

Level 3 National Extended Certificate in Performing Arts: Dance Route

Pre-Course Materials Booklet



Unit 2: Developing Skills and Techniques for Live Performance
Focus: Learning Aim A - Understand the role and skills of a performer

Welcome Future Dancers!

This booklet prepares you for Level 3 Dance by exploring the role of a professional dancer, performance skills, training routes and industry expectations.

Focus: The Life of a Professional Dancer

You will research and present 'The Life of a Professional Dancer'. Explore performance qualities, practical skills, employability skills, industry roles, training routes and lifestyle factors.

Mini Presentation Challenge

Create a presentation: 'What does it take to become a successful professional dancer?' Use the following headings with examples, images or videos.

1. The Role of a Professional Dancer

Research:

- What are the responsibilities of a dancer?
- What happens before, during and after a performance?
- Why is a dancer more than someone who learns choreography?

Choose two professional dancers. Compare their skills, career journey and what makes them successful.

2. Performance Skills Toolkit & The Importance of these skills as a Dancer

Physical skills: strength, stamina, flexibility, control, accuracy, alignment, timing and musicality.

Interpretative skills: expression, intention, communication, projection, confidence and focus.

3. Professional Behaviours as a Professional Dancer

Explore the importance of:

- Responding to feedback
- Working with choreographers
- Rehearsal discipline
- Collaboration with performers and production teams

4. Training Routes

Research university courses, conservatoires, vocational training, apprenticeships and professional development.

5. Lifestyle of a Dancer

Investigate auditions, rehearsals, touring, freelance work, physical demands and maintaining skills.

Useful Websites

Dance UK: <https://www.danceuk.org>
CDET: <https://www.cdet.org.uk>
Prospects: <https://www.prospects.ac.uk>
Rambert: <https://www.rambert.org.uk>
New Adventures: <https://new-adventures.net>

Pre-Course Checklist

- ☐ I understand the role of a professional dancer
- ☐ I can identify key performance skills
- ☐ I have researched a dancer
- ☐ I understand training routes
- ☐ I can discuss industry expectations

