

GYMNASTICS

<p>EXCELLENT 4</p>	<ul style="list-style-type: none"> • A high level of skill and form was demonstrated effectively at their level in the areas of tumbles, balances, pyramids and movements. • Tempo and elevation changes were evident and contributed to the flow of the routine. • Excellent use of the mat to display power moves, flexibility, strength and athletic coordination. • Performed up to <u>their</u> level of difficulty in the routine. • Time spent on perfecting moves and sequences was very evident during routine.
<p>VERY GOOD 3</p>	<ul style="list-style-type: none"> • An above average level of skill and form was demonstrated at their level in the areas of tumbles, balances, pyramids and movements. • A few tempo and elevation changes were evident in the routine. • The majority of the mat was used to display power moves, flexibility, strength and athletic coordination. • Performed near to their level of difficulty in the routine. • Time spent on perfecting moves and sequences was evident with a few minor pauses.
<p>ADEQUATE 2</p>	<ul style="list-style-type: none"> • Average to below average level of skill and form was demonstrated at their level in the areas of tumbles, balances, pyramids and movement. • Two or less tempo and elevation changes were evident in the routine. • Half or less than half of the mat was used to display power moves, flexibility, strength and athletic coordination. • Performed below (easier moves than) their level of difficulty in the routine. • Time spent on perfecting moves and sequences reflects little or no effort with major pauses or a hurried routine.
<p>POOR 1</p>	<ul style="list-style-type: none"> • Very little to no effort to improve basic skills and form in the areas of tumbles, balances, pyramids and movements. • No tempo or elevation changes. • Less than half or limited use of mat to display power moves, flexibility, strength and athletic coordination. • No attempt to improve their level of difficulty. • Little or no time spent on perfecting moves and sequences.