

Gymnastics

The performance of skills and techniques in isolation/unopposed situations	Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation
<p>Candidates will be assessed on the quality of either the five basic categories of agilities or the five categories of advanced agilities – one agility from each category.</p> <p>The number and type of which is stated in the criteria below:</p> <p>Basic categories of agilities:</p> <ol style="list-style-type: none"> 1. straddle forward roll; crouch forward roll; circle roll; dive forward roll. 2. backward roll into crouch or straddle. 3. balances: shoulder; knee; elbow; crouch. 4. headstand; handstand. 5. cartwheel; round off. <p>Advanced categories of agilities:</p> <ol style="list-style-type: none"> 1. forward roll into straight leg pike. 2. springs: front handspring; headspring; flick flack (back handspring). 3. somersaults: front; back. 4. backward roll to handstand; handstand to forward roll. 5. walkovers: forward; backward. <p>In addition, they may be judged on any other any other advanced agility not listed above.</p>	<p>Candidates will be assessed on the quality of appropriate skills, techniques and decision-making processes to meet the challenges during a conditioned/formal/competitive situation, as well as:</p> <ul style="list-style-type: none"> • adhering to rules, health and safety guidelines, and considering appropriate risk management strategies <p>Students may choose to perform one of the following:</p> <ul style="list-style-type: none"> • Apparatus • Floor routine • Rhythmic routine <p>Apparatus:</p> <ul style="list-style-type: none"> • Boys and girls should perform a routine on their chosen piece of apparatus of 60–90 seconds duration • Boys can choose one of the following: pommel horse, rings, high bar, parallel bars, or vault (must perform two vaults) • Girls can choose one of the following: balance beam, asymmetric bars, or vault (must perform two vaults). <p>Floor routine:</p> <p>Boys: a sequence to last 60 seconds and comprising any number/combinations of agilities listed in the left hand column, with linking movements.</p> <p>Girls: a sequence to music lasting 60 to 90 seconds and comprising any number of agilities listed in the left hand column.</p>

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	<p>Note: the girls floor work performed to music (non vocal) should be joined together by dance movements, jumps, hops and step patterns.</p> <p>Rhythmic routine:</p> <p>Students should perform a routine using one of clubs/ball/rope/ribbon/hoop</p> <ul style="list-style-type: none"> • Clubs: a short sequence lasting 60 to 90 seconds to include small circles, mill circles, large swings, throws, tapping/beating, asymmetric movements. • Ball: short sequence lasting 60 to 90 seconds to include throws, free rolls over the body or the floor, bouncing, circles, figures of eight and balancing the ball on part of the body. • Rope: a short sequence lasting 60 to 90 seconds to include skipping, swings, circles, rotations, figures of eight and throws. • Ribbon: a short sequence lasting 60 to 90 seconds to include swings, circles, snakes, coils, figures of eight and throws • The hoop: a short sequence lasting 60 to 90 seconds to include rolling, rotation around the hand or part of the body, swings, curls, figures of eight , turning over, passing throw and over the throws.

Assessment criteria for gymnastics

Level	Mark	Descriptor	Level	Mark	Descriptor
	0	No rewardable evidence		0	No rewardable evidence
1	1-2	Demonstrates an ineffective level of technical accuracy, with little or no precision, control and fluency, in relation to the following. Agilities: the basic agilities.	1	1-5	Demonstrates ineffective skills, techniques and decision making, with little or no precision, control and fluency, during a conditioned/formal/competitive situation, to include the following. Apparatus: student will perform ineffectively on the equipment Floor routine: able to link together simple movements using limited space. Evidence of some body control but lacks flow and rhythm. Rhythmic: lack of momentum/continuity to the routine. Interpretation of the music is ineffective.

Level	Mark	Descriptor	Level	Mark	Descriptor
2	3-4	Demonstrates a basic level of technical accuracy, with little precision, control and fluency, in relation to the following. Agilities: the basic agilities.	2	6-10	Demonstrates basic skills, techniques and decision making, with little precision, control and fluency, during a conditioned/formal/competitive situation, to include the following. Apparatus: able to mount but encounters problems with the dismount which tends to be basic. Floor routine: the routine will lack continuity and comprise simple moves, with basic technique. Rhythmic: some continuity of movement with the apparatus. Basic actions displayed with adequate degree of control. Modest interpretation of the music.

Level	Mark	Descriptor	Level	Mark	Descriptor
3	5-6	Demonstrates a competent level of technical accuracy, with some precision, control and fluency, in relation to the following. Agilities: the basic agilities.	3	11-15	Demonstrates a competent level of skills, techniques and decision making, with some precision, control and fluency, during a conditioned/formal/competitive situation, to include the following. Apparatus: can mount and dismount without assistance in the vaults that they attempt. Floor routine: the routine is composed mostly of elementary moves with one or two advanced moves and is performed with competent style and control. Rhythmic: displays a degree of control and thought. Movements performed with apparatus showing reasonable style and control. Interpretation of music improves the appearance of the routine.

Level	Mark	Descriptor	Level	Mark	Descriptor
4	7-8	<p>Demonstrates a good level of technical accuracy, with precision, control and fluency, in relation to the following.</p> <p>Agilities: the advanced* agilities.</p> <p>* all five categories of advanced agilities will be attempted. Candidates are expected to demonstrate 'good' levels of skills in at least three of these categories.</p>	4	16-20	<p>Demonstrates a good level of skills, techniques and decision making, with good precision, control and fluency, during a conditioned/formal/competitive situation, to include the following.</p> <p>Apparatus: a good mount and dismount and showing a polished performance of basic moves with some advanced moves offered with good style and control. Performances using the vault must be performed from a springboard.</p> <p>Floor routine: a higher degree of advanced moves with appropriate linking actions. The overall effect of the routine shows good control, flow and style.</p> <p>Rhythmic: the routine shows continuity with some original ideas. Thought given to types of movement required by changes of beat of the music.</p>

Level	Mark	Descriptor	Level	Mark	Descriptor
5	9-10	Demonstrates a very good level of technical accuracy, with accurate precision, control and fluency, in relation to the following. Agilities: the advanced agilities.	5	21-25	Demonstrates a very good level of skills, techniques and decision making, with very good precision, control and fluency, during a conditioned/formal/competitive situation, to include the following. Apparatus: demonstrates a series of well thought out movements with appropriate linking actions. Shows a very good level of balance and control in a pleasing routine. Performances using the vault must be performed from a springboard. Floor: appropriate mixture of movements displaying imaginative use of floor space and ability. The sequence is performed with total control. A polished performance. Rhythmic: demonstrates a series of well thought out movements, linked together by an imaginative series of moves. An aesthetically pleasing routine.