



LEVEL 2: CONTEMPORARY
ORANGE AWARD

NAME:
DATE COMPLETED:



I attend class regularly.



I am able to walk using leg and foot extension with a toe lead.



I am able to do leg kicks lying on the floor (bend, kick, bend, extend).



I am able to do a basic seated forward hamstring stretch and recover.



I am able to do a full plié in second, in the centre.



I am able to do lunges from centre, forwards and sideways and recover.



I am able to do shoulder rolls, together and one at a time.



I am able to show correct contemporary posture.



I am able to show a basic transference of weight.



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



LEVEL 2: CONTEMPORARY
GREEN AWARD

NAME:
DATE COMPLETED:



I arrive at my class on time.



I am able to use diagonal arm lines.



I am able to do half turns.



I am able to show a seated attitude position.



I am able to do a seated forward stretch in 2nd position and recover.



I am able to do step kick & straight kicks, aiming for 90 degrees, travelling down the room.



I am able to do a change step/tap.



I am able to do a step ball change.



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 2: CONTEMPORARY
PURPLE AWARD

NAME:
DATE COMPLETED:



I am in the correct uniform & shoes.



I am able to perform a step hop, elevated and in parallel, traveling along the room.



I am able to show a basic 'high release' position.



I am working on back bends & flexibility.



I am able to perform a 'contraction' and release.



I am able to do basic full turns (i.e step turn step).



I am able to do a push up in second / straddle.



I perform my dances with a sense of enjoyment!



I am able to perform a choreographed bow.



I am friendly and helpful to all class participants.