



Imperial Society of
Teachers of Dancing



Recognising brilliance in every performance

The ISTD Performance Awards celebrate a dancer's creativity, confidence, and progress in dance. Open to all ages and abilities, these awards focus on expressive performance and musicality – without the pressure of set choreography.

Why choose Performance Awards?

- **Inclusive and accessible**
Suitable for children aged 5+, including those with learning differences or performance anxiety.
- **Creative freedom**
Students perform solos, duos, trios, or group dances in any style, using choreography created with their teacher.
- **Supportive environments**
Performances take place in familiar settings – either in person or via video – and are observed by an ISTD examiner who provides constructive feedback.
- **Tangible rewards**
Every dancer receives a certificate and a badge to celebrate their achievement and progress.
- **Confidence-building**
The awards help a dancer grow in self-belief, performance skills, and artistic expression.

Award levels for every stage

The Performance Awards are structured across **six progressive stages**, supporting dancers as they grow in confidence, artistry, and performance skill. Teachers select the stage that best suits each student's stage of development – there's no need to follow them in order.

This flexible structure means dancers of all ages and abilities can be recognised for their unique strengths and progress.

Stage	Focus
1	Building self-confidence
2	Developing physical awareness
3	Growing audience awareness
4	Expressing individuality
5	Strengthening artistry
6	Showcasing self-expression

How it works?

1. A short performance dance is prepared with your teacher
2. Entries are booked through ISTD's digital platform
3. Performances can be submitted via video or take place live at your dance school
4. Each student receives feedback, a certificate, and a badge



Ask your dance teacher today
Support your child's journey and let them shine with the ISTD Performance Awards



Find out more
Scan the QR code or visit istd.org/performanceawards to learn more about the Performance Awards and how your child can take part.

