



LEVEL 1: CONTEMPORARY  
ORANGE AWARD

NAME:  
DATE COMPLETED:



I attend class regularly.



I am able to walk in time to the music.



I am able to sit correctly with my legs stretched out in front of me and my legs and back straight.



I am able to show parallel arm lines with knee bends, low, medium and high.



I am able to show an instep stretch and fully pointed foot during a foot exercise.



I am able to work in 1st position & parallel.



I am able to do knee bounces.



I am able to show a lovely stretch and relax in a variety of shapes.



I am able to clap a simple 4 count rhythm back to my teacher.



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



LEVEL 1: CONTEMPORARY  
GREEN AWARD

NAME:  
DATE COMPLETED:



I arrive at my class on time.



I am able to run in time to the music.



I am able to bounce in parallel 1st & 2nd.



I am working on correct foot alignment when stretching my feet.



I am able to maintain a good eyeline.



I am able to sit correctly in a wide 2nd with a straight back, pointed toes and knees on top of straight legs.



I am able to show V arm lines high and low.



I am able to show demi pliés 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 1: CONTEMPORARY  
PURPLE AWARD

NAME:  
DATE COMPLETED:



I am in the correct uniform & shoes.



I am able to show a change of speed and direction in travelling steps.



I am able to jump in 1st & 2nd with stretched feet.



I am able to show a Jazz 1st arm line.



I am beginning to understand contraction movement.



I am able to show a good diagonal arm line.



I am able to show a step hop with high parallel knees.



I perform my dances with a sense of enjoyment.



I am able to perform a choreographed bow.



I am friendly to all class participants.