

KS4 Knowledge Organiser



RADS

Action: Travel, Turn, Transfer of weight, Jump, Gesture, Stillness

Space: • pathways • levels • directions • size of movement • patterns • spatial design.

Dynamics: Speed: • fast/slow • sudden/sustained • acceleration/deceleration • strong/light • direct/indirect • flowing/abrupt.

Relationships: • lead and follow • mirroring • action and reaction • accumulation • complement and contrast • counterpoint • contact • formations.

Physical Skills:

- **Posture:** The way the body is held.
- **Alignment:** Correct placement of body parts in relation to each other.
- **Balance:** A steady or held position achieved by an even distribution of weight.
- **Coordination:** The efficient combination of body parts.
- **Control:** The ability to start and stop movement, change direction and hold a shape efficiently.
- **Flexibility:** The range of movement in the joints (involving muscles, tendons and ligaments).
- **Mobility:** The range of movement in a joint; the ability to move fluently from action to action.
- **Strength:** Muscular power.
- **Stamina:** Ability to maintain physical and mental energy over periods of time.

Expressive Skills:

- **Projection:** The energy the dancer uses to connect with and draw in the audience
 - **Focus:** Use of the eyes to enhance performance or interpretative qualities
 - **Spatial Awareness:** Consciousness of the surrounding space and its effective use
 - **Facial Expression:** Use of the face to show mood, feeling or character
 - **Phrasing:** The way in which the energy is distributed in the execution of a movement phrase
- For duet/trio performance only:**
- musicality
 - sensitivity to other dancers
 - communication of choreographic intent, including mood(s), meaning(s), idea(s), theme(s) and/or style/style fusion(s)

Technical Skills: • Action Content • Spatial Content • Dynamic Content • Relationship Content • Timing Content • Rhythmic Content

Mental Skills: • movement memory • commitment • concentration • confidence.

Structuring devices and form:

• binary • ternary • rondo • narrative • episodic • beginning/middle/end • unity • logical sequence • transitions.

Writing techniques:

- **IDEA, read the questions, proof read your work**
- **Mood, atmosphere when describing choreography**

Motif and development

• **Fragmentation, instrumentation, retrograde, inversion**

Choreographic devices:

• **Repetition • contrast • highlights • climax • manipulation of number • unison and canon**

Safe working practices (process):

• **warming up • cooling down • nutrition • hydration.**