

Candidate No: _____

Pupil Grade: TEST 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					
Mark time					
Forward March					
Arm Swinging					
Rhythm					
Set Exercise					

FREE EXERCISES

	N	S	G	VG	EX
Department					
Arm positions					
Leg and foot positions					
Floorwork					
Precision					
Set exercise					

ROD EXERCISES

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

CLUB SWINGING

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

TURNOUT EXERCISES

	N	S	G	VG	EX
Set Exercises					

AESTHETIC

	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					

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					

MUSICAL APPRECIATION

	N	S	G	VG	EX
Rhythm Exercise: 16 bounces (small sautés in 4/4 rhythm with a clap on the 1 st beat of each bar, heels, and toes together (no turnout therefore parallel))					

OVERALL EXECUTION

	N	S	G	VG	EX
Presentation and style					
Knowledge of syllabus and terminology					

RESULT:	<i>Honours</i>	<i>Credit Plus</i>	<i>Credit</i>	<i>Highly Commended</i>
	<i>Commended</i>	<i>Pass Plus</i>	<i>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.