

everyBODY dance

Using the assessment criteria please mark levels that participants usually show during everyday activities as **'usual'** and what you observe during our dance session as **'today'**. They may be the same or different!

Personal & social skills

	Level 1 (Disengagement)	Level 2	Level 3 (Involvement)	Level 4	Level 5 (Achievement)
A. Confidence/ Body Language					
B. Communication					
C. Embodiment and Physical Contact					
D. Relationship with Activity					
E. Relationship with Artist					
F. Attitude to new challenges / trust					
G. Conflict and Difference					
H. Working Creatively with Others					

Physical skills & fitness

	Level 1	Level 2	Level 3	Level 4	Level 5
A. Technique					
B. Cardiovascular Endurance/ Stamina					
C. Core Strength and Stability					
D. Muscular Strength					
E. Suppleness/Flexibility					
F. Co-Ordination/ Balance/Motor Skills					
G. Spatial Awareness					