

Assessment Task 1. Worksheets

Module 2 – First Silver Bar

1. Name the Dances in the first silver bar dance tests.

2. For each of the dances in the first silver bar name the rhythm and tempo.

3. Name any optional steps in the first silver bar tests.

Module 3 – Second Silver Bar

1. Name the Dances in the second silver bar dance tests.

2. For each of the dances in the second silver bar name the rhythm and tempo.

3. Name any optional steps in the second silver bar tests.

Module 4 – Third Silver Bar

1. Name the Dances in the third silver bar dance tests.

2. For each of the dances in the third silver bar name the rhythm and tempo.

3. Name any optional steps in the third silver bar tests.

Module 5 –Silver Medal

1. Name the Dances in the silver medal dance tests.

2. For each of the dances in the silver medal name the rhythm and tempo.

3. Name any optional steps in the silver medal tests.

Module 6 – Freedance

1. Name the restrictions for lifts in Freedance

2. When may skaters kneel or lay on the floor and for how long?

3. List the requirements for a silver Freedance test

Module 7 – Original Dance

1. List the compulsory elements of an original dance?

2. How long is an original Dance routine
