



NAME:



RED AWARD



I am able to stand still and be ready to dance when required.



I am able to move freely with the use of imagination.



I am able to ask for help if I need it.



I am able to stand in 1st position when I am asked.



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



I am developing good Modern posture; a tall back, feet apart, relaxed knees.



I am able to bounce rhythmically with weight down into the floor.

Date Completed:

ORANGE AWARD



I am developing a sense of spatial awareness of fellow class members!



I am able to persist and try things in class that I find difficult.



I am able to change my own shoes.



Boys: I am able to stand with hands on hips with fingers together.
Girls: I am able to hold my skirt properly.



I am able to do toe taps and straight taps in the centre.



I am able to show a diagonal line with my arms (one high, one low).



I am able to shift my weight side to side with a swaying action.

Date Completed:

YELLOW AWARD



I am able to confidently discuss the theme of the week with the group.



I am able to listen and understand my teacher and show a good level of respect and polite manners.



I am able to listen and follow instructions.



I am able to hop on one leg.



I am able to show a difference in loud stamps and quiet walks.



I am able to shake my hands from high to low.



I am able to reach my arm out and point my finger in varying directions.

Date Completed:



INTERNATIONAL DANCE REWARDS
www.internationaldancerewards.com

GREEN AWARD



I am able to respond to other members of the class.



I am able to wait my turn.



I am able to follow the leader in a line.



I am beginning to skip, even if it's only on one leg!



I can do heel ball walks.



I am able to turn my head side to side without moving my shoulders.



I can bounce in a crouched position.

Date Completed:

GRADUATION DATE:

BLUE AWARD



I am able to independently find a space in the dance room.



I am able to show confidence in my own ability.



I have a developing sense of direction i.e I am able to face the front.



I am able to find a natural second position with some turn out.



I am able to do alternate ball beats with feet together and knees relaxed.



I am able to hop on both legs.



I am able to walk forwards and then backwards without stopping.

Date Completed:

"PRESCHOOL PROS" PROGRESS RECORD



PURPLE AWARD



I am able to travel around the dance room in a circle.



I am able to confidently dance a simple step on my own.



I am able to show a good use of imagination.



I am able to stand in 1st position between exercises when prompted.



I am able to do heel beats together with feet together and relaxed knees.



I am able to do a star jump in two counts.



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

Date Completed: