

PROFICIENCY EVALUATION: MODERN TECHNIQUE

Instructor: Cynthia DuFault

Course: DANC _____

Semester: Fall (or) Spring Year: _____

Student Name: _____

Grade Level: Freshmen Sophomore Junior Senior

1. Center

	Outstanding (6)	Excellent (5)	Good (4)	Fair (3)	Poor (2)	Remedial (1)	(NA)
Warm-up							
Floor work							
Spirals							
Contractions							
Body Swings							
Adagio							
Allegro							
Body alignment							
Body articulation (precision / control)							
Technical Skill							
Coordination							
Flexibility / Strength							
Dynamics / Energy							
Musicality / Rhythm							
Sequencing of Movement							
Execution of Combinations							

Comments:

2. Locomotor

	Outstanding (6)	Excellent (5)	Good (4)	Fair (3)	Poor (2)	Remedial (1)	(NA)
Walks / Runs							
Triplets							
Turns							
Leaps							
Directional Changes							
Body alignment							
Body articulation (precision / control)							
Technical Skill							
Coordination							
Flexibility / Strength							
Dynamics / Energy							
Musicality / Rhythm							
Sequencing of Movement							
Execution of Combinations							

Comments:

3. Participation Skills

	Outstanding (6)	Excellent (5)	Good (4)	Fair (3)	Poor (2)	Remedial (1)	(NA)
Confidence							
Maturity							
Self Discipline							
Attitude / Respect							
Work Ethic							
Dress							
Commitment							
Effort							

Comments: