



# SPORT CAREER DEVELOPMENT PROGRAMME

## DANCE ASSESSMENT

- Should present ONE routine of duration between 90 seconds to 120 seconds.
- Where they will be assessed on the following criteria's, which are based on Laban's principles of movement.

<b>DANCE COMPOSITION</b>		
<b>SPACE AWARENESS</b>		
Directions	The use of forward and backwards in the routine	
	The use of Left and Right sides in the routine	
	The use of Diagonals in the routines	
Levels	The use of high level in the routine	
	The use of medium level in the routine	
	The use of low level in the routine	
Pathways	The use of straight pathways in the routine	
	The use of curved pathways in the routine	
	The use of zig zag pathways in the routine	
<b>BODY AWARENESS</b>		
Use Of Whole	A limited use of whole body	
	The effective use of whole body	
Use of Part	A limited use of isolations	
	An effective and creative use of isolations	
Shape Awareness	A limited awareness of shape	
	An effective understanding of shape	

<b>DANCE EXECUTION</b>		
<b>DYNAMICS</b>		
Time changes	The use of fast and slow movements	
	The use of acceleration in the movements	
	The use of deceleration in the movements	
Weight changes	The use of light and strong movements	
Flow	The use of free and bound movements	
<b>BODY AWARENESS</b>		
Travelling	A limited use of travelling in the routine	
	An effective and creative use of travelling	
Turns	A limited use of turns in the routine	
	An effective and creative use of turns in the routine	
Jumps	A limited use of jumps in the routine	
	An effective and creative use of jumps in the routine	
Stillness	An insecure/wobbly position	
	A sustained position	
<b>INTERPRETATION</b>		
Expression		
Style		
Harmony & Musicality		
Co-ordination & continuity		

DANCE PRESENTATION		
<b>OVERALL PRESENTATION</b>		
Posture & alignment		
Choice of Music		
Duration of Dance		
Dress & Discipline		

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