



THE WESTLEIGH SCHOOL
Aspiring & Achieving Together

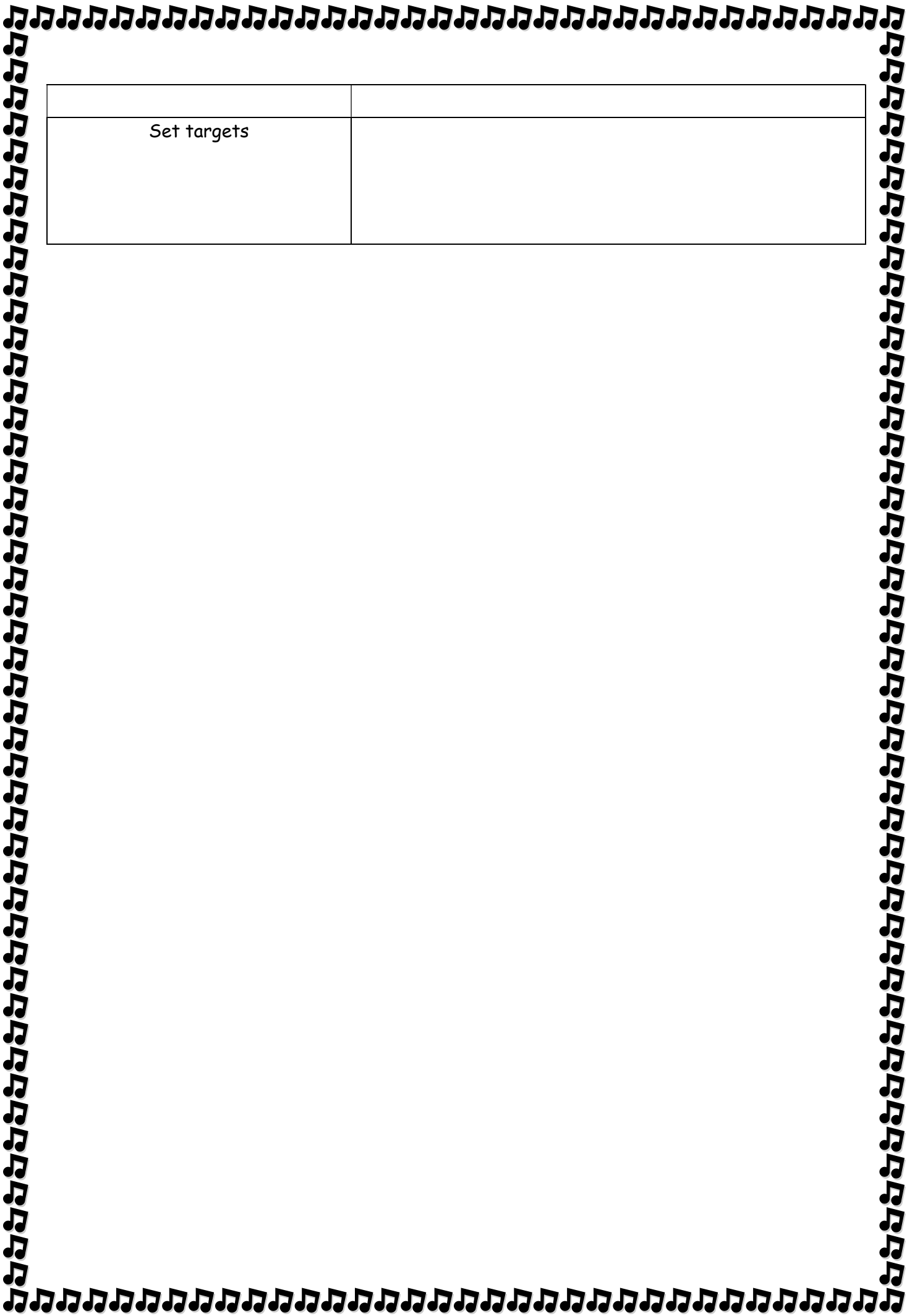
Btec Dance - Health & Safety in the Dance Studio and Technical Physical Skills in
Dance

Health and safety issues	
What is appropriate dress	
Which styles of Dance do you like to train in and why?	

Technical Physical Skills	Explanation & Example
Actions	
Posture	
Alignment	
Balance	

Coordination	
Strengths	
Stamina	
Flexibility	
Whole body participation	
Movement memory	

Review own practice	Explanation & Example
What does 'review your own practice' mean?	
Identify strengths and weaknesses	



Set targets	