



LEVEL 3: MODERN  
ORANGE AWARD

NAME:  
DATE COMPLETED:



I attend class regularly.



I am able to do a basic triplet step.



I am able to complete a simple  
stretch and relax sequence.



I am able to show a 'table top'  
forward body stretch.



I am able to do hip isolations forwards  
backwards, side to side in various  
tempos. I am able to isolate 1 hip up etc.



I am able to circle my arms  
forwards, backwards, together,  
one at a time and in opposition.



I am able to sculpt many creative  
shapes with my body - on both 1 or  
2 legs and standing and on the floor.



I am able to lunge and close in a  
variety of directions and with  
varied arm lines.



I am able to dance step hop  
across the room with various  
arm alignments.



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



LEVEL 3: MODERN  
GREEN AWARD

NAME:  
DATE COMPLETED:



I arrive at my class on time.



I am able to show a kick ball change.



I am able to do a variety of  
shoulder isolations,  
limiting other body movements.



I am able to show correct jazz  
pirouette leg and arm position.



I am able to perform a sequence  
of different travelling steps.



I am able to do a simple 90 degree  
outward round kick whilst lying on  
the floor, arms in second.



I am able to incorporate a 'seated  
attitude' position with use of  
diagonal arm lines in my dancing.



I have learnt some theatre terminology;  
Auditorium, Front of house,  
Orchestra Pit, Safety Curtain.



I behave considerably towards  
the other members of the class.



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



LEVEL 3: MODERN  
PURPLE AWARD

NAME:  
DATE COMPLETED:



I am in the correct uniform & shoes.



I am able to use contraction  
moments within my choreography.



I am able to show a basic 'high  
release' position and return to it  
at the end of an exercise.



I am able to do a lash/flick kick forwards.



I am able to use arm circles within  
choreography & a variety of foot work.



I am able to perform a simple Jazz  
pirouette preparation (Jazz pas de  
bourrée & lift to jazz pirouette position).



I continue to try things I find difficult.



I am able to complete a  
choreographed routine as a solo.



I am able to perform a  
choreographed bow.



I am beginning to perform with  
a feeling of emotion and enjoyment.