

Ville / Académie :

Collège / Lycée :

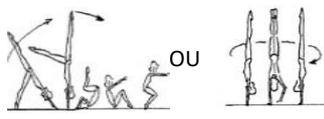
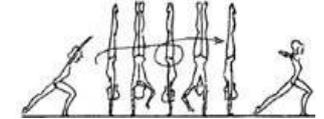
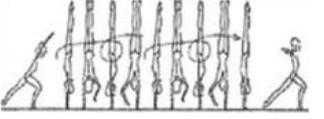
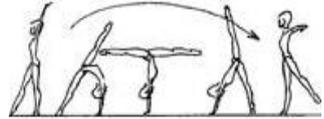
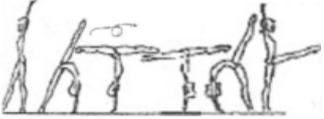
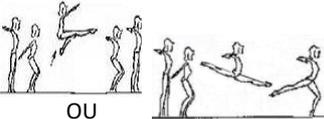
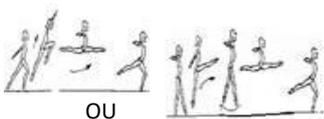
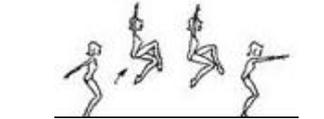
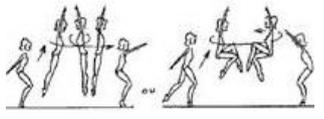
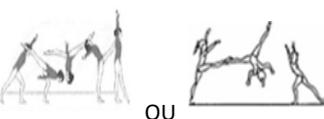
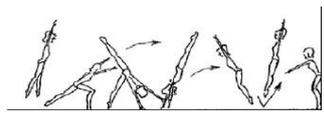
Nom Prénom :

Code UNSS

Excellence

2016 - 2020

Projet d'enchaînement

| Difficultés | C = 0,4 | D = 0,6 | E = 0,8 | F = 1,00 |
|-------------|---|---|---|--|
| 1 |  |  |  |  |
| SM | 2 |  |  |  |
| | 3 |  |  |  |
| | 4 |  |  |  |
| | 5 |  |  |  |
| LG | 6 |  |  |  |
| | 7 |  |  |  |
| | 8 |  |  |  |
| SA / AC | 9 |  |  |  |
| | 10 |  |  |  |

| Note D | Seulement 6 éléments pris en compte | | Note E | Exécution / 10 pts |
|------------------------|--|--|--------|--------------------|
| Difficultés / 6 pts | Exigences de Composition / 4 pts | | 10.00 | |
| F X 1,00 = | SM élé de Souplesse ou Maintien 1 pt LG Liaison Gym. dont 1 saut 1 pt SA Série Acro Gym. de 3 éléments dont 1 salto 1 pt AC 2 élts ACrob. de sens différents 1 pt | Note sur 10 : Pénalités : - | | |
| E X 0,80 = | | | | |
| D X 0,60 = | | | | |
| C X 0,40 = | | | | |
| Note sur 6 : | Note sur 4 : | Note Finale  | | |