

ROUTINE ASSIGNMENT - 20% of overall class mark

NIPISSING UNIVERSITY PHYSICAL EDUCATION - GYMTRIX GYMNASTICS ACTIVITY

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Group Name_____ Students names:

ROUTINE REQUIREMENTS - all items have (.5) value		
Presentation before and after routine	MANDATORY (1.0 total value)	
Creative starting pose(s)		
Enthusiasm and entertainment Value		
Handstand or Cartwheel		
	Name or Describe movement or skill	
Low part (torso contacts floor)		
Landing on hands		
Landing on feet		
Balance on 1 body part		
Balance on 2 body parts		
Balance on 3 body parts		
Flexibiltiy position (active)		
Flexibiltiy position (passive)		
Isometric strength		
Locomotion with 2 body parts (3/4 floor length)		
Locomotion with 4 body parts (3/4 floor length)		
Locomotion using 2 or more people		
Rotation - longitudinal		
Rotation - anterior/posterior		
Rotation - transverse		
Spring from 1 ft		
Spring from 2 ft		
Spring from hands		

Scores (max. 10.0)

Instructor

Peer Average

GRAND TOTAL

Guest Judge Average