



Assessment Criteria (Assessor reference guide - NB: assessments to include previous criteria)

Level 1 & 2 - Bronze

- ✓ Demonstrate proper body alignment and balance
- ✓ Demonstrate weight movement from foot to foot consistently through the dancing of foundation patterns
- ✓ Demonstrate the fundamental basic movements, technique and style of each dance
- ✓ Demonstrate a unity with the body and step danced with observable lead/follow capability and competence indicating developing core strength use and its application
- ✓ Demonstrate transitions of frame and body shape at fundamental levels

Level 3 & 4 - Silver

- ✓ Demonstrate the use of complex body positions
- ✓ Exhibit development of the movements, techniques and styling of each dance
- ✓ Show progressive development in the use of swing and shape
- ✓ Demonstrate the ability to dance complex rhythms and syncopations
- ✓ Demonstrate an increased developmental ability to turn and spin
- ✓ Show consistent body isolations while in movement without disturbing core strength
- ✓ Demonstrate transitions of more complex frames (body shaping, control and balance)

Level 5 - Gold

- ✓ Show ability to change inside and outside of curve with greater frequency and rapidity
- ✓ Demonstrate an incorporation of line figures and more complex rhythms into the dance
- ✓ Demonstrate the ability to change direction with speed by an understanding of body weight
- ✓ Demonstrate a usage of more 'extreme' body positions to create greater 'risk' in the dance
- ✓ Demonstrate knowledge of movement using the whole body through isolations to create greater speed and strength
- ✓ Show an increased understanding of complex frame and body position transitions

Diamond, Showcase & Star Awards

- ✓ Demonstrate flexibility with timing, patterns, new movements and shapes
- ✓ Show and express the emotional content and 'feel' quality of the demonstrated dance
- ✓ Show an artistic interpretation and 'breaking' of the 'rules' while maintaining the identity of the demonstrated dance