



INTERNATIONAL DANCE REWARDS
www.internationaldancerewards.com

NAME:

"PRELIMINARY" PROGRESS RECORD



RED AWARD



I am able to respond to my teachers requests.



I am able to dance imaginatively with the use of props.



I am able to clap a simple 4/4 rhythm.



I am developing good Ballet posture; stand tall, shoulders down, straight legs.



I show consistently good Tap posture; a tall back, feet parallel, relaxed knees.



I show consistently good Modern posture; a tall back, feet apart, head erect.



I am able to walk forwards and jump backwards with feet together.

Date Completed:

ORANGE AWARD



I am able to ask a teacher for help if I am struggling with a step.



I am able to show enjoyment of my class.



I am able to skip on both legs.



I am beginning to point my foot correctly.



I am able to perform forwards and backwards brushes.



I am able to show a simple inverted knee line.



I am able to jump forwards with feet together, and walk backwards.

Date Completed:

YELLOW AWARD



I am able to change direction when travelling around the room.



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 able to find bras bas.



I am able to do opposition arms swings.



I am able to stand with my arms in Modern second (fingers together).



I am able to clap high to low whilst transferring weight side to side.

Date Completed:



GRADUATION DATE:

GREEN AWARD



I am able to use props in class
imaginatively with a partner.



I am able to balance on one leg.



I am able to lead a line around the room.



I am able to find 1st
position with my arms.



I am able to clap a 4/4
rhythm on the beat.



I am able to find a Jazz 1st
position with my arms.



I am able to perform simple
leg kicks in a seated position.

Date Completed:

BLUE AWARD



I am able to lead a line
in a circle around the room.



I am able to balance with my
leg held out to the side.



I have an excellence sense of spatial
awareness of my fellow class members.



I am able to dégagé from
1st to second position.



I am able to perform low
shoulder level & high parallel
arm swings with knee bends.



I am able to change my arm line
from one diagonal to another.



I am able to perform simple
leg kicks in a standing position.

Date Completed:

"PRELIMINARY" PROGRESS RECORD



PURPLE AWARD



I am able to travel in a variety of
different pathways around the room.



I am able to balance with a partner.



I am able to show stillness
in a phrase of music.



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



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



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



I am able to remember a simple
three step Street Dance combination.

Date Completed: