UAL Year 1 Dance

**Unit 8 Portfolio Initial Tasks**

**Individual Skills Audit**

Think back on the course so far and create a document that reflects your skills level now, both **personal skills** and **dance skills**. You should complete this with the following titles but can complete it in any layout that you choose:

1. **Existing skills before I started the course:**

Before I started this course, I had skills such as Teamwork and choreography as my personal skills, but I knew that my choreography skills could be expanded by creating my own pieces and learning new styles to add in when I joined the course. The dance skills I had before I started this course included my timing. This was because of previously being in big group pieces and making me more aware, but also I had technique as a skill as I always make sure that I am precise to my full ability and good knowledge of the dance so that I am able to perform it well. I had previously undertaken numerous dancing exams which has provided me with the skill to remain calm and collected under exam and performance conditions, and this provides a more professional performance.

1. **Skills I have developed and improved since starting the course:**

The skills that I have developed and improved on since starting this course is particularly around my confidence with my choreography skills and my ability to tell a story with my face and movements to portray a serious subject or creating a character for the audience's entertainment. My own self belief with my technical skills has really developed. My whole attitude towards learning has really improved and I don’t give up at the first hurdle as previously used to. Reflecting on the last 10 months, I am much happier with all my dance learning and performing.

1. **Skills I have newly learnt since starting the course:**

Skills learnt since September would be around my stamina and independence. My stamina to continue to be focused and have the energy required to fulfill a full day in college was a struggle to start with but I have learnt the skills required to ensure my stamina and motivation remains, especially when I had a goal to work towards, like the end of term shows. My independence has improved as I am now not continuously asking for teachers approval and this is due to my improved overall skills and confidence.

1. **Skills I would like to gain during this project:**

The main skill I would like to gain is that of stage presence. When I had the opportunity to attend ‘Move it’ I was able to see the university graduates showcasing their skills and their stage presence made me realise I needed to upgrade my ability in this area, especially as my overall career goal is to to perform and entertain people.