

**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**

<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>
Department					
Mark time					
Forward march					
Arm swinging					
Rhythm					
Set exercise					
<b>TOTAL</b>					<b>/10</b>

**FREE EXERCISES**

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

**ROD EXERCISES**

	<b>N</b>	<b>S</b>	<b>G</b>	<b>VG</b>	<b>EX</b>
Department					
Individual rod positions					
Leg and footwork					
Precision					
Set exercise					
<b>TOTAL</b>					<b>/20</b>

**CLUB SWINGING**

	<b>N</b>	<b>S</b>	<b>G</b>	<b>VG</b>	<b>EX</b>
Department					
Individual swings					
Planing					
Rhythm					
Set exercise					
<b>TOTAL</b>					<b>/20</b>

**TURNOUT 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, head, body, legs and feet					
Turn out – from 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 \**

<b>MARKS:</b>	95+ Honours with Distinction	90-94 Honours	85 – 89 Credit Plus	80 – 84 Credit
	75 – 79 Highly Commended	70 – 74 Commended	69 – 65 Pass Plus	64 – 60 Pass
				Unable to Qualify

**RESULT:** \_\_\_\_\_

**Examiner's Comments:**

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**Examiner's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

*The Examiner's decision is final and no correspondence will be entered into.*