



Video clips to inspire and to analyse!

**Can you watch these clips and pick out the different elements of ASDR?
Can you identify different performance skills and what makes a 'good performance'?**

Examples of Canon in an exam hall – video by ChildLine about beating exam stress.

<https://www.youtube.com/watch?v=BBPITa64Aeg&list=PLxvUv2-WiwbhNxRhKFPmwGWOtyYINa0YI&index=21>

A performance on The Greatest Dancer. Dance based of the stimulus of time and a clock. Great examples of energy, accuracy, and technique as well as dynamics, space, canon and unison. <https://www.youtube.com/watch?v=efUrit5p0kg>

The Greatest Dancer show. Group piece based on Colour as the stimulus. Nice examples of dynamic variation and spatial elements
<https://www.youtube.com/watch?v=c00xrSDEhR4>

Awesome duet to cold play Fix You <https://www.youtube.com/watch?v=C4gCdGXXKJvk>

Dance Theatre School in America (not professional) Shot on lots of different locations. Lots of examples of formations, canon, as well as a good example of performance skills. <https://www.youtube.com/watch?v=DxKfVyCGh24>

Use the table on the next page to make notes and observations about the aspects of the choreography and the performance skills. Performance skills can be categorised into physical and expressive skills

- Physical skills = posture, alignment, balance, coordination, control, flexibility, mobility, strength, stamina, extension.
- Expressive skills = projection, focus, musicality, communicating the idea



Dance Analysis

ACTION	SPACE	PERFORMANCE SKILLS
DYNAMICS	RELATIONSHPS	COMMUNICATION OF IDEA