



INTERNATIONAL DANCE REWARDS

www.internationaldancerewards.com

NAME:

## RED AWARD

☐

I am able to stand still on my spot.

☐

I am able to do knee bends  
in time to the music.

☐

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

☐

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

TEACHERS REPORT:

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 follow a warmup.

☐

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

TEACHERS REPORT:

Date Completed:

## 'PRESCHOOL PROS' STREET PROGRESS RECORD

## YELLOW AWARD

☐

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

☐

I am able to walk around the studio  
in times of the music.

☐

I am able to listen and  
understand my teacher.

☐

I am able to show basic gestures e.g.  
point my finger in varying directions.

TEACHERS REPORT:

Date Completed:



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## GREEN AWARD

☐

I am able to come into the dance studio with confidence.

☐

I am able to follow a line around the room without overtaking.

☐

I am able to make big and little shapes with my body.

☐

I am able to bump my hips from side to side (wiggle).

TEACHERS REPORT:

Date Completed:

## BLUE AWARD

☐

I behave well in my class.

☐

I am able to use my hands when I dance e.g. open/close, flex/relax, shake...

☐

I am working on my step close step clap.

☐

I am able to jump from a closed position to an open position i.e. into a star shape.

TEACHERS REPORT:

Date Completed:

## 'PRESCHOOL PROS' STREET PROGRESS RECORD

## PURPLE AWARD

☐

I am able to do some simple stretching exercises e.g. hamstring stretch.

☐

I am able to follow the teacher when they perform simple movements.

☐

I am able to change levels in my dancing e.g. reaching high to low.

☐

I am able to perform a bow.

TEACHERS REPORT:

Date Completed: