

Create a short sequence of no more than 8 elements. You must include the following...



Include a start and finish position



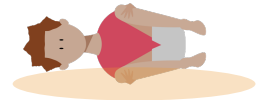
Include a one-point balance



Taking weight on hands



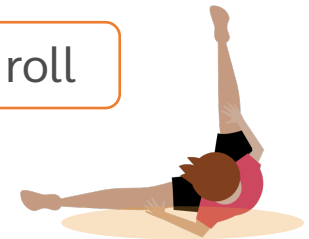
A large body part balance



A roll



Flight



Use of compositional ideas such as speed, pathways, unison, mirroring and matching etc.



Points Available	Description	Round 1	Round 2
	<b>Execution</b>		
3	Actions are performed smoothly and with control; there are no falls or errors.		
2	Actions are mostly smooth, with minor errors.		
1	Actions lack smoothness and control; multiple errors occur.		
	<b>Creativity</b>		
3	The sequence is highly creative, with imaginative movements or combinations.		
2	Some creativity is evident in the sequence.		
1	The sequence shows minimal creativity, mainly consisting of basic movements.		
	<b>Technique</b>		
2	Correct technique is consistently demonstrated throughout the performance.		
1	Correct technique is shown in some parts of the performance.		
	<b>Teamwork and Cooperation</b>		
2	Excellent teamwork is displayed, with all members contributing and coordinating well.		
1	Some teamwork and cooperation are evident, though not consistently.		
	<b>Total</b>		