



LEVEL 3: CONTEMPORARY
ORANGE AWARD

NAME:
DATE COMPLETED:



I attend class regularly.



I am able to do a basic triplet step.



I am able to complete a simple stretch and relax sequence.



I am able to show a 'table top' forward body stretch.



I am developing 'off balance' moments within my dance performance.



I am working on a cobra stretch and back flexibility.



I am able to sculpt many creative shapes with my body - on both 1 or 2 legs, standing and on the floor.



I am able to lunge and close in variety of directions and with varied arm lines.



I am able to dance step hop across the room with various arm alignments.



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



LEVEL 3: CONTEMPORARY
GREEN AWARD

NAME:
DATE COMPLETED:



I arrive at my class on time.



I am working on my side falls.



I am able to do a stag jump.



I am able to show correct jazz pirouette leg and arm position.



I am able to perform a sequence of different travelling steps.



I am able to do a simple 90 degree outward round kick whilst lying on the floor, arms in second.



I am working on my body spiral in a seated attitude.



I am working on my expression during performance.



I behave considerately towards the other members of the class.



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



LEVEL 3: CONTEMPORARY
PURPLE AWARD

NAME:
DATE COMPLETED:



I am in the correct uniform & shoes.



I am able to use contraction moments within my choreography.



I am able to show a basic 'high release' position and return to it at the end of an exercise.



I am working on floor rolls; forwards, backwards & shoulder stands.



I am able to use arm circles within choreography and with a variety of foot work.



I am able to perform a simple Jazz pirouette preparation (Jazz pas de bourrée & lift to jazz pirouette position).



I am beginning to perform with an understanding of the phrasing of the music.



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



I am able to perform a choreographed bow.



I am beginning to perform with a feeling of emotion and enjoyment.