



LEVEL 4: MODERN  
ORANGE AWARD

NAME:  
DATE COMPLETED:



I attend class regularly.



I am able to do travelling leaps.



I am able to complete a stretch  
and relax sequence.



I am working on a variety of Jazz  
Turns travelling down the room.



I am able to demonstrate a simple  
combination of head, hip,  
shoulder isolations.



I am able to show a sequence of  
modern shapes. Incorporating  
lunges, transference of weight.



I am able to do 'Sustained Walks'  
using varied tempo and emotion to  
create a feeling of performance.



I am able to do a 'Fall Away'  
A rise taken off balance &  
'falling' into a lunge.



I am working positively to  
achieve my dancing goals!



I always thank my teacher  
at the end of my class.



LEVEL 4: MODERN  
GREEN AWARD

NAME:  
DATE COMPLETED:



I arrive at my class on time.



I am able to do a 'free run' into a turn.



I am able to perform rib isolations



I am able to do a simple weight  
transference sequence with a partner.



I am able to choreograph a simple  
4 bar sequence by myself.



I have learnt some theatre terminology;  
Upstage, downstage, centre stage,  
stage left & stage right.



I am able to do a side fall  
down to the floor.



I am able to perform round  
kicks in the centre.



I am polite and courteous when  
speaking to other members of the class.



I remember to take all of my belongings  
with me at the end of my class.



LEVEL 4: MODERN  
PURPLE AWARD

NAME:  
DATE COMPLETED:



I am in the correct uniform & shoes.



I am able to use the feeling of 'high  
release' in my dancing to heighten  
performance and use of breath.



I have performed in public (either in  
class or on the stage, village fete or  
anywhere with an audience).



I am working on a 'falling spiral' turn.



I am able to dance a lash/flick kick  
to the side with turn out and  
maybe a feeling of high release.



I am able to do or am working  
towards a single pirouette en dehors.



I am beginning to perform with a  
strong sense of characterisation.



I am able to complete a  
choreographed routine as a solo.



I am able to complete a choreographed  
bow to finish my class professionally.



I am consistently performing with  
a feeling of emotion and enjoyment.