



INTERNATIONAL DANCE REWARDS

www.internationaldancerewards.com

NAME:

RED AWARD

☐

I attend classes regularly
and arrive on time.

☐

I am developing good posture;
tall back, feet together, head erect.

☐

I am able to show fluid
arm swings side to side

☐

I am getting better at stretches including
straddle, hamstrings and hips.

TEACHERS REPORT:

Date Completed:

ORANGE AWARD

☐

I am able to balance on one leg
in a variety of positions.

☐

I am able to persist and try things
in the class that I find difficult.

☐

I am able to point & flex my feet.

☐

I am able to patiently wait my turn.

TEACHERS REPORT:

Date Completed:

PRELIMINARY CONTEMPORARY PROGRESS RECORD

YELLOW AWARD

☐

I am working on low leg kicks
maintaining straight legs and back.

☐

I am able to return to my space in the
room after a travelling step around it.

☐

I use good manners throughout the
class to my teacher & fellow students.

☐

I am working on a
step turn step.

TEACHERS REPORT:

Date Completed:



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NAME:

PRELIMINARY CONTEMPORARY PROGRESS RECORD

GREEN AWARD



I am able to show travelling steps
e.g. runs, gallops and skips



I am able to rise up onto my
toes & lower with control.



I am able to lead a line around the room.



I am able to show a Jazz 1st
position with my arms.

TEACHERS REPORT:

Date Completed:

BLUE AWARD



I am working on a star jump.



I am able to run on tip toes
in time to the music.



I have a good sense of spatial
awareness of my fellow class members.



I can show a step turn step.

TEACHERS REPORT:

Date Completed:

PURPLE AWARD



I am able to jump in parallel.



I am able to circle my arms.



I am able to remember a simple
three step combination.



I am able to bow.

TEACHERS REPORT:

Date Completed: