



GREEN AWARD

I am able to come into the dance room with confidence.

Occasionally I am able to dance without my grown-up.

I am able to make big and little shapes with my body.

I am able to jump from two feet to two feet.

I am able to do a straight tap in front of me whilst holding my grown-ups hand.

I am able to show different basic body shapes, for example standing tall on my tip toes or crouching down into a ball.

I am able to bump my hips from side to side (wiggle).

GRADUATION DATE:

BLUE AWARD

I am able to share the dance props with other members of the class.

I am able to listen well to my teacher.

I am able to sing along & move to simple nursery rhymes.

I am able to show the beginnings of a natural 1st position with my feet.

I am able to show nice bouncy knees & keep my feet still.

I am able to gallop without holding my grown-up's hand.

I am able to jump from a closed position to an open position i.e. into a star shape.

“DANCING TOGETHER” PROGRESS RECORD

PURPLE AWARD

I am able to move with enjoyment and smile while I dance.

I am able to follow the teacher when they perform simple movements.

I am able to respond to the teacher and identify different body parts, e.g touch your toes then your nose!

I am beginning to show a lovely balletic quality with my arms, e.g when pretending to be butterflies.

I am able to do toe taps behind me whilst holding my grown-ups hand.

I am able to make different hand shapes by opening & closing them.

I am able to change my level from reaching up high to crouch down low.

Date Completed:

Date Completed:

Date Completed:



RED AWARD

I am able to come into the dance studio happily and stand in my space.

I am able to sit nicely on the floor and 'wake up my toes' during our stretch in the dance class warmup.

I am able to make big shapes with the props used in class.

I am able to bend & stretch my knees.

I am able to follow my teacher when they are clapping their hands.

I am able to stand with my feet together.

I am able to move rhythmically with the music showing a natural bop!

NAME: _____

ORANGE AWARD

I am able to sit nicely for the register at the beginning of class.

I am able to hold my grown-up's hand nicely for travelling steps.

I am able to show that I am enjoying my class.

I am able to 'point' my toes into the centre.

I am able to stamp my feet.

I am able to make a parallel shape with my arms.

I am able to sway rhythmically from side to side without transference of weight.

Date Completed: _____

"DANCING TOGETHER" PROGRESS RECORD

YELLOW AWARD

I am able to be friendly to other members of the class.

I am beginning to show good control and coordination in most of my movements.

I am able to wait nicely with my grown-up for my turn.

I am able to walk on my tip toes.

I am able to do a heel dig in front of me.

I am able to hold my grown-up's hand and gallop across the room.

I am able to nod my head rhythmically to the music.

Date Completed: _____