

Dance Self-Assessment Checklist

Group Members: _____

In our dance, we explored using:

<p>BODY</p> <ul style="list-style-type: none"> ✓ many different body parts ✓ making interesting shapes
<p>ENERGY</p> <ul style="list-style-type: none"> ✓ slow, strong movements ✓ quick, light movements
<p>SPACE</p> <ul style="list-style-type: none"> ✓ various dance formations and decided on using the following: _____ _____ _____ ✓ different levels and pathways
<p>TIME</p> <ul style="list-style-type: none"> ✓ a variety of tempos ✓ steady and unsteady rhythms
<p>RELATIONSHIP</p> <ul style="list-style-type: none"> ✓ leading and following

<p>We rehearsed and revised:</p>	<ul style="list-style-type: none"> ✓ many times ✓ using everyone's ideas
<p>We presented:</p>	<ul style="list-style-type: none"> ✓ with focus and concentration ✓ with confidence