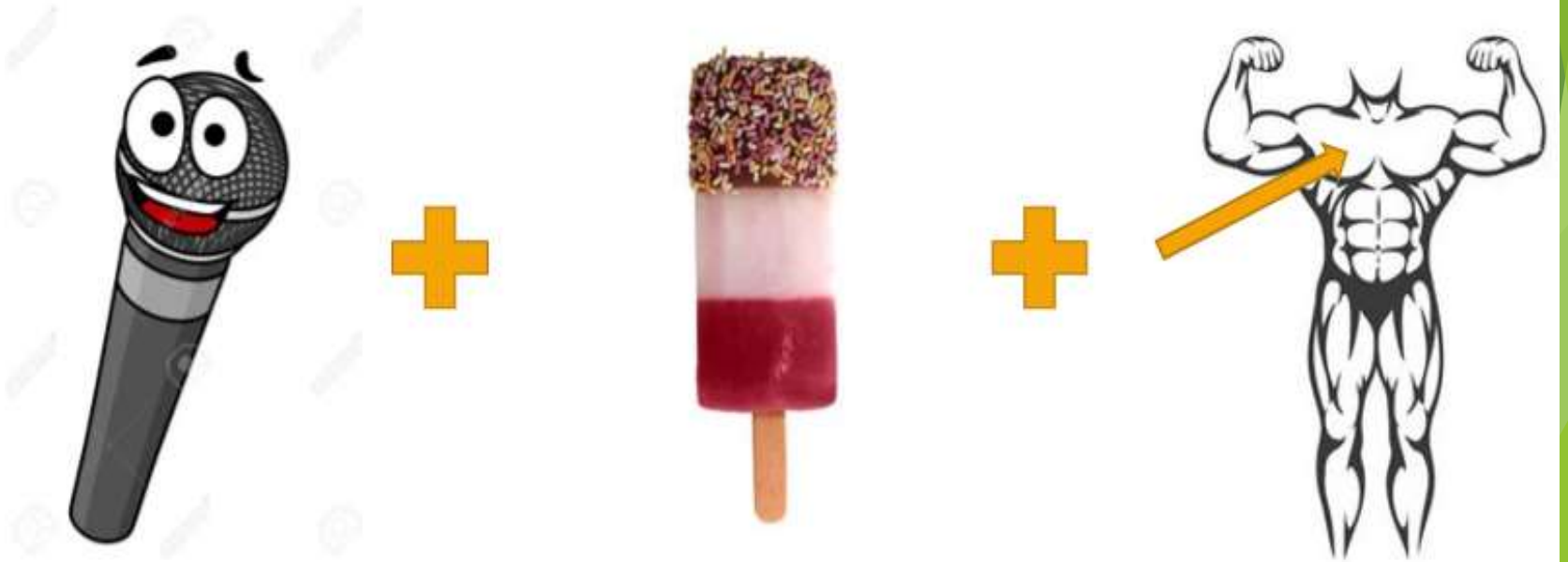
Year 10

# Physical Skills

- ▶ Mobility
- ▶ Isolation
- ▶ Control
- ▶ Strength
  
- ▶ Flexibility
- ▶ Alignment
- ▶ Balance
  
- ▶ Posture
- ▶ Extension
- ▶ Co-ordination
- ▶ Stamina

## MICS FAB PECS

The Physical Skills – Acronym:



# Technical Skills

- ▶ Relationship content
- ▶ Action content
- ▶ Dynamic content
- ▶ Spatial content
  
- ▶ Moving in a stylistically accurate way
- ▶ Rhythm
  
- ▶ Timing



# RADS MR T

## Mental Skills

### Performance

- ▶ Movement memory
- ▶ Confidence
- ▶ Commitment
- ▶ Concentration

## Rehearsal

- **My** = Mental Rehearsal
- **Students** = Systematic repetition
- **Plan** = Planning of rehearsal
- **Rehearsals** = Rehearsal discipline
- **Really** = Responding to feedback
- **Carefully** = Capacity to improve

# Expressive Skills

- ▶ Spatial awareness
- ▶ Projection
- ▶ Facial expressions
- ▶ Sensitivity to others dancers
- ▶ Phrasing
- ▶ Focus
- ▶ (Maureen!!) Musicality

Imagine you were shouting at an old lady called Maureen who wouldn't wear her SPF and now she is wrinkled and looks old!

