

How Can I Progress and Improve in Dance?



	Practical Performance (PP)	Choreographic Process (CP)	Evaluation (E)	Leadership & Teamwork (LT)	Participation & Attitude (PA)
1	I can perform simple movements and techniques that are shown to me.	I can create a basic dance that uses the six body actions.	I can answer questions with the help of a teacher.	I can follow teacher direction.	I need assistance to participate.
2	I can perform simple movement and techniques with some confidence and success.	I can have some understanding of the six body actions and am beginning to show some understanding of relationships.	I can answer questions about performance when asked.	I will talk to someone I know about the work. I can work with a partner with the help of a teacher.	I try to participate independently.
3	I can perform simple movement and techniques with some confidence and success, with a stronger sense of accuracy and confidence.	I know what relationships are and how to apply some of them in a choreographic sense.	I can recognise a good performer.	I can work with a partner who I know independently.	I participate in lessons. I will answer questions in class if the teacher directly asks me.
4	I can perform movement and techniques with some precision, accuracy and control. I can demonstrate different skills with some consistency within the piece.	I have a good understanding of relationships and can apply them to an adapted movement phrase.	I can recognise a good performer and give reasons why.	I can lead a basic warm up to a small group with a partner. I can work in a small group.	I am willing to participate in lessons and have a positive attitude towards Dance. I have attended Dance clubs. I am confident to answer questions in front of peers when asked.
5	I can consistently perform with precision, accuracy and control. I can show flow and a sense of continuity through my performance. I can use a range of dynamics when performing.	I have a good understanding of relationships and body actions, and can use a range of them whilst choreographing my own dances.	I can recognise strengths and weaknesses in a performance and give reasons why.	I can demonstrate basic skills as directed by my teacher. I offer my ideas when working in a group.	I have the willingness to try new activities and will offer to demonstrate and answer questions. I attend an extra-curricular club at least once a week.
6	I can perform with dynamics, strength, and agility, and show some technical ability. I can use my focus to give a more engaging performance. I can keep accurate timing with my group and the music.	I have a good understanding of how to choreograph interesting dance sequences in order to show a specific dance idea. I can use transitions to help my dance to flow, and know how to use the space well.	I can use my knowledge to suggest ways for my own and others improvement of performance	I take on a leading role within group work. I can be responsible for leading a small group in an aspect of the lesson with some teacher input. I am able to listen to others and perform more than one role in a team or group. I always show respect to others	I engage fully in lessons. I have good self-confidence and am eager to demonstrate and answer questions in front of peers. I attend Dance clubs and have represented the school in extra-curricular activity.
	Practical Performance (PP)	Choreographic Process (CP)	Evaluation (E)	Leadership & Teamwork (LT)	Participation & Attitude (PA)
7	I can consistently perform with	I can effectively apply feedback	I can analyse and comment on	I am able to lead a group and have the	I always engage in lessons with a real

	dynamics, control, extension and strength when executing advanced movement material. I can adapt to different movement styles and can convey a sense of character through my performance.	given to me by my teacher to improve my choreography, and can recognise how others can improve their own. I often show originality and flair. I can create dances for groups of people and have an excellent understanding of how to use different choreographic methods.	my own and others performance and the skills and techniques applied	confidence to offer praise and encouragement. I have helped with school events in any role required of me. I take on board everyone's ideas and help my group to co-operate with each other.	willingness to participate and make progress. I am a reliable member of a dance club.
8	I can perform a complex movement sequence with a strong sense of technique, showing high levels of strength and agility. I have an advanced movement memory, and my performance clearly demonstrates flow and character.	My knowledge of choreography is excellent. I can apply advanced choreographic ideas. My performances consistently show originality and flair, and clearly convey a specific stimulus.	I can analyse and comment on my own and others work showing an understanding of what makes a performance effective.	I am an excellent leader and can listen and cooperate fully. I can take a small group and help improve weaknesses with little or no guidance. I am willing to work with anyone in a group and am always fully supportive.	I engage in lessons with a real willingness to learn and make progress in any role I am given. I always offer assistance to my teacher. I show passion and encouragement of others when performing for the school.
9	I can perform to an excellent standard, showing a range of performance skills including musicality, expression and projection. I can show an exceptional standard of technical ability, including strength and flexibility. I can perform in high pressure situations consistently with exceptional fluency and accuracy.	I can use my knowledge choreographic methods and composition to have a very positive and highly influential effect in competitive situations and performances. I can direct others in various sequences whilst maintaining an exceptional standard throughout.	I can critically analyse and evaluate using correct terminology to aid successful high level performance	I am an outstanding leader and volunteer to help run school clubs.	I use my enthusiasm to actively encourage others to participate and progress. I show I have great aspirations to succeed at a high level in Dance outside school.
10	I currently participate in an external dance school on a regular basis and perform in professional productions.	I choreograph performances and routines on a professional level.	I have achieved recognised dance teaching qualifications.	My leadership work has inspired others to get involved in the Performing Arts.	I have achieved my D of E bronze award.