



SKILLS PROGRAMME

SILVER MEDAL

ALL MOVEMENTS MUST BE COMPLETED

*(Minimum age of Candidate must be 17 years as at 31 December in the year of presenting for the exam.)
Candidates must achieve 60% or higher for each section to earn a medal and certificate.
(No banned or dangerous movements allowed)*

REVISED: July 2026

CANDIDATE NUMBER _____

FIGURE MARCHING (Set Exercise)

Music Track A

(N = Not mastered: S = Satisfactory & 60%: G = Good: Vg = Very good: Ex = Excellent)

	N	S	G	Vg	Ex	General comments:
Department						
March technique						
Rhythm						
Execution & presentation						

TOTAL - Figure Marching /20

FREE EXERCISES

Demonstrate each of the following: *(N = Not mastered: S = Satisfactory & 60%: G = Good: Vg = Very good: Ex = Excellent)*

	N	S	G	Vg	Ex	General comments:
Forward walkover - L leg						
Forward walkover - R leg						
Backward walkover - L leg						
Backward walkover - R leg						
Supported arabesque - L leg						
Supported arabesque - R leg						
Head rest stand from kneeling						
Catch and hold side leg raise - L leg						
Catch and hold side leg raise- R leg						
Circular leg raise - L leg (through forward raise, side, low arabesque to attitude derrière)						
Circular leg raise - R leg (through forward raise, side, low arabesque to attitude derrière)						
Straddle rotation into forward split						
Circular split						
Floor aerial/ rainbow						

TOTAL (this section) /20

CANDIDATE NUMBER _____

FREE EXERCISES cont'd...**Perform pre-choreographed exercise****Music Track A or B**

To include:

- Four (4) of the above movements
- Balance of floor work
- Bends – using both sides of the body
- Movements with degree of difficulty appropriate to this level

(N = Not mastered: S = Satisfactory & 60%: G = Good: Vg = Very good: Ex = Excellent)

	N	S	G	Vg	Ex	General comments:
Technique						
Value & complexity						
Precision						
Flexibility						
Leg & footwork						
Execution & presentation						
TOTAL (this section)						/20

TOTAL - Free Exercises /40**ROD EXERCISES**Examiner will request **2 of the 3** following set rod combinations **to counts only**:**Combination A***Commence left side oblique twist up, in classical pose right foot derrière.*

- 1-4 Slide rod towards **left** into 4 under grip flashes to the **right**, Bourée to **right**
 5-7 Change to top grip flashing towards **left** (3 flashes) stay on demi-pointe
 8 Step onto **right** leg (classical pose with **left** foot derrière) **left** side raise twist top grip.
 9-10 Slide rod towards **right** side into **left** oblique back twist facing the **right** side, step towards **right** side on **right** leg.
 11-12 Execute **right** leg penchée arabesque maintain **left** oblique back twist.
 13-14 Arabesque
 Return to attention

Combination B*Commence left front corner in classical pose right foot derrière, facing on a slight angle to the right, hands wide grip*

- 1-2 Turning waltz towards **right** back corner, **left** side raise twist with curve overhead.
 3-4 Continue 2nd half of turning waltz, with **right** forward oblique twist down facing **left** downstage corner.
 5-6 Take rod to **right** side oblique twist up, Posé onto **right** foot, **left** leg retiré.
 7-8 Untwist and re-twist into **left** side oblique twist down, Posé onto **right** foot, **left** leg retiré.
 9-10 1 posé pirouette with **right** vertical twist
 11-12 1 posé pirouette roll through to **left** vertical twist
Finish with side step to back right corner, swing right arm across body to strike obliquely up with left arm at hips firm

Combination C*Commence facing left downstage corner. Right leg forward pressed on demi-pointe, right forward raise twist with curve overhead.*

- 1-2 Circle arm around to **right** back twist to the left side, step onto **right** foot to face front with **left** side toe point on fondu.
 3-4 2 under grip flashes behind back, feet 5th on demi pointe, **left** in front
 5-6 Slide rod into **left** back twist to **right** side, **right** leg to **right** side toepoint on fondu
 7-8 Take rod to **left** side raise twist with **right** curve overhead, feet 5th on demi pointe, **left** in front
 Recover to attention with wide grip
 9-10 Unflash into 3 under grip flashes to the **right** stepping forward on **left** foot
 11-14 **Right** side développé with **right** side oblique twist up
 15-16 Recover to attention with wide grip

CANDIDATE NUMBER _____

ROD EXERCISES cont'd...

(the appropriate boxes - 2 of the 3)

Combination A

Combination B

Combination C

Perform pre choreographed exercise

Music Track A or B

To include:

- a) Flashing at centre back of the body
- b) Eight (8) counts flashing in top grip, changing to eight (8) counts flashing in under grip
- c) Combined with various rod movements and advanced leg work with a high arabesque to be shown
- d) Making full use of the working area in a creative arrangement

(N = Not mastered: S = Satisfactory & 60%: G = Good: Vg = Very good: Ex = Excellent)

	N	S	G	Vg	Ex	General comments:
Combinations						
Rod technique						
Value & complexity						
Precision						
Leg & footwork						
Execution & presentation						

TOTAL	- Rod Exercises	/20
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CANDIDATE NUMBER _____

CLUB SWINGING

- All swings will be requested

(N = Not mastered: S = Satisfactory & 60%: G = Good: Vg = Very good: Ex = Excellent)

	N	S	G	Vg	Ex	General comments:
INWARD:						
Multiple hip swing – commence and finish with backswing both hands						
Neck cross						
Hip Cross						
OUTWARD:						
Multiple hip swing – commence and finish with backswing both hands						
Neck cross						
Double wrist cross – facing side						
PARALLEL: (R or L direction)						
Multiple hip swing – commence and finish with backswing both hands						
Neck cross – forward and backward side						
Hip cross						
Double wrist cross – facing forward side						
SIDE WINDMILL: (R or L direction)						
Multiple hip swing – commence and finish with backswing both hands						
Hip/wrist swing						
Hip cross						
Neck cross – backward side						
OUTWARD WINDMILL:						
Chest cross						
Dual/double hip swing						
INWARD WINDMILL:						
Chest cross						
Dual/double hip swing						
TOTAL (this section)						/20

CANDIDATE NUMBER _____

CLUB SWINGING cont'd...**Music Track A or B****Perform pre choreographed exercise**

To include:

- 16 bars outward
and
- 16 bars side windmill

Both exercises must include appropriate swings for this level including those displaying different swings in each hand, and foot and leg work appropriate to this level.

(N = Not mastered: S = Satisfactory & 60%: G = Good: Vg = Very good: Ex = Excellent)

	N	S	G	Vg	Ex	General comments:
Club technique						
Value & complexity						
Rhythm						
Execution & presentation						
TOTAL (this section)						/20

TOTAL - Club Swinging	/40
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AESTHETIC & DANCE**Demonstrate each of the following:**

(with leg of choice and choice of arm lines, except where specified, and with optional entry and exit to each dance movement/step)

(N = Not mastered: S = Satisfactory & 60%: G = Good: Vg = Very good: Ex = Excellent)

	N	S	G	Vg	Ex	General comments:
Sissonne in attitude derrière and arms in 5 th						
Grand jeté forward with attitude derrière						
Posé pirouette en dehors (raised leg moves outward) also known as 'lame duck'						
Cabriole derrière						
Demi arabesque on fondu, continue to penchée arabesque with straight supporting leg						
Developpé en fondu, grand rond de jambe en dehors (outward) finishing in arabesque derrière)						
Renversé with relevé en dehors (outward)						
Sissone with chassé passé to fouetté sauté in arabesque (arms from 1 st to 1 st arabesque						
TOTAL (this section)						/20

AESTHETIC & DANCE cont'd...

Perform pre choreographed exercise

Music Track A or B

To include:

- a) 4 of the above movements
- b) Arabesque lines on **L & R** legs
- c) Movements/steps from previous grades

(Performed without a skirt)

(N = Not mastered: S = Satisfactory & 60%: G = Good: Vg = Very good: Ex = Excellent)

	N	S	G	Vg	Ex	General comments:
Poise & body alignment						
Technique of Foot & legwork						
Technique of arm & hand lines						
Presentation & interpretation						
Execution						
TOTAL (this section)						/20

TOTAL - Aesthetic & Dance /40

GRAND TOTAL /160

MARKS:	95+ Honours with Distinction	90-94 Honours	85 – 89 Credit Plus	80 – 84 Credit	
	75 – 79 Highly Commended	70 – 74 Commended	65 – 69 Pass Plus	60 – 64 Pass	Unable to Qualify

RESULT :

Examiner's Comments:

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Examiner's Signature: _____ **Date:** _____

The Examiner's decision is final and no correspondence will be entered