Checklist

Make sure to complete ALL TASKS by MAR 25th

TASK 1: PLANNING

- Personal Aims
- Proposal of Ideas
- Production Plan
- Health & Safety

TASK 2: REHEARSAL & PERFORMANCE

- Rehearsal Log
- Performance

TASK 3: EVALUATION

- Response to feedback
- Suggestions for Improvement
- Feedback

SIGNED LEARNER
DECLARATION
FORM (To state this
is your own work)

All work must be clearly labelled with your name, centre name and task number that relates to that piece of work (Eg: Sam Harris, Whistleworth Academy. Task 1.1)

UNIT 201E External Exam, "Live Performance"

Task 2, "Rehearsal Log" & Task 3, "Evaluation

Task 2 "Rehearsal Log", IN REHEARSALS

For five/ six rehearsals, make notes on what you did throughout. You can write this down, type or dictate it on your phone. You can do this chronologically (even as bullet points), but make sure you have covered the following questions:

- 1. What was your goal for the rehearsal?
- 2. Who did you plan to get feedback from and what are they going to be looking for?
- 3. What warm up did you do? How did this prepare you for the rehearsal?
- 4. How did your performance ideas develop in the rehearsal?

(Eg. What did you discuss? What ideas did you try? What ideas did you reject? What ideas did you keep?)

5. How did you work with others in the rehearsal?

(Eg. Leading, following, listening, observing, collaborating, teaching, learning etc)

6. How did you make sure your rehearsal was effective?

(Ed Did you stick to your goal? What plans did you put in place to catch up if not?)

7. What feedback did you receive and how did this change your ideas/ plans?

- 8. What problems did you have in the rehearsal? How did you overcome them?
- 9. What else do you need to do next (before/ during the next rehearsal?)

Task 2 "Rehearsal Log", TYPING UP

Write up your rehearsal log notes in full sentences/ paragraphs as if you are telling a story" of what happened.

Try to include as much detail as possible, remembering to show off as much as you know about what a good rehearsal should look like.

Remember to emphasise the IDEAS you had (even if you didn't use them). Also remember to highlight any ways that you COLLABORATED with other people. Use the example on TEAMS to help.

Task 3 Evaluation

3.1 Review your performance

How to carry out the task

You need to review your own performance but also think about how the others in your dance contributed to the performance as a whole. Your evaluation should be comprehensive and based on feedback. If you undertook a solo performance, you must still consider how others contributed to the wider event.

Your evaluation must include:

- What went well during the performance?
- What didn't go so well?
- What feedback did you receive? Who from?
- Do you agree with the feedback? If so, what do you agree with? If not, what do you disagree with?
- How well did your performance fit with the theme of 'Borders, Boundaries and Barriers'?

Make sure you give examples to reinforce all the points made above.

Submitting feedback received after the performance

Make sure you also submit any feedback you gathered alongside your review of the performance, to reinforce your evaluation.

3.2 Suggest ways to improve future performances

How to carry out the task

You must give an insightful reflection to suggest perceptive ways to improve future performances.

Make sure you consider the following:

- If you were to do the performance again, what would you do differently?
 Consider not just the performance itself but also the planning and rehearsal process.
- What could be improved upon in the performance? How and why?
- How well did you meet the theme of 'Borders, Boundaries and Barriers'?
 How could this have been improved upon?

Make sure you give examples to reinforce all the points made above.