



LEVEL 1: MODERN
ORANGE AWARD

NAME:
DATE COMPLETED:



I attend class regularly.



I am able to walk in time to the music.



I am able to sit correctly with my legs stretched out in front of me and my legs and back straight.



I am able to show parallel arm lines with knee bends, low, medium and high.



I am able to gallop in various directions: circle, diagonal, forwards and sideways.



I am able to do a basic hip isolation side to side.



I am able to do knee bounces.



I am able to show a lovely stretch and relax in a variety of shapes.



I am able to clap a simple 4 count rhythm back to my teacher.



I always thank my teacher at the end of my class.



LEVEL 1: MODERN
GREEN AWARD

NAME:
DATE COMPLETED:



I arrive at my class on time.



I am able to run in time to the music.



I am able to bounce in parallel 1st & 2nd.



I am able to open & close my hands and flex & relax my wrists with the music.



I am able to show an instep & pointed foot during a foot exercise.



I am able to sit correctly in a wide 2nd with a straight back, pointed toes and knees on top of straight legs.



I am able to show V arm lines high and low.



I am able to show skips in parallel forwards & backwards with elevation.



I am polite and courteous when speaking to other members of the class.



I remember to take all of my belongings with me at the end of my class.



LEVEL 1: MODERN
PURPLE AWARD

NAME:
DATE COMPLETED:



I am in the correct uniform & shoes.



I am able to show a change of speed and direction in travelling steps.



I am able to do a basic polka step from side to side.



I am able to show a Jazz 1st arm line.



I am able to skip, gallop and jump in time to the music.



I am able to do a spring toe hop heel movement.



I am able to show a step hop with high elevated knees.



I perform my dances with a sense of enjoyment.



I am able to perform a choreographed bow.



I am friendly to all class participants.