

everyBODY dance

Observation matrix assessment criteria – personal & social skills

	Level 1 (Disengagement)	Level 2	Level 3 (Involvement)	Level 4	Level 5 (Achievement)
A. Confidence/ Body Language	Keeps to themselves, tension in the body (low self-esteem)	Nervous, shy, insecure, low head position	Feels good about themselves, confident posture	Increased self-esteem, relaxed awareness, smiles, eye contact	Confident body language, belief and presence (leadership)
B. Communication Eye contact, body language, facial expression and vocalized response.	Distracts and/or looks to others	Engages with activity	Engages with and responds to activity	Celebrates project publicly e.g. by offering responses to it in other contexts	Helps others out in the group
C. Embodiment and Physical Contact	Does not engage with or touch other participants	Awkward and embarrassed posture	Some physical contact with others	Confident to be in contact with other participants	Fully integrated, actively involved developing physical contact work
D. Relationship with Activity	Sits out and does not get involved with activity	Actively watches and participates on their own at a distance	Joins in	Completes the task required	Fully engaged, helps and interacts with others
E. Relationship with Artist	Sits out and does not communicate with artist	Communication with artist is strained and sometimes defensive	Communicates with artist, no confrontation & responds to Artists instructions	Communication initiated by both artist and participant	Communicates with artist freely, fully engaged, Initiating ideas, thoughts and feelings
F. Attitude to new challenges / trust	Outright refusal to try anything new, reacts with anxiety, aggression or disinterest	Requires a lot of persuasion by the Artist or others to try anything new. Very nervous about the activity	Tries the new activity but shows some hesitation and anxiety	No hesitation or anxiety about trying the activity Responds well to instructions	Embraces new challenges with a positive attitude. Pushes the Artist for the next step. May have to be 'reined in' at times
G. Conflict and Difference	Outright rejection (completely opposed to an idea or a person in its entirety, without reasoning or explanation)	Initiates conflict (becomes argumentative, questions or reacts in a non-constructive manner but not as severely as 1)	Handles conflict maturely (isn't provoked easily, does not react uncontrollably and is able to deal with conflicts in an assertive and constructive manner)	Encourages peers (intervenes between people in a positive way to move things forward)	Resolves conflicts (this could be their own or those of others)
H. Working Creatively with Others	Shows resistance to working with others No offer of ideas	Reluctant to contribute ideas to the group	Works effectively with others in the group	Contributes useful ideas to the group	Leads the group effectively

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Observation matrix assessment criteria – physical skills & fitness

	Level 1	Level 2	Level 3	Level 4	Level 5
A. Technique	Unable to execute the most simple movements/techniques	Attempts execution of basic moves and techniques with some success	Able to execute basic moves and techniques with some competence	Executes more difficult moves and techniques with some competence	Confident in a range of moves and techniques. Works creatively exploring movement with confidence
B. Cardiovascular Endurance/ Stamina	Gets out of breath easily and has to stop	Performs movement slowly and/or needs to rest	Works at a steady rate	Keeps Control	Ability to sustain movement without needing to rest
C. Core Strength and Stability (lifts/contact improvisation)	Unable to engage core muscles, compensates using hands etc.	Is able to maintain a movement/ position for a short period of time	Is able to maintain a movement/ position for a longer period of time	Engaging and demonstrating increasing control	Using core strength and stability throughout the session
D. Muscular Strength	Loses energy fast, finds it hard to continue working	Is able to maintain for a short period of time	Is able to keeps control, repeating for a longer period of time	Sustains an activity/ fixed contraction for a longer period of time	Demonstrates control throughout the session
E. Suppleness/Flexibility	Restricted and is able to bend only a small amount and feels stiff	Allows for some range of motion at the joint	Is able to move joints freely	Maintains a high level of flexibility	The capacity to move a joint through its full range of movement
F. Co-Ordination/ Balance/Motor Skills	Uncoordinated movements, difficulty with timing	Falls off balance and timing repeatedly	Is able to move two or more body parts smoothly with efficiency	Coordinates movements integrating the whole body	Smooth co-ordinated movements, precise timing
G. Spatial Awareness	Disorientated, appears clumsy and/or bumps into others moving around the space	Finds it difficult to make formations, patterns, shapes in the space	Awareness of own body position in space	Knowing where they are in relation to other participants	Full aware of their own body, other participants and the space