

Vista Gymnastics and Tumbling Assessment

Group Name: _____ Block: ____ Score: _____ /30 points

Group Members:

Create your Routine:

You may create your routine as a group of up to 4 students or you can do it individually.
Be creative and have fun!!! Look online for examples of stunts and creative moves.

Review the back of this sheet for examples of movements and their difficulty.

Choreography:

Describe in detail and sequence the movements of your routine below with choreography: (The practice of designing sequences of movements of physical bodies). *Be sure write the choreography for each member of your group.*

Assessment/Rubric:

Style, Flow and Creativity (10 points): Routine is memorized and the performance flows from one move to the next. A variety of elements are demonstrated with energy and intensity.

Quality and difficulty of routine (10 points): Demonstrates proficiency in basic and complex techniques. Performance is synchronized and moves are executed at a high standard.

Video (10 points): Introduction of video will have the title, and all names of members. Your video must include the written choreography for each member demonstrating completion of all requirements. The video also must include end credits explaining all members' responsibilities to complete this assignment. Appropriate music should support the energy of the choreography.

Choreography must be written on assignment sheet.

Each member must perform at least: **6 rotational movements, 3 balances, 3 flight movements and 3 creative movements.**

Rotational Movements (Must have 6 or more items)

Basic	Complex	Advanced	Below Basic
Forward roll (Summersault)	Dive roll	Aerial	Log Roll
Backward roll	Back extension	Back handspring (Flip flop)	Modified Cartwheel
Round off	Back walk over	Back flip	Crab walk
L or R hand cartwheel	Front handspring	Front flip	Crab Circle
	Pike & Straddle		Bear Walk
	B or F roll		Bear Circle

Balance (Must have 3 or more items) & Each must be held for a minimum of 3 seconds.

Basic	Complex	Advanced	Below basic
Standing scale	Bridge (spider)	Hand stand	Tripod
V sit	Turtle stand	Splits	Stand on toes
Candle stick	head stand	1 handed handstand	Lunge position
Yoga Techniques	Straddle Press	Hand walk	Jazz Splits
	Yoga techniques	Yoga Techniques	Hollow body hold
	Arabesque	Standing Bow	Arch body hold
			Plank
			Tree Pose

Flight Movements (Must have 3 or more items)

Basic	Complex	
Layout, arch, tuck,& pike jumps	Kip – up	Toe Touch
Toe- Touch	Dive Roll	
Half turn	Tour jeté	

May be basic or complex:

Leaping, Martial Arts, Cheer or Dance Techniques

Creative Movement Ideas (Must have 3 or more)

Walk	Run	Chassé	Spider push up
Jazz split	Martial Arts techniques	Splits	Jazz Splits
Pirouette turn	Dance Techniques	Clap push up	Yoga Techniques
Push-up	Swedish Fall	Body Sweep	Body roll