

GRADE ASSESSMENT SHEET

Candidate No:

Pupil Grade:

GRADE 4____

Sash Colour:

Skills Program

DEFINITIONS

Deportment: Precision: Set exercise:

Based on Calisthenic Technical Guide

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

	Ν	S	G	VG	EX
Deportment					
Marktime					
Forward March					
Arm Swinging					
Rhythm					
Set Exercise					
	TOTAL			•	/10

FREE EXERCISES

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

ROD EXERCISES

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

CLUB SWINGING

	Ν	S	G	VG	EX
Deportment					
Individual Swings					
Planeing					
Rhythm					
Set Exercise					
	T	OTAL			/20

TURN OUT EXERCISE

	Ν	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					
		τοτΑ	L		/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					
	1	ΌΤΑΙ			/20

OVERALL EXECUTION

	Ν	S	G	VG	EX
Musical appreciation					
Presentation and style					
Knowledge of syllabus and terminology					
		ΤΟΤΑ	L		/5

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

MARKS:	95+ Honours with D	stinction	90-94 Ha	onours	85 – 89 Cr	redit Plus	80 – 84 Credit
75 – 79 High	ly Commended	70 – 74 Commend	ded	65 – 69 Pass	Plus	60 – 64 Pass	Unable to Qualify

RESULT:

Examiner's Comments:

Examiner's Signature: ______ Date: ______

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