



Athlete: _____

<p>____ TURN</p>	<p>Posture Stretch/Co-ordination/Placement of: Arms Hands Feet Legs</p>	<p>Turn-out from the hip Balance Control Spot of head On Balls of Feet 360° Rotation</p>	<p><input type="checkbox"/> Excellent <input type="checkbox"/> Very Good <input type="checkbox"/> Good <input type="checkbox"/> Needs Improvement</p>
<p>____ KICK</p>	<p>Posture Stretch/Co-ordination/Placement of: Arms Hands Feet Legs</p>	<p>Weight Distribution Balance Control</p>	<p><input type="checkbox"/> Excellent <input type="checkbox"/> Very Good <input type="checkbox"/> Good <input type="checkbox"/> Needs Improvement</p>
<p>____ LEAP/JUMP</p>	<p>Posture Stretch/Co-ordination/Placement of: Arms Hands Feet Legs Elevation</p>	<p>Weight Distribution Balance Control Use of Demi Plié Take off & Land with Feet Together</p>	<p><input type="checkbox"/> Excellent <input type="checkbox"/> Very Good <input type="checkbox"/> Good <input type="checkbox"/> Needs Improvement</p>
<p>____ LUNGE</p>	<p>Posture Stretch/Co-ordination/Placement of: Arms Hands Feet Legs</p>	<p>Turn-out from the hip Weight Distribution Balance Control</p>	<p><input type="checkbox"/> Excellent <input type="checkbox"/> Very Good <input type="checkbox"/> Good <input type="checkbox"/> Needs Improvement</p>
<p>____ SPIN</p>	<p>Posture Stretch/Co-ordination/Placement of: Arms Hands Feet Legs</p>	<p>Balance Control Spot of Head On Ball of One Foot 360° Rotation</p>	<p><input type="checkbox"/> Excellent <input type="checkbox"/> Very Good <input type="checkbox"/> Good <input type="checkbox"/> Needs Improvement</p>
<p>GENERAL MECHANICS</p>	<p>Variation from Standard Routine Appropriate Floor Coverage and Movement Timing with Music Performance Skills Start Position, End Position</p>		

- Circled: Needs Attention
- Checked: Exceeds Expectations

RIBBON	GRADE
RED	→ A
BLUE	→ B
WHITE	→ C
GREEN	→ D

LETTER GRADE

CLERK

JUDGE