



Assessment Goals (Teacher & Student - NB: assessments will include previous criteria)

Level 1 & 2 - Bronze

- ✓ To teach proper body alignment and balance
- ✓ To teach weight movement from foot to foot consistently through the dancing of foundation patterns
- ✓ To teach the fundamental basic movements, technique and style of each dance
- ✓ To develop unity with the body and step danced while creating a lead/follow capability and competence
- ✓ To unify the body and teach core strength in dance movement with its applications in lead and follow technique
- ✓ To introduce transitions of frame at fundamental levels

Level 3 & 4 - Silver

- ✓ To progress the development of the movements, techniques and styling of each dance
- ✓ To introduce complex body positions
- ✓ To advance the use of swing and shape
- ✓ To develop the ability to dance complex rhythms and syncopations
- ✓ To increase the ability to turn and spin
- ✓ To introduce body isolations while in movement without disturbing core strength
- ✓ To introduce transitions of more complex frames

Level 5 - Gold

- ✓ To learn to change inside and outside of curve with greater frequency and rapidity
- ✓ To incorporate line figures and more complex rhythms into the dance
- ✓ To change direction with speed by increasing an understanding of body weight
- ✓ To use more extreme body positions to create greater risk in the dance
- ✓ To learn to move the whole body through isolations, create greater speed and strength
- ✓ To increase understanding of complex frame and body position transitions

Diamond, Showcase & Star Awards

- ✓ To encourage flexibility with timing and patterns
- ✓ To explore new movement and shapes
- ✓ To freely express emotion through dance
- ✓ To 'break' the rules!