

GYMNASTIQUE BAC SOL FILLES

FEUILLE DE PROJET

NOM:

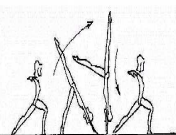
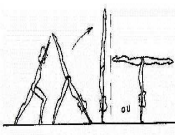
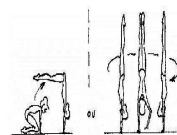
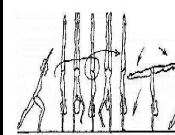
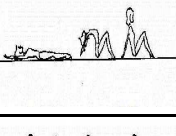
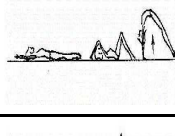
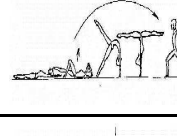

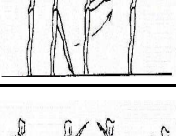
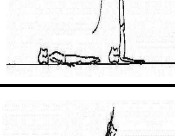
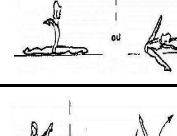
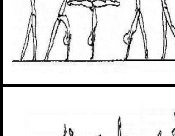
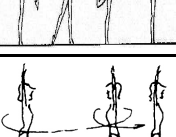
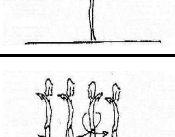
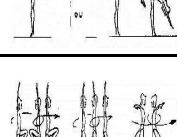
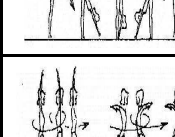
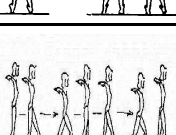
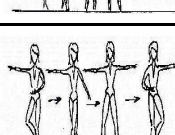
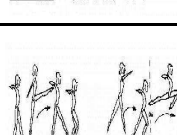
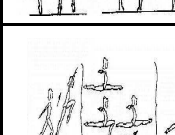
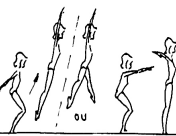
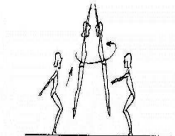

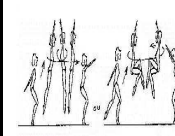
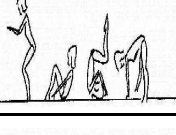
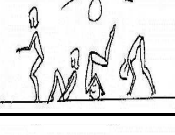

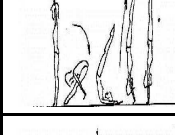
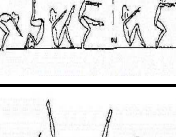
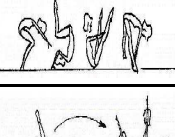

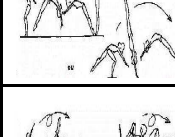
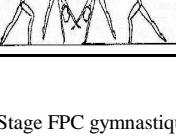


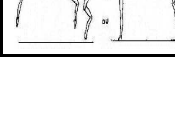




PRENOM:

CLASSE:

Difficultés réalisées:

Entourer tous les éléments choisis.

Les numéroter dans l'ordre de leur réalisation.

	A = 0,40	B = 0,60	C = 0,80	D = 1,00
1 ATR				
2 SM				
3 SM				
4 SM				
5 SG				
6 SG				
7 SG				
8 SA				
9 SA				
10 SA				

Exécution:

Exigences de composition:

- Passage à l'ATR (ATR)
- Souplesse ou Maintien (SM)
- Série gymnique dont un saut (SG)
- Série de 2 éléments acrobatiques (SA)

DIFFICULTES / 6:

EXECUTION / 8:

PROJET / 3:

JUGE / 3:

TOTAL / 20: