

Modern Technique Rubric
Based on Lesson Plan: Intro to Dynamics

	Proficient (5pts)	Average/Improving (3pts)	Needs Development (1pt)
Control/ Stability	Dancer understands the use of muscles in the sustaining of movement and is able to be in control of their movement most of the time.	Dancer seems to have a general understanding of the use of muscles in control of movement and sometimes has control of their movement.	Dancer does not recognize the relationship between the use of muscle and control. The dancer never controls their movement.
Release/Giving-up control	Dancer demonstrates excellent knowledge of the releasing of muscles and control in movement and utilizes tools (ex: breath) to aid in the release.	Dancer somewhat understands the concept of release as opposed to control, and sometimes demonstrates release of control in their movement.	Dancer does not differentiate control from release. The dancer never demonstrates release in movement.
Expansiveness in movement	Dancer shows a clear understanding to expansive movement and can demonstrate a clear difference between expansive and internal movement.	Dancer sometimes demonstrates expansiveness in movement but could apply more.	Dancer never applies the expansive quality to their movement and does not seem to understand the concept and physical purpose.

Total points possible: 15

Comments: