

Gymnastics Sequence Rubric Elements:

Sequence Design

It has the required number of elements

Element are appropriate to the students ability

Elements are combined in an order that provides for natural and smooth transition

Execution

Aesthetics: toes are pointed, straight legs, body is stretched

Shows amplitude: jumps are high, moves are big and show extension

Space: Sequence uses different shapes, levels, directions and pathways

Moments of stillness show control and strength

Technique: Moves are performed correctly

Poise

Composure from beginning to end

There is continuity (no stops, falls, extra steps)

Rubric Scoring

4 – Always

3 – Usually

2 – Occasionally

1 – Rarely

Example of a Gymnastics Sequence Grade Sheet – based on Rubric

Student Name	Sequence/ Design	Execution	Poise	Overall score
1. Juan				
2. Iliya				
3. Jamie				
4. Sarah				
5. Jason				
6. Bonnie				