

Candidate No: _____

Pupil Grade: **GRADE 4**
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

