



LEVEL 3: JAZZ
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 able to do hip isolations forwards backwards, side to side in various tempos. I am able to isolate 1 hip up etc.



I am able to show a contracted arm line.



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 clap a rhythm back to my teacher that demonstrates syncopation.



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: JAZZ
GREEN AWARD

NAME:
DATE COMPLETED:



I arrive at my class on time.



I am able to show a kick ball change.



I am able to do a variety of shoulder isolations, limiting other body movements.



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 able to incorporate a 'seated attitude' position with use of diagonal arm lines in my dancing.



I have learnt some theatre terminology; Auditorium, Front of house, Orchestra Pit, Safety Curtain.



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: JAZZ
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 able to do a lash/flick kick forwards.



I can perform a Lyrical Jazz piece and begin to show contrast in the movements.



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.