

## *Graceful Solo Critique Sheet*

**Section:** \_\_\_\_\_ **Entry No.:** \_\_\_\_\_

**Colour:** \_\_\_\_\_

<u><b>TECHNIQUE</b></u> <b>Grace &amp; Poise:</b> Elegant motion, softness & fluency. Deportment, head alignment, recovery from floor & moving around stage.	20	
<b>Aesthetic &amp; Dance Technique:</b> As per Calisthenic Technical Guide. Includes elevation.	20	
<u><b>CHOREOGRAPHY</b></u> <b>Musical Choice:</b> Quality – sound, edits. Variation, tempo, interest, suitability for age/section. <b>Composition:</b> Value, variety & continuity of aesthetic movements, dance & elevation, floor, flex, control, balance, standing movements using whole of body. Arrangement of item, entry/opening, exit/ending, use of accents/nuances, creativity, theme/concept, using entire stage, appropriate content to age/capabilities. Lighting (if used) should enhance arrangement.	20	
<u><b>EXECUTION</b></u> <b>Interpretation:</b> Sensitivity, style & sincerity of expression projected through face, head & body, with good use of eye contact. Interpretation of music.	10	
<b>Overall Performance:</b> Command of stage. Control of movements, dropped /mishandled apparatus (if used) & errors. Overall appearance. Confident & disciplined presentation.	30	
TOTAL	100	

**Time:** \_\_\_\_\_  
Revised 2010

**Adjudicator:** \_\_\_\_\_

# *Calisthenic Solo Critique Sheet*

**Section:** \_\_\_\_\_ **Entry No.:** \_\_\_\_\_

**Colour:** \_\_\_\_\_

<b>TECHNIQUE</b> Free Exercise Technique: As per Calisthenic Technical guide including department.	20	
Dance Technique: As per Calisthenic Technical Guide. Executed pertaining to style chosen.	20	
<b>CHOREOGRAPHY</b> Musical Choice: Quality – sound, edits. Variation, tempo, interest, suitability for age/section. Composition: Balanced item to include value, variety & continuity of: arm & leg work, dance steps, floor, flex, control, balance, standing movements using both sides of body with time to complete. Arrangement of item, entry/opening, exit/ending, use of accents/nuances, creativity, theme/concept, using entire stage, appropriate content to age/capabilities. Lighting (if used) should enhance arrangement.	20	
<b>EXECUTION</b> Interpretation: Sensitivity, style & sincerity of expression projected through face, head & body, with good use of eye contact. Interpretation of music.	10	
Overall Performance: Command of stage. Control of movements, dropped /mishandled apparatus (if used) & errors. Overall appearance Confident & disciplined presentation.	30	
<b>TOTAL</b>	<b>100</b>	

**Time:** \_\_\_\_\_  
Revised 2010

**Adjudicator:** \_\_\_\_\_

# *Calisthenic Duo Critique Sheet*

**Section:** \_\_\_\_\_ **Entry No.:** \_\_\_\_\_

**Colour:** \_\_\_\_\_

<b>TECHNIQUE</b> Free Exercise Technique: As per Calisthenic Technical guide including deportment.	20	
<b>Dance Technique:</b> As per Calisthenic Technical Guide. Executed pertaining to style chosen.	20	
<b>CHOREOGRAPHY</b> <b>Musical Choice:</b> Quality – sound, edits. Variation, tempo, interest, suitability for age/section. <b>Composition:</b> Balanced item to include value, variety & continuity of: arm & leg work, dance steps, floor, flex, control, balance, standing movements using both sides of body with time to complete. Arrangement of item, entry/opening, exit/ending, use of accents/nuances, creativity, theme/concept, using entire stage, appropriate content to age/capabilities. Lighting (if used) should enhance arrangement. Interaction of the competitors.	20	
<b>EXECUTION</b> <b>Interpretation:</b> Sensitivity, style & sincerity of expression projected through face, head & body, with good use of eye contact. Interpretation of music.	10	
<b>Overall Performance:</b> Command of stage. Control of movements, dropped /mishandled apparatus (if used) & errors. Overall appearance. Confident & disciplined presentation.	30	
<b>TOTAL</b>	<b>100</b>	

**Time:** \_\_\_\_\_  
Revised 2010

**Adjudicator:** \_\_\_\_\_