

GRADE ASSESSMENT SHEET

Candidate No:	
Pupil Grade:	GRADE 1
Sash Colour:	

Skills Program

DEFINITIONS

Based on Calisthenic Technical Guide Deportment:

Arm positions, Leg and foot positions, Bends, Floorwork: Based on Calisthenic Technical Guide relevant to the specific section.

Precision:

Exactness and the degree of refinement with which movements are performed individually, and in the set.

As per syllabus and mastery of movements including execution, precision, rhythm, control, overall presentation, and encompassing Set exercise:

musicality and expression where appropriate.

Marking guide

N S		G	VG	EX
Limited / Minimal	Adequate / satisfactory	Good ability in	Very good ability in	Excellent ability in
demonstration of the	demonstration of	demonstrating the	demonstrating the	demonstrating the
elements assessed	elements assessed	elements assessed	elements assessed	elements assessed

FIGURE MARCHING

	N	S	G	VG	EX
Deportment					
Marktime					
Forward March					
Arm Swinging					
Rhythm					
Set Exercise					
		ΓΟΤΑΙ	_		/15

FREE EXERCISES

	N	S	;	G	VG	EX
Deportment						
Arm positions						
Leg and foot positions						
Bends						
Floorwork						
Precision						
Set exercise						
	•	TOT	TAL			/15

ROD EXERCISES

	N	S	G	VG	EX
Deportment					
Individual Rod positions					
Leg and foot positions					
Precision					
Set Exercise					
	•	TOTA	L	•	/15

CLUB SWINGING

	N	S	G	VG	EX
Deportment					
Individual Swings					
Planeing					
Rhythm					
Set Exercise					
	 Т	OTAL		•	/15

								GRADE 1	
THETIC/THEN OUT EVED O	105							GRADE	•
HETIC/TURN OUT EXERC	ISE		J	S	G	VG	EX		
Technique – includes corre	ect placement of arms, leg	= -	•	•					
Turn out – from the hips ar	-								
Body Alignment									
Expression									
Set Exercise									
			T	OTAL		•	/15		
CE									
		N	1	S	G	VG	EX		
Technique – includes corre	-								
Turn out – from and the hip	os and through knees and	feet							
Body alignment									
Expression									
Set Exercise									
			T	OTAL	•		/15		
RALL EXECUTION									
Musical appreciation		N	1	S	G	VG	EX		
Presentation and style									
Knowledge of syllabus and	l terminology								
Tare mouge or cynapae and									
Candidates must have	a pass of 60% in EACH SE	ECTION to be award		OTAL		cate *	/10	٦	
	a pass of 60% in EACH SE Distinction 90-94	ECTION to be awards Honours 85	ed t	heir (Certifi] 84 Credit	
(S: 95+ Honours with			ed t	t heir (Certifi	5	80 – 8	34 Credit	,
(S: 95+ Honours with	Distinction 90-94	Honours 85 -	ed t	t heir (Certifi it Plus	5	80 – 8		,
(S: 95+ Honours with 155 – 79 Highly Commended	Distinction 90-94	Honours 85 -	ed t	cheir (Certifi it Plus 0 – 64	S Pass	80 – 8 Und	able to Qualify	
(S: 95+ Honours with a 5 – 79 Highly Commended niner's Comments:	Distinction 90-94	Honours 85 - 65 – 69 Pass Plus RESULT:	ed t	Cred	Certifi it Plus 0 – 64	Pass	80 – 8 Und	able to Qualify	
(S: 95+ Honours with a 5 – 79 Highly Commended niner's Comments:	Distinction 90-94	Honours 85 - 65 – 69 Pass Plus RESULT:	ed t	Cred	Certifi it Plus 0 – 64	Pass	80 – 8 Und	able to Qualify	
(S: 95+ Honours with a 5 – 79 Highly Commended niner's Comments:	Distinction 90-94	Honours 85 - 65 – 69 Pass Plus RESULT:	ed t	Cred	Certifi	Pass	80 – 8 Und	able to Qualify	
(S: 95+ Honours with a 5 – 79 Highly Commended niner's Comments:	Distinction 90-94	Honours 85 - 65 - 69 Pass Plus RESULT:	- 89	cheir (Certifi lit Plus	Pass	80 – 8 Und	able to Qualify	
(S: 95+ Honours with a 5 – 79 Highly Commended niner's Comments:	Distinction 90-94	Honours 85 - 65 – 69 Pass Plus RESULT:	- 89	cheir (Certifi	Pass	80 – 8 Una	able to Qualify	
(S: 95+ Honours with a 5 – 79 Highly Commended niner's Comments:	Distinction 90-94	Honours 85 - 65 – 69 Pass Plus RESULT:	ed t	Cred	Certifi	Pass	80 – 8 Una	able to Qualify	
(S: 95+ Honours with a 5 – 79 Highly Commended niner's Comments:	Distinction 90-94	Honours 85 - 65 – 69 Pass Plus RESULT:	ed t	Cred	Certifi	Pass	80 – 8	able to Qualify	
(S: 95+ Honours with a 5 – 79 Highly Commended niner's Comments:	Distinction 90-94	Honours 85 - 65 – 69 Pass Plus RESULT:	ed t	Cheir C	Certifi	Pass	80 – 8 Und	able to Qualify	
(S: 95+ Honours with a 5 – 79 Highly Commended niner's Comments:	Distinction 90-94 70 – 74 Commended	Honours 85 - 65 - 69 Pass Plus RESULT:	ed t	Cheir C	Certifi	Pass	80 – 8 Und	able to Qualify	
(S: 95+ Honours with a 5 – 79 Highly Commended niner's Comments:	Distinction 90-94 70 – 74 Commended	Honours 85 - 65 - 69 Pass Plus RESULT:	ed t	Cheir C	Certifi	Pass	80 – 8 Und	able to Qualify	
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The Examiners decision is final and no correspondence will be entered into.