|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Dancer: Physical Skills** | 1 | 2 | 3 | 4 | 5 |
| Strength |  |  |  |  |  |
| Posture |  |  |  |  |  |
| Alignment |  |  |  |  |  |
| Balance |  |  |  |  |  |
| Coordination |  |  |  |  |  |
| Flexibility |  |  |  |  |  |
| Stamina |  |  |  |  |  |
| Extension |  |  |  |  |  |
| Mobility |  |  |  |  |  |
| Isolation |  |  |  |  |  |

**Review you current level of skills and techniques in dance.**

**1 = Low Skill Level 5 = High skill Level**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Dancer: Technical Skills** | 1 | 2 | 3 | 4 | 5 |
| Accurately reproduce taught movements |  |  |  |  |  |
| Application of dynamic range |  |  |  |  |  |
| Accurately reproduce timing |  |  |  |  |  |
| Movement Memory |  |  |  |  |  |
| Awareness of, and relationship to other dancers in performance |  |  |  |  |  |
| Spatial Awareness |  |  |  |  |  |

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| **Dancer: Expressive Skills** | 1 | 2 | 3 | 4 | 5 |
| Facial Expressions |  |  |  |  |  |
| Spatial Awareness |  |  |  |  |  |
| Musicality |  |  |  |  |  |
| Projection |  |  |  |  |  |
| Phrasing |  |  |  |  |  |
| Focus |  |  |  |  |  |

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| **Dancer: Personal Management** | 1 | 2 | 3 | 4 | 5 |
| Attendance and Punctuality |  |  |  |  |  |
| Wearing Correct Attire |  |  |  |  |  |
| Ready to work - Warm-up and Colling down |  |  |  |  |  |
| Concentration |  |  |  |  |  |
| Learning Dialogue – Peer and teacher feedback |  |  |  |  |  |
| Willingness to experiment/try things out |  |  |  |  |  |