SCDP Dance Assessment Sheet

Laban Movement Analysis - Individual Student

Total Marks: 100

GRADING GUIDELINES

Use these descriptors to ensure consistency when assessing student performance.

Mark Band Descriptors:

9 -10 marks (Excellent)

• Demonstrates a high level of skill, confidence, and control.

• Movements are clear, expressive, and consistently aligned with Laban principles.

• Shows creativity, accuracy, and strong performance quality.

• Transitions are smooth and intentional.

7 - 8 marks (Very Good)

• Strong technique with minor inconsistencies.

• Shows good awareness of effort, shape, and space.

• Performance quality is evident, with solid expression and control.

5 - 6 marks (Satisfactory)

• Basic understanding of movement principles.

• Some clarity and control, though not consistent.

• Expression, transitions, or spatial use may be developing.

3 - 4 marks (Developing)

• Limited control, alignment or expression.

• Movements lack clarity or confidence.

• Requires support to improve technique and performance qualities.

0 - 2 marks (Beginning)

• Minimal demonstration of the required skills.

• Needs significant support to meet expectations.

Student Name: _____

School: _____

Class / Year: _____ Date: _____

Assessed by: _____

1. BODY – 20 Marks

Focus: Posture, alignment, coordination, clarity of body actions.

Sub-Criteria	Description	Marks
Alignment & Posture (10)	Demonstrates safe and correct posture; neutral spine; clear placement of head, shoulders, hips, knees, and feet.	____ / 10
Movement Quality (10)	Shows control, coordination, clarity of movement; uses core engagement; movements are intentional and defined.	____ / 10

2. EFFORT – 20 Marks

Focus: Dynamics of movement using Laban Effort Elements.

Sub-Criteria	Description	Marks
Weight (5)	Uses appropriate force: light/strong as required; consistent with style and intent.	____ / 5
Time (5)	Accurate use of timing; quick/sustained actions; responds well to rhythm or cues.	____ / 5
Space (5)	Moves with awareness of personal/general space; direct/indirect actions are purposeful.	____ / 5
Flow (5)	Displays controlled or free movement; smooth transitions; continuous flow when needed.	____ / 5

Sub-Criteria	Description	Marks

3. SHAPE – 20 Marks

Focus: How the body forms shapes and transitions between them.

Sub-Criteria	Description	Marks
Shape Creation (10)	Creates clear, expressive shapes (open, closed, curved, stretched); shapes match theme/task.	____ / 10
Shape Transitions (10)	Moves smoothly between shapes; transitions show creativity, planning, and flow.	____ / 10

4. SPACE – 20 Marks

Focus: Spatial awareness and purposeful navigation.

Sub-Criteria	Description	Marks
Use of Levels (10)	Demonstrates high, middle, and low levels with clarity and safe technique.	____ / 10
Use of Direction (10)	Moves confidently in various directions (forward, backward, side, diagonal).	____ / 10

5. EXPRESSION & PERFORMANCE – 20 Marks

Focus: Communication, emotion, confidence, intention.

Sub-Criteria	Description	Marks
Facial Expression (10)	Expresses emotion appropriate to the task; strong audience engagement; focused.	____ / 10
Emotional Connection (10)	Shows connection to music/theme; confident performance; conveys intention clearly.	____ / 10

TOTAL MARKS: ____ / 100