



2023 KFA National Championships

in Fitness through Movement and Dance

Summary of Judging Criteria

2023 KFA National Championships – Summary of Judging Criteria			
Section	Criteria 1 Overall Performance	Criteria 2 Choreographic Skills	Criteria 3 Dynamic Quality and Music
Section A Movement and Dance Young Dancer	<ul style="list-style-type: none"> ➤ Movement of the whole body showing full extension and good focus ➤ Good body alignment in held and moving positions 	<ul style="list-style-type: none"> ➤ Movements that are visually creative and show original content ➤ Harmonious flow between movements that show control and an awareness of natural transitions ➤ To show agility and energy moving the body on/off the floor 	<ul style="list-style-type: none"> ➤ Dynamically contrasting qualities that influence the energy, emotion and attitude within the performance ➤ Originality of interpretation of the chosen music style to reflect the influence of the dynamics
Section B Movement and Dance Solo 27+	<ul style="list-style-type: none"> ➤ Movement of the whole body showing full extension and good focus ➤ Good body alignment in held and moving positions 	<ul style="list-style-type: none"> ➤ Movements that are visually creative and show original content ➤ Harmonious flow between movements that show control and an awareness of natural transitions 	<ul style="list-style-type: none"> ➤ Dynamically contrasting qualities that influence the energy, emotion and attitude within the performance ➤ Originality of interpretation of the chosen music style to reflect the influence of the dynamics
Section C Movement and Dance Duo	<ul style="list-style-type: none"> ➤ Movement of the whole body showing full extension and good focus ➤ Good body alignment in held and moving positions 	<ul style="list-style-type: none"> ➤ Movements that are visually creative and show original content ➤ Harmonious flow between movements that show control and an awareness of natural transitions ➤ Showing a positive relationship between the duo which reflects sensitivity and an awareness of each other 	<ul style="list-style-type: none"> ➤ Dynamically contrasting qualities that influence the energy, emotion and attitude within the performance ➤ Originality of interpretation of the chosen music style to reflect the influence of the dynamics
<p>Please note: The following items have been removed as a specific judging criterion as they are a given in all aspects of KFA Laban based movement and are therefore applicable to all Sections in the 2023 KFA National Championships.</p> <ul style="list-style-type: none"> ➤ Demonstrate a range of KFA Physical Objectives ➤ Effective and safe use of the whole working area 			



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Section D Movement and Dance Trio	<ul style="list-style-type: none"> ➤ Movement of the whole body showing full extension and good focus ➤ Good body alignment in held and moving positions 	<ul style="list-style-type: none"> ➤ Movements that are visually creative and show original content ➤ Harmonious flow between movements that show control and an awareness of natural transitions ➤ Showing a positive relationship between the trio which reflects sensitivity and awareness of each other whether working solo, 2:1, or as a trio 	<ul style="list-style-type: none"> ➤ Dynamically contrasting qualities that influence the energy, emotion and attitude within the performance ➤ Originality of interpretation of the chosen music style to reflect the influence of the dynamics
Section E Movement and Dance Team	<ul style="list-style-type: none"> ➤ Movement of the whole body showing full extension and good focus ➤ Good body alignment in held and moving positions 	<ul style="list-style-type: none"> ➤ Movements that are visually creative and show original content ➤ Harmonious flow between movements that show control and an awareness of natural transitions ➤ Show effective group relationships (and relationships within the group) creating formations that melt and merge seamlessly 	<ul style="list-style-type: none"> ➤ Dynamically contrasting qualities that influence the energy, emotion and attitude within the performance ➤ Originality of interpretation of the chosen music style to reflect the influence of the dynamics
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Section F Fitness Fusion	<ul style="list-style-type: none"> ➤ Movement of the whole body showing full extension and good focus ➤ Good body alignment in held and moving positions ➤ Movement that shows safe techniques with changes in pace that can develop stamina and achieve a cardiovascular training effect 	<ul style="list-style-type: none"> ➤ Movements that are visually creative and show original content ➤ Skilful flow between movements that show control and awareness of fluent transitions with a balance of upper and lower body movements ➤ Interaction within the group creating a variety of formations 	<ul style="list-style-type: none"> ➤ Dynamically contrasting movements that influence the energy to achieve fitness benefits ➤ Movements that show rhythmic ability and originality of interpretation of the chosen music style
Section G Apparatus	<ul style="list-style-type: none"> ➤ Movement of the whole body showing good use of the apparatus as a natural extension of the body for the duration of the performance ➤ Handling skills showing safe techniques and an affinity and sensitivity to the natural actions of the chosen apparatus ➤ All apparatus must be used equally on both sides of the body i.e. the ability to use both right and left hands competently in all 3 Zones of Movement 	<ul style="list-style-type: none"> ➤ Movements that are visually creative and show original content developed through the natural properties of the chosen apparatus ➤ Harmonious flow between movements that show control and an awareness of the handling skills of the chosen apparatus ➤ Show effective group formations that melt and merge seamlessly 	<ul style="list-style-type: none"> ➤ Dynamically contrasting qualities that embody the texture, length, weight and flow of the chosen apparatus ➤ Originality of interpretation that reflects the rhythm of the chosen music style and the influences of the dynamics
Section H 'Come and Try'	<ul style="list-style-type: none"> ➤ Refer to Sections D, E F and G 	<ul style="list-style-type: none"> ➤ Refer to Sections D, E F and G 	<ul style="list-style-type: none"> ➤ Refer to Sections D, E F and G
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