

Candidate No: _____

Pupil Grade: **GRADE 4**

Sash Colour: _____

Skills Program

DEFINITIONS

Deportment: 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
Deportment					
Mark time					
Forward march					
Arm swinging					
Rhythm					
Set exercise					
TOTAL					/10

FREE EXERCISES

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

ROD EXERCISES

	N	S	G	VG	EX
Deportment					
Individual rod positions					
Leg and footwork					
Precision					
Set Exercise					
TOTAL					/20

CLUB SWINGING

	N	S	G	VG	EX
Deportment					
Individual Swings					
Planing					
Rhythm					
Set exercise					
TOTAL					/20

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 *

MARKS:	95+ Honours with Distinction	90-94 Honours	85 – 89 Credit Plus	80 – 84 Credit	
	75 – 79 Highly Commended	70 – 74 Commended	65 – 69 Pass Plus	60 – 64 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.