



**NAME**

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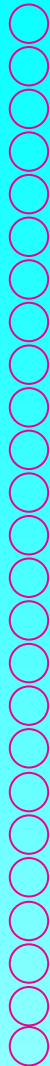


**NAME**

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## ACHIEVEMENT CARD 5-7 YR OLDS

- Balance And Posture
- Co-ordination of Arms
- Directional Change
- Facial Expressions
- Floor Work – Level 1
- Improvisation
- Memory Recall
- Partner Work
- Pirouettes (¼ ½)
- Stage Presence/confidence
- Spatial Awareness
- Tidy Execution
- Timing
- Station & Traveling Steps (joining Steps):
- Canon movements
- Plies
- Tendus
- Splits Stretch
- Cross Touch
- Drag Runs
- Gallops
- Jetes (behind – kick bottom)
- Skip Clap overhead
- Spot Turn
- Step Ball change



Movements I have learnt in Term 1 include (e.g. hitch kicks):

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## ACHIEVEMENT CARD 7-9 YR OLDS

- Balance And Posture
- Body Expression
- Understand the term ‘Canon’
- Demonstrate an awareness of
- Directional Change
- Floor work - Level 2
- Improvisation
- Memory Recall
- Partner Work
- Pirouettes (½ 1)
- Solo work
- Spatial Awareness
- Tidy Execution
- Timing
- Station & Traveling Steps (joining Steps):
- Plies
- Tendus (advanced)
- Isolations
- Splits stretch
- Drag Runs
- Jumps
- Kicks
- Step ball change with arms/kicks
- Chasse turn
- (1/2 time then normal tempo – Timing)
- Chasse Turns with elevation



Movements I have learnt in Term 1 include (jumpsplits):

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