

Exercise walk-through

3.1

Rehearsal and performance reflection: supported rehearsal

International Baccalaureate · IB Diploma · Dance · HL

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The method

Method — Worked example

Set a visible improvement target, practise safely and compare the transition within the whole phrase. Reflection joins intention, specific evidence, revision and result; general praise gives little guidance.

Task: fictional feedback says, “The weight transfer before the turn interrupts the intended flow.” Plan a response and explain the evidence still required.

Identify the transition, explore a safe timing/weight adjustment with the teacher, then compare recorded actual trials with consent. Check continuity and whether the expressive intention remains.

Method — Worked example

Set a visible improvement target, practise safely and compare the transition within the whole phrase.

Original source / task evidence

Task: fictional feedback says, “The weight transfer before the turn interrupts the intended flow.” Plan a response and explain the evidence still required.

Separate what is stated from the interpretation.
Rehearsal and performance reflection

Original classroom evidence panel for Rehearsal and performance reflection

Exercises 2.1·3.1

2.1 For the worked case, identify the evidence and a conclusion it can support. Explain one material limit. [3]

3.1 A smoother transition weakens the intended hesitation. How should the performer respond? Give a reasoned answer, evidence or method, and a relevant qualification. [3]

Exercises 2.1·3.1

2.1 For the worked case, identify the evidence and a conclusion it can support. Explain one material limit. [3]

2.1 Identify the transition, explore a safe timing/weight adjustment with the teacher, then compare recorded actual trials with consent. Check continuity and whether the expressive intention remains. Authored points for identifying relevant evidence, explaining a supported inference and a material limit.

3.1 A smoother transition weakens the intended hesitation. How should the performer respond? Give a reasoned answer, evidence or method, and a relevant qualification. [3]

3.1 Separate technical continuity from expressive intention. Compare approved versions, retain a deliberate pause or another safe articulation where justified, and evaluate actual feedback. Improvement is judged against the intention, not smoothness as a universal criterion. Authored points for a relevant judgement, reason tied to the case and justified qualification or method. Accept a supported alternative.