

**Candidate No:** \_\_\_\_\_

**Pupil Grade:** TEST 3

**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**

<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>
Deportment					
Mark time					
Forward march					
Arm swinging					
Rhythm					
Set exercise					

**FREE EXERCISES**

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

**ROD EXERCISES**

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

**CLUB SWINGING**

	<b>N</b>	<b>S</b>	<b>G</b>	<b>VG</b>	<b>EX</b>
Deportment					
Individual swings					
Planing					
Rhythm					
Set exercise					

**TEST 3****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 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:** \_\_\_\_\_

<i>The Examiner's decision is final and no correspondence will be entered into.</i>
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