

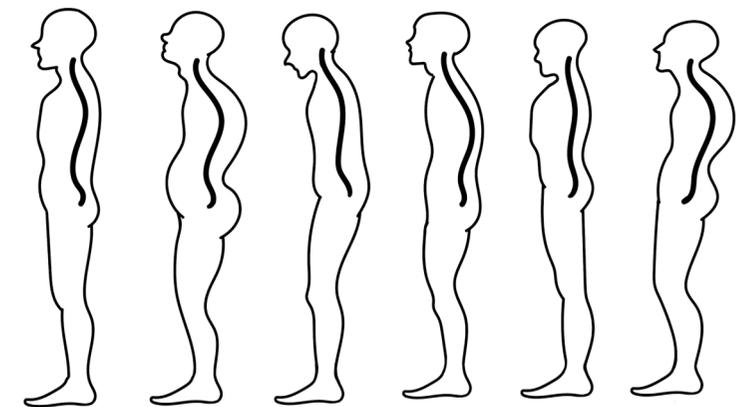
Key Vocabulary	
Balance	An even distribution of weight enabling someone to remain upright and steady.
Co-ordination	The ability to move two or more body parts under control, smoothly and efficiently.
Control	Your body is doing what your mind wants it to do.

Skills	
Balance	Good balance, strength and mobility are necessary in order to make smooth, complete moves. The dancer needs their balance to be secure in good posture and movement.
Co-ordination	Dancers also need coordination, a highly developed kinaesthetic awareness (in order to know and control the position and state of the body), a developed awareness of space, a strong sense of rhythm, and an appreciation of music.
Control	Particularly in dramatic dance, the dancer must be able to project movement clearly and make their expressive qualities intelligible to the audience. They need to perform with grace and fluidity.

Core Stability Exercises

Plank 	Support your body on your forearms and toes while holding your body in a straight line from your shoulders to your ankles.
Dead Bug 	Lie on your back with your arms extended straight up towards the ceiling, and your legs raised with your knees bent at 90°. Lower your right arm and left leg at the same time until they are hovering just above the floor, then return to the starting position. Then do the same with the opposite limbs.
Bicycle Crunches 	Lie flat on the floor with your lower back pressed to the ground. Put your hands behind your head, then bring your knees in towards your chest and lift your shoulder blades off the ground, but be sure not to pull on your neck.

Posture
Strong posture is the correct alignment of the body so that the bones and muscles can hold you upright, against gravity, with the least amount of energy.
<ul style="list-style-type: none"> • Stand up straight and tall. • Keep your shoulders back. • Pull your stomach in. • Put your weight mostly on the balls of your feet. • Keep your head level. • Let your arms hang down naturally at your sides. • Keep your feet about shoulder-width apart.



Correct Posture	Hollow Back	Flat Pelvis	Slumping Posture	Military Posture	Round Shoulders
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What is core stability?

Core stability is the ability of an individual to maintain control of the centre of the body whilst moving.

For dancers, like many athletes, it is important to have good core strength. Your core includes all of the muscles in the mid-section of your body – abdominal muscles as well as your low-mid back muscles and even your hip muscles. It helps with balance, control, posture and strength.