

Graceful Solo Critique Sheet

Section: _____ **Entry No.:** _____

Colour: _____

| | | |
|---|-----|--|
| <p><u>TECHNIQUE</u> Grace & Poise: Elegant motion, softness & fluency. Deportment, head alignment, recovery from floor & moving around stage.</p> | 20 | |
| <p>Aesthetic & Dance Technique: As per Calisthenic Technical Guide. Includes elevation.</p> | 20 | |
| <p><u>CHOREOGRAPHY</u> Musical Choice: Quality – sound, edits. Variation, tempo, interest, suitability for age/section. Composition: 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.</p> | 20 | |
| <p><u>EXECUTION</u> Interpretation: Sensitivity, style & sincerity of expression projected through face, head & body, with good use of eye contact. Interpretation of music.</p> | 10 | |
| <p>Overall Performance: Command of stage. Control of movements, dropped /mishandled apparatus (if used) & errors. Overall appearance. Confident & disciplined presentation.</p> | 30 | |
| TOTAL | 100 | |
| | | |
| | | |

Time: _____
Revised 2010

Adjudicator: _____

Calisthenic Solo Critique Sheet

Section: _____ **Entry No.:** _____

Colour: _____

| | | |
|---|------------|--|
| TECHNIQUE Free Exercise Technique: As per Calisthenic Technical guide including deportment. | 20 | |
| Dance Technique: As per Calisthenic Technical Guide. Executed pertaining to style chosen. | 20 | |
| CHOREOGRAPHY 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 | |
| EXECUTION 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 | |
| TOTAL | 100 | |
| | | |
| | | |

Time: _____
Revised 2010

Adjudicator: _____

Calisthenic Duo Critique Sheet

Section: _____ **Entry No.:** _____

Colour: _____

| | | |
|---|------------|--|
| <u>TECHNIQUE</u> Free Exercise Technique: As per Calisthenic Technical guide including deportment. | 20 | |
| Dance Technique: As per Calisthenic Technical Guide. Executed pertaining to style chosen. | 20 | |
| <u>CHOREOGRAPHY</u> 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. Interaction of the competitors. | 20 | |
| <u>EXECUTION</u> 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 | |
| TOTAL | 100 | |
| | | |
| | | |

Time: _____
Revised 2010

Adjudicator: _____