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| **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. | |