



INTERNATIONAL DANCE REWARDS  
www.internationaldancerewards.com

NAME: \_\_\_\_\_

## RED AWARD



I attend regular classes.



I am able to walk in time with the music in different directions.



I am able to gallop holding both hands with a partner.



I am able to do a step to the side and point devant.



I am able to show forward and backwards taps and brushes.



I am able to do parallel knee bends.



I am able to perform alternate ball beats with a relaxed bounce.

Date Completed: \_\_\_\_\_

## ORANGE AWARD



I am able to skip forwards, in a circle and along a diagonal line.



I am able to stand still in my own space.



I am in the correct uniform and shoes.



I am able to stand in 1st position with a tall straight back.



I am able to do a step, close, step, toe tap.



I am able to do a step to the side and clap.



I am able to step tap/dig side to side with a 'bop.'

Date Completed: \_\_\_\_\_

## "PRIMARY" PROGRESS RECORD



## YELLOW AWARD



I dance with enjoyment.



I am able to return to my space in the room after a travelling step around it.



I always thank my teacher at the end of class.



I am able to dégagé and place to second position.



I am working on a shuffle.



I am working on jumping in time with the music.



I am working on step then clap (1, 2).

Date Completed: \_\_\_\_\_



GRADUATION DATE:

## GREEN AWARD



I am able to run, in a controlled manner, on tip toes around the room.



I arrive at my class in good time.



I am able to skip turning on the spot.



I remember to return to first position when my exercise or dance finishes.



I am able to perform show beats, digs and taps with my heels, toes and balls.



I am able to perform simple hamstring stretch on the floor.



I am able to march in time to the music with body movement.

Date Completed:

## BLUE AWARD



I am able to move and dance freely to music.



I am polite and friendly to other class members.



I remember to take my belongings home at the end of class.



I am able to demonstrate beautiful butterfly or fairy wing arm movements.



I am able to demonstrate arm swings in time to music.



I am beginning to work on a triplet step.



I am able to wiggle my hips from side to side.

Date Completed:

## “PRIMARY” PROGRESS RECORD



## PURPLE AWARD



My hair is always neat.



I am able to curtsey or bow.



I can perform a very simple choreographed dance.



I can perform a simple mime of a character or nursery rhyme.



I can perform a shuffle ball change.



I can perform a simple leg kick preparation whilst on the floor.



I can perform a step ball change.

Date Completed: