

## Dance Self-Assessment Checklist

Group Members:

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**In our dance, we experimented using the following elements of dance:**

<p><b>BODY</b></p> <ul style="list-style-type: none"> <li>✓ many different body parts</li> <li>✓ interesting shapes, including symmetrical and asymmetrical ones</li> </ul>
<p><b>ENERGY</b></p> <ul style="list-style-type: none"> <li>✓ slow, strong movements</li> <li>✓ quick, light movements</li> </ul>
<p><b>SPACE</b></p> <ul style="list-style-type: none"> <li>✓ various dance formations</li> <li>✓ different levels</li> <li>✓ different pathways and directions</li> </ul>
<p><b>TIME</b></p> <ul style="list-style-type: none"> <li>✓ a variety of tempos</li> <li>✓ steady and irregular rhythms</li> <li>✓ stillness and pauses</li> </ul>
<p><b>RELATIONSHIP</b></p> <ul style="list-style-type: none"> <li>✓ leading and following</li> <li>✓ groupings</li> <li>✓ meeting and parting</li> </ul>

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