

Arts Assessment For Learning

DANCE — 6TH GRADE

CHECKLIST: IMPROVING MODERN DANCE TECHNIQUE

Name _____

Class _____

Technique Criteria Checklist

- ✓ + Mastered Skill/Got it
- ✓ Approaching Proficiency /Almost Got it
- ✓ - Still Working on it

| Contraction | Date: | Date: | Date: | Date: | Date: | Date: |
|-----------------------------|-------|-------|-------|-------|-------|-------|
| 1) Scooped/hollowed abs | | | | | | |
| 2) C curved back | | | | | | |
| 3) Legs in plie | | | | | | |
| 4) Shoulders away from ears | | | | | | |
| 5) Chin tucked | | | | | | |

| Prance | Date: | Date: | Date: | Date: | Date: | Date: |
|-----------------------------------|-------|-------|-------|-------|-------|-------|
| 1) 180 foot to toe perpendicular | | | | | | |
| 2) 180 line of back | | | | | | |
| 3) Quiet land in plié (ball heel) | | | | | | |
| 4) Bouncy/light movement quality | | | | | | |

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| Battlement | Date: | Date: | Date: | Date: | Date: | Date: |
|-------------------------------|-------|-------|-------|-------|-------|-------|
| 1) Hips stay even | | | | | | |
| 2) Both legs stay straight | | | | | | |
| 3) Head lifts higher | | | | | | |
| 4) Foot Pointed | | | | | | |
| 5) Torso doesn't collapse | | | | | | |
| 6) Quick beat of the leg | | | | | | |
| 7) Feet flat and soft landing | | | | | | |

| Triplet | Date: | Date: | Date: | Date: | Date: | Date: |
|-----------------------------------|-------|-------|-------|-------|-------|-------|
| 1) Head and spine upright 180 | | | | | | |
| 2) Plie, releve, releve (3 steps) | | | | | | |
| 3) Straight legs in releve | | | | | | |
| 4) Foot flat in plie | | | | | | |

| Arabesque | Date: | Date: | Date: | Date: | Date: | Date: |
|---|-------|-------|-------|-------|-------|-------|
| 1) Turned out tendu back | | | | | | |
| 2) Shoulders square, torso forward and up | | | | | | |
| 3) Hips square | | | | | | |
| 4) Lifted leg straight behind | | | | | | |
| 5) Toe pointed | | | | | | |