



INTERNATIONAL DANCE REWARDS

www.internationaldancerewards.com

NAME:

RED AWARD

☐

I attend classes regularly and on time.

☐

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

☐

I am able to stretch my feet
forwards and sideways.

☐

I am developing my
flexibility in my stretches.

☐

I am able to stand in
second position parallel.

TEACHERS REPORT:

Date Completed:

ORANGE AWARD

☐

I am in the correct uniform and shoes.

☐

I am able to do alternate instep stretches.

☐

I am able to make a star
shape on the floor.

☐

I am able to hold a forward fold
hamstring stretch with straight knees.

☐

I am able to roll downwards
through my spine.

TEACHERS REPORT:

Date Completed:

PRIMARY CONTEMPORARY PROGRESS RECORD

YELLOW AWARD

☐

I dance with enjoyment.

☐

I am able to jump in different directions.

☐

I show good manners throughout
my class to the teacher & my peers.

☐

I am able to dance a
step-close-step and clap.

☐

I am working on jumping
in time with the music.

TEACHERS REPORT:

Date Completed:



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NAME:

PRIMARY CONTEMPORARY PROGRESS RECORD

GREEN AWARD

☐

I am able to show a combination of travelling steps across the room; e.g. runs into a turning step.

☐

I am able to walk with a toe lead.

☐

I am able to show a relaxed knee bounce in time to the music with parallel or opposition arm swings.

☐

I am developing the height on my leg kicks whilst maintaining straight legs.

☐

I am able to extend the leg line in a run into a drag run in time with the music.

TEACHERS REPORT:

Date Completed:

BLUE AWARD

☐

I am able to move and dance freely to music.

☐

I am beginning to work on a triplet step.

☐

I am able to hold a balance with a partner.

☐

I am beginning to work in time to the music.

☐

I am able to show several step turn steps all with different levels of height.

TEACHERS REPORT:

Date Completed:

PURPLE AWARD

☐

My hair is always neat and tied back.

☐

I am able to dance a step and hop in parallel.

☐

I can perform a simple leg kick preparation whilst on the floor.

☐

I can perform a very simple choreographed dance.

☐

I am able to bow.

TEACHERS REPORT:

Date Completed: