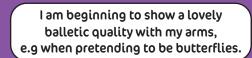


INTERNATIONAL DANCE REWARDS www.internationaldancerewards.com "DANCING TOGETHER" PROGRESS RECORD







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:

**GREEN AWARD** I am able to come into the dance room with confidence. Ocassionally 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). Date Completed:

Date Completed:

**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.



INTERNATIONAL DANCE REWARDS www.internationaldancerewards.com

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.

**RED AWARD** 



from side to side without transference of weight.

Date Completed:

NAME:

I am able to nod my head

rhythmically to the music.

## Date Completed:

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

I am able to stamp my feet.

I am able to make a parallel

I am able to sway rhythmically

when they are clapping their hands.

I am able to stand with

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

Date Completed:

I am able to bend & stretch my knees.

I am able to follow my teacher

my feet together.