

Candidate No: _____

Pupil Grade: **GRADE 3**
Sash Colour: _____

Skills Program

DEFINITIONS
Department: Based on Calisthenic Technical Guide

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.

Set exercise: As per syllabus and mastery of movements including execution, precision, rhythm, control, overall presentation, and encompassing musicality and expression where appropriate.

Marking guide

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

FIGURE MARCHING

	N	S	G	VG	EX
Department					
Marktime					
Forward March					
Arm Swinging					
Rhythm					
Set Exercise					
TOTAL					/10

FREE EXERCISES

	N	S	G	VG	EX
Department					
Arm positions					
Leg and foot positions					
Bends					
Floorwork					
Precision					
Set exercise					
TOTAL					/20

ROD EXERCISES

	N	S	G	VG	EX
Department					
Individual Rod positions					
Leg and foot positions					
Precision					
Set Exercise					
TOTAL					/20

CLUB SWINGING

	N	S	G	VG	EX
Department					
Individual Swings					
Planeing					
Rhythm					
Set Exercise					
TOTAL					/20

TURN OUT EXERCISE

	N	S	G	VG	EX
Technique – includes correct placement of arms, legs and feet					
Turn out – from the hips and through knees and feet					
Body Alignment					
Expression					
Set Exercise					
TOTAL					/5

AESTHETIC/DANCE

	N	S	G	VG	EX
Technique – includes correct placement of arms, legs and feet					
Turn out – from and the hips and through knees and feet					
Body alignment					
Expression					
Set Exercise					
TOTAL					/20

OVERALL EXECUTION

	N	S	G	VG	EX
Musical appreciation					
Presentation and style					
Knowledge of syllabus and terminology					
TOTAL					/5

Candidates must have a pass of 60% in EACH SECTION to be awarded their Certificate *

MARKS:	<i>95+ Honours with Distinction</i>	<i>90-94 Honours</i>	<i>85 – 89 Credit Plus</i>	<i>80 – 84 Credit</i>
	<i>75 – 79 Highly Commended</i>	<i>70 – 74 Commended</i>	<i>60 – 69 Pass Plus</i>	<i>50 – 59 Pass</i> <i>Unable to Qualify</i>

RESULT: _____

Examiner’s Comments:

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Examiner’s Signature: _____ **Date:** _____

The Examiners decision is final and no correspondence will be entered into.