



NAME:

RED AWARD

I attend classes regularly and arrive on time.

I am getting better at stretches including straddle, hamstrings and hips.

I am able to do knee bounces.

I show consistently good Modern posture; a tall back, feet apart, head erect.

TEACHERS REPORT:

Date Completed:

ORANGE AWARD

I am able to balance on one leg in a variety of different positions.

I am working on step turn step.

I am able to skip on both legs.

I am able to show a simple inverted knee line.

TEACHERS REPORT:

Date Completed:

'PRELIMINARY' MODERN PROGRESS RECORD

YELLOW AWARD

I am working on low leg kicks maintaining straight legs and back.

I am able to return to my space in the room after a travelling step around it.

I use good manners throughout the class to my teacher & fellow students.

I am able to stand with my arms in Modern second (fingers together).

TEACHERS REPORT:

Date Completed:



NAME:

GREEN AWARD

I am able to use props in class imaginatively with a partner.

I am able to balance on one leg.

I am able to lead a line around the room.

I am able to show a Jazz 1st position with my arms.

TEACHERS REPORT:

Date Completed:

BLUE AWARD

I am working on a star jump.

I am able to run on tip toes in time to the music.

I have a good sense of spatial awareness of my fellow class members.

I can show a step turn step.

TEACHERS REPORT:

Date Completed:

'PRELIMINARY' MODERN PROGRESS RECORD

PURPLE AWARD

I am beginning to use simple isolations; head, hands, shoulder shrugs etc...

I am able to gallop sideways.

I am able to remember a simple three step Modern combination.

I am able to bow.

TEACHERS REPORT:

Date Completed: