

**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**

<b>N</b>	<b>S</b>	<b>G</b>	<b>VG</b>	<b>EX</b>
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**

	<b>N</b>	<b>S</b>	<b>G</b>	<b>VG</b>	<b>EX</b>
<b>Department</b>					
<b>Mark time</b>					
<b>Forward March</b>					
<b>Arm Swinging</b>					
<b>Rhythm</b>					
<b>Set Exercise</b>					

**FREE EXERCISES**

	<b>N</b>	<b>S</b>	<b>G</b>	<b>VG</b>	<b>EX</b>
<b>Department</b>					
<b>Arm positions</b>					
<b>Leg and foot positions</b>					
<b>Floorwork</b>					
<b>Precision</b>					
<b>Set exercise</b>					

**ROD EXERCISES**

	<b>N</b>	<b>S</b>	<b>G</b>	<b>VG</b>	<b>EX</b>
<b>Department</b>					
<b>Individual Rod positions</b>					
<b>Leg and foot positions</b>					
<b>Precision</b>					
<b>Set Exercise</b>					

**CLUB SWINGING**

	<b>N</b>	<b>S</b>	<b>G</b>	<b>VG</b>	<b>EX</b>
<b>Department</b>					
<b>Individual Swings</b>					
<b>Planeing</b>					
<b>Rhythm</b>					
<b>Set Exercise</b>					

**FOOT AND INSTEP STRETCHES**

	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 <sup>st</sup> 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					

<b>RESULT:</b>	<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.*