



INTERNATIONAL DANCE REWARDS

www.internationaldancerewards.com

NAME:

## RED AWARD

☐

I attend classes regularly  
and arrive on time.

☐

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

☐

I am able to do knee bounces.

☐

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 skip on both legs.

☐

I am able to clap a simple  
rhythm with my teacher.

TEACHERS REPORT:

Date Completed:

## 'PRELIMINARY' JAZZ 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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## GREEN AWARD



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



I am able to show a relaxed knee  
bounce in time to the music.



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:

## 'PRELIMINARY' JAZZ PROGRESS RECORD

## PURPLE AWARD



I am beginning to use simple isolations;  
head, hands, shoulder shrugs etc...



I am able to gallop sideways.



I am able to remember a simple  
three step Jazz combination.



I am able to bow.

TEACHERS REPORT:

Date Completed: