













































POUTRE

Ville / Académie

Collège / Lycée

Elève :

Projet d'enchaînement :

Difficultés	A = 0.20	B = 0.30	C = 0.40	D = 0.50
1				
2				
MP 3				
M 4				
SG 5				
				
AC 7				
				
8				
9				
10				

Difficultés

..... D X 0,50 =

..... C X 0,40 =

..... B X 0,30 =

..... A X 0,20 =

Note sur 3:

Composition

MP Maintien pédestre 0,40 pt

M Maintien 0,40 pt

SG Série gymnique 0,40 pt

AC Elément acrobatique 0,40 p

Impression générale jusqu' à 0,40 /

Note sur 2 :

Exécution

5,00

-

Note sur 5 :

Total des éléments constatés / 3

Composition / 2

Exécution / 5

Note / 10

Pénalités : -

Note Finale

