



LEVEL 5: CONTEMPORARY
ORANGE AWARD

NAME:
DATE COMPLETED:



I attend class regularly.



I am able to use my breath to enhance the quality of my performance.



I am able to show a variety of 'falls to the floor'.



I am able to effectively use 'off balance' movements in my dancing.



I am able to execute a variety of travelling turns to a high level.



I am beginning to show a great range of flexibility in all ranges of moments.



I am able to perform a variety of round kicks, side kicks, flick kicks.



I am able to show a complex sequence using standing & floor transitions, held stretches & curved relaxations.



I am able to do a full pilé in 1st, in the centre.



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



LEVEL 5: CONTEMPORARY
GREEN AWARD

NAME:
DATE COMPLETED:



I arrive at my class on time.



I am able to perform stag leaps.



I am able to choreograph a simple 8-bar sequence by myself.



I am able to return from the floor seamlessly.



I am able to perform runs & leaps across the room.



I am able to do a side leap.



I am beginning to show the use of pressure and resistance in movements.



I am able to perform side développé kicks with a high release.



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 5: CONTEMPORARY
PURPLE AWARD

NAME:
DATE COMPLETED:



I am in the correct uniform & shoes.



I am able to perform a 'falling spiral' into a seated attitude.



I am able to turn my triplet step whilst travelling across the room.



I am friendly and helpful to all class participants.



I am able to run & walk expressively and with emotion.



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



I am able to dance with an artistic sense of expression.



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



I have performed a choreographed duet routine.



I finish my class professionally with a choreographed progressive bow.