**DANCE**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **CATEGORY** | **4** | **3** | **2** | **1** |
| **Alignment –** position of body during movement | Alignment consistently correct | Basically good; pelvis and ribs generally under control, feet not sickled; arms may not always be placed correctly | May have tipped pelvis or protruding ribs; feet not sickled in general although may need work in specific positions | Pelvis is tipped, protruding ribs, sickled feet, arms are incorrectly positioned |
| **Control –** power to direct or regulate movement | Consistently able to perform all movement as commanded on command | Basic movement performed on command; advanced steps may vary in amount of control | Generally basic steps performed on command | Unable to control movement |
| **Musicality –** movement relating to music | Consistently follows beat and is responsive to musical phrasing and quality | Follows beat and is on time with music consistently | Generally follows beat and is on time with music | Unable to follow beat or stay on time with music |
| **Flexibility –** range of movement | Exceeds range of flexibility and joint muscle strength necessary to perform movement combinations | Possesses adequate flexibility and joint muscle strength to perform movement combinations | Needs to build strength in joint muscles and flexibility to adequately perform movement combinations | Lacks stretch/length in muscles, and/or openness/strength in joint muscles for freedom of movement. Lacks knowledge of how to stretch properly |
| **Facility –** the quality of movement being easily performed | No tension apparent | Generally good, some tension may be apparent | Movements may look strained at times | Movement is strained |

FUNDAMENTALS PERFORMANCE ASSESSMENT

**NAME:** **DATE:**

**TOTAL POINTS: /20**