Assessment Group: Personal Performance Activities Physical Activity: Dance Cardio

Level: Commencement

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| **Task:** Students will create a dance cardio routine in a small group. Students will teach and demonstrate the routine to their peers. Students will be assessed on their ability to correctly perform movements to the rhythm of the music, to change from one movement to the next smoothly without hesitation and to use cues and/or demonstrations , without hesitation, execute movements accurately, and demonstrate safe movements.  |

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| Student name | Application of Skills | Application of choreography  | Aesthetic Performance; rhythm of movements | Personal and Social Responsibility/teach | Total  |
| 1. |  |  |  |  |  |
| 2. |  |  |  |  |  |

**Application of skills**

4. Uses correct technique for all dance movements throughout the routine. Few errors in rhythm or timing, transitions are smooth. Student follows on the correct foot at all times.

3. Uses correct technique for most step movements. May have 2 to 3 errors in timing, transitions, change of direction and/or footing. The student recognizes errors and continues the routine correctly with little hesitation.

2. Uses correct technique in some movements. May have many errors in timing, transitions, change of direction and/or footing. The student resumes routine after errors, but may not regain proper footing or timing readily.

1.Student uses mostly incorrect step technique, is unable to follow the routine correctly, performs off-beat

with improper footing consistently.

**Personal and Social Responsibility- Teaching**

4. In addition to respecting others, participating and being self-directed, student teaches the movements prior to performance.

3. Participates willingly and may show initiative by asking for clarification and guidance from the teacher as needed.

2. Student is tentative and/or needs reminders or encouragement to continue the routine energetically. May need individual teacher supervision during the task in order to follow the routine.

1.Student participates minimally, may distract or interfere with others’ completion of the task.

**Application of Aesthetic Performance**

4. Students perform the movements with rhythm and timing with few if any observable errors.

3. Students perform the movements with rhythm and timing with hesitation but can recover and back on timing.

2. Students perform the movements with hesitation on rhythm and have difficulty getting back on timing.

1. Students perform the movements with no confidence and have a difficult time demonstrating rhythm and timing.

**Application of Choreography**

4. Students choreograph a Dance cardio routine with all requirements; 4 different parts-1 on which has 2 parts directly connected and one part containing high intensity.

3. Students choreograph a Dance cardio routine and are clearly missing 1 requirement.

2. Students choreograph a Dance cardio routine and are clearly missing more than 2 requirements.

1 . Students have not choreographed a routine.