



LEVEL 4: CONTEMPORARY
ORANGE AWARD

NAME:
DATE COMPLETED:



I attend class regularly.



I am able to complete a stretch
and relax sequence.



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



I am working on the splits.



I am able to use relaxation
movements within my dancing.



I am able to show a sequence of body
shapes with an inverted line featuring
lunes & 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: CONTEMPORARY
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 développ  kicks.



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 am able to do a side fall
to take me to the floor.



I am working on a variety of balances;
side lean, Y scale, arabesque.



I am able to perform round
kicks in the centre.



I am able to incorporate
stillness into my dance performance.



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



LEVEL 4: CONTEMPORARY
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 convey a narrative or
choreographic intention through
my dance performance.



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



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



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.