|  |  |  |  |
| --- | --- | --- | --- |
| **ALIGNMENT** | **ISSUE** | **GOAL** | **ASSESSMENT** |
| Your Posture while standing (static) and while moving (dynamic)  |  |  |  |
| **Example:**  | Overarch my lower back because I have weak abdominal muscles |  Keep lumbar (lower spine) stable in plies, especially when straightening legs by developing and using stronger core muscles | I stand with engaged abdominals and then will correctly do plies in 1st position in the center (away from the barre) |
| **TECHNIQUE** | **ISSUE** | **GOAL** | **ASSESSMENT** |
| Identify a specific aspect of ballet technique that you want to improve on  |  |  |  |
| **Example:** | Land loudly, I don’t relax my feet in jumps | Land softly using all 26 bones to use my feet in a more supple and articulated way | I will do 8 jumps in 1st position, landing all of them quietly |
| **LOCOMOTION** | **ISSUE** | **GOAL** | **ASSESSMENT** |
| Identify a movement which travels through space which you want to improve on  |  |  |  |
| **Example:** | Knowing when and how to combines jumps which travel up with movements which travel forward in a combination | To be able to move in two distinct directions and to alternate a movement sequence repeatedly | I will do sauté arabesque and sauté passe (up jumps) and then tombé pas de bourré (forward movement) 3x through |
| **ARTISTIC** | **ISSUE** | **GOAL** | **ASSESSMENT** |
| Identify a performance aspect of your dancing you want to improve on (expressivity, musicality, audience etc.) |  |  |  |
| **Example:** | I don’t listen well to the music because I am concentrating on the movements too much | To be able to move more lyrically in ¾ time, especially in waltzing | waltz side to side 4x with a quality of flow through my whole body and arms |
| **ACHIEVEMENT** | **ISSUE** | **GOAL** | **ASSESSMENT** |
| Identify an aspect of your dancing you feel especially good about. |  |  |  |
| **Example:** | I am always dancing with the music even when I am unsure of the movements. | To use my confidence in the music to dance with conviction no matter what. | My musicality and my dancing ability will be more fully integrated. |