

COMPLETE DANCE TRAINING

HIP HOP MARKING CRITERIA

	1-2	3-4	5-6	7-8	9-10
Warm Up	Student has difficulty coordinating hip hop warm up and has limited ability to maintain alignment to receive the correct stretch in muscles.	Student has a basic understanding of the execution of a hip hop warm up and can deliver in such that manner	Student can demonstrate warm up of sound ability, making connections to warm up and its necessity to hip hop styles	Student is capable of executing warm up successfully with correct use of the body in most sections.	Student is confident in executing a hip hop warm up demonstrating acknowledgement of timing, movement, correct use of the body
Isolations	Student is working towards hips and chest isolations and has difficulty with isolation of smaller body sections	Student can demonstrate basic hip and chest isolations with some difficulty going right and left with chest and is working towards head and leg isolations	Student demonstrates the sound ability to isolate head, shoulders, chest, hips, legs and arms. Some isolations are better than others	Students can successfully demonstrate isolations of the body and is working towards adding quality and clarity to each isolation	Student shows high quality isolations of the head, chest, hips, arms and legs with excellent dynamics established in movement
Coordination	Student demonstrates limited amount of coordination and is working on the ability so cross the midline successfully .	Student demonstrates basic coordination abilities without getting confused of left and rights and is able to piece together a sequence of moving	Student demonstrates sound coordination abilities both right hand left with the ability to usually co-ordinate both upper body and lower body movement at different paces	Student has good coordination ability which is applied to movements even when the speed is increased and add performance quality to movement.	Student demonstrates high standard co-ordination through locomotor and non-locomotor movement, crossing the midline and the ability to manipulate difference parts of the body through movement
Style	Student is working towards adapting a hip hop style to movement.	Student has basic understanding of hip hop style and attempts to use grounded movement throughout the lesson	Student is adapting their own hip hop style to most movements carried out throughout the lesson with grounded movement	Student executes a good demonstration of quality of movement and understands dynamics to use with performance skills and individuality	Student demonstrates excellent quality of movement using individuality in their hip hop style and grounded movement dynamics within movement while using high performance skills
Break	Student has	Student can	Student can	Student has a	Student can

	difficulty executing break dance moves and is working towards a basic 'baby freeze'	demonstrate 'baby freeze' for a short time and is working towards hip hop hand stand and worm	successfully demonstrate baby freeze, worm and hip hop handstand working towards quality of movement	good quality in the three elements of break practiced, baby freeze, worm, hip hop handstand.	successfully hold a 'baby freeze' and is able to hold head off. Can also successfully demonstrate worm, should freeze, chin balance, hip hop handstand
Choreography	Student requires assistance to complete routine and has difficulty adding performance quality to movement and retaining choreography	Student can execute routine to a basic standard. Choreography is mostly retained and student know to work towards adding style to movement	Student demonstrates the ability to retain choreography and applies grounded movement and performance quality and dynamics	Student can perform routine independently and mostly executes with performance quality and dynamics	Student performs routine confidently and independently while demonstrating excellent hip hop elements of style into movement
Sportsmanship	Student is a quiet member who is working towards interacting with peers and building the confidence to give all aspects of class a try	Student is sometimes encouraging to others, usually gives all aspects of class a try. Student can be shy at times	Student is usually willing to give all aspects a class a go, with a positive attitude and willingness to learn and can be encouraging to peers.	Student is mostly positive to all members of the class, always giving everything a go and is a friendly member amongst peers	Student is always a positive member of the class, they are encouraging to their peers and always willing to try