

CCSDL14

Demonstrate technical skill and knowledge in leading your dance style(s)



Overview

This standard is about ensuring that you have the technical knowledge and skill to demonstrate, describe or correct movement with your participants to accurately enable them to learn about their body, and the dance style(s) you are delivering or bringing out in your participants.

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Performance criteria

- You must be able to:*
- P1 demonstrate technical skills and knowledge in the dance style(s) you offer in your sessions to inspire your group
 - P2 keep up to date with and apply to your practice advancements in professional dance practice
 - P3 recognise when movement is being performed by a participant that could cause short or long term damage to the body and be able to respond with verbal instructions and/or physical demonstration to ensure competence is achieved
 - P4 deliver correcting instructions that support difference and pay attention to ethical codes of conduct around touch, personal space, and appropriate learning methods for participants.

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Knowledge and understanding

You need to know and understand:

- K1 your level of ability at your chosen dance style(s)
- K2 the importance of refreshing your movement practice and knowledge appropriate to the dance styles and processes that you lead
- K3 the importance of anatomical knowledge in relationship to the dance styles you lead
- K4 how to demonstrate, correct body alignment, provide appropriate challenge to improve learner experience of their dance
- K5 how and when to demonstrate, challenge and support to inspire and motivate participants

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Additional Information

Glossary

Dance style – this encompasses the many dance styles (also referred to as genre, forms) that exist, for example to name just a few; street dance, south asian dance, folk dance, african peoples dance, ballet, non-stylised dance, somatic practice, contemporary dance.

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