



BRING ON THE FUN! MARKING SHEET



**Skate
Ontario**

STAR 1 ELEMENTS

Date:	
Skater:	
Group:	

ELEMENT	ASSESSMENT	NOTES
Circle Stroking	E S G	
Waltz Jump	E S G	
Salchow	E S G	
Toe Loop	E S G	
Fwd Upright Spin	E S G	
Bwd Upright Spin	E S G	
Fwd Spiral Circles	E S G	
Creative Expression	COMPLETE INCOMPLETE	
OVERALL ASSESSMENT 4+ E = Excellent! 4+ S = Super! 4+ G = Good!		
E = EXCELLENT S = SUPER G = GOOD		

Bring ON the Fun! Standard

STAR 1 Free Skate

Elements	Criteria	Good	Super	Excellent
Circle Crosscut Exercise	(1 round forward, 1 round backward in same direction on a circle starting) Draw for direction		<p>Skater may seem slow. Generation of speed in development.</p> <p>75% of the push generated from the side of the blade. Some toe-pushing.</p> <p>Skater may demonstrate weak core and unstable posture with inconsistent or weak balance.</p>	
Jumps	Must be fully rotated (lacking ¼ rotation or less) with correct take-off to receive a Super rating.		<p>Skater demonstrates adequate height, distance and flow. Air position is developing.</p> <p>Speed and flow in and out of jump may be slow. Skater may appear cautious.</p> <p>Significant break in posture. May lack free leg extension. Knee bend in landing leg may be limited.</p>	
Spins	<p>Must meet the definition of basic position(s) achieved with an established centre to receive a Super rating.</p> <p>*Bwd Upright Spin must exit on spinning foot</p>		<p>May be slow in sit or camel versus upright.</p> <p>Adequate control of exit, for the level.</p> <p>Must demonstrate proper edge on spinning foot for 1/2 a revolution or more.</p> <p>Some break in posture may be evident.</p> <p>Centre established before completion.</p>	
Forward Spiral Circles	(2 spirals, 1 on each foot, executed on a circle in the same direction). Skater chooses direction.		<p>Position held for a minimum of 1 second.</p> <p>May have significant break in posture. Free leg extension developing.</p> <p>Reasonable edge quality for 50% or more of exercise.</p> <p>Weak edges and/or wobbles may be present.</p>	



BRING ON THE FUN! MARKING SHEET



STAR 2 FREESKATE

Skater Name:	
Date:	
Group:	

ELEMENT EXECUTED	ASSESSMENT E/S/G	NOTES
	E S G	
	E S G	
	E S G	
	E S G	
	E S G	
	E S G	
	E S G	
	E S G	
	E S G	
	E S G	
	E S G	

PERFORMANCE FEEDBACK:

<p>OVERALL ASSESSMENT</p> <p>5+ E = Excellent! 5+ S = Super! 5+ G = Good!</p>		
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E = EXCELLENT	S = SUPER	G = GOOD
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Bring ON the Fun! Standard

STAR 2

Elements	Criteria	Good	Super	Excellent
Jumps	Must be fully rotated (lacking ¼ rotation or less) with correct take-off to receive a Super rating.		<p>Skater demonstrates adequate height, distance and flow. Air position is developing.</p> <p>Skater may appear cautious.</p> <p>Speed and flow in and out of jump may be slow.</p> <p>Landing position is developing.</p>	
Spins	Must meet the definition of basic position(s) achieved with an established centre to receive a Super rating.		<p>Must have a minimum of a 3 revolution total.</p> <p>Bwd Upright Spin must exit on spinning foot.</p> <p>Basic position is developing. Some break in posture may be evident.</p> <p>Speed of revs is developing.</p> <p>Adequate control of exit, for the level.</p>	
Spiral Sequence			<p>Position held for a minimum of 1 second.</p> <p>May have significant break in posture. Free leg extension developing.</p> <p>Stable 75% or more of the time.</p> <p>Weak edges and/or wobbles may be present.</p>	
Turn Sequence			<p>Edge comprehension developing. Thrust technique may not be properly executed.</p> <p>75% of the push generated from the side of the blade. Some toe pushing okay.</p> <p>Stable 75% of the time.</p> <p>Reasonable edge quality for 50% or more of exercise.</p>	



BRING ON THE FUN! MARKING SHEET



STAR 3 - 4 FREESKATE

STAR 3 4 (Circle One)	
Skater Name:	
Date:	
Group:	

ELEMENT EXECUTED	ASSESSMENT E/S/G	NOTES
	E S G	
	E S G	
	E S G	
	E S G	
	E S G	
	E S G	
	E S G	
	E S G	
	E S G	
	E S G	
	E S G	
	E S G	
	E S G	
	E S G	
	E S G	

PERFORMANCE FEEDBACK:

<p style="text-align: center;">OVERALL ASSESSMENT</p> <p style="text-align: center;">5+ E = Excellent! 5+ S = Super! 5+ G = Good!</p>		
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E = EXCELLENT	S = SUPER	G = GOOD
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Bring ON the Fun! Standard

STAR 3 & 4

Elements	Criteria	Good	Super	Excellent
Jumps	Must be fully rotated (lacking ¼ rotation or less) with correct take-off to receive a Super rating.		<p>Skater demonstrates reasonable height, distance and flow for jump completion.</p> <p>Air position is organized and aligned.</p> <p>Little flow on landing.</p> <p>Slight break in upright posture on Landign. May have partial extension of free leg.</p>	
Spins	<p>Must meet the definition of basic position(s) achieved with an established centre to receive a Super rating.</p> <p>*Bwd Upright Spin must exit on spinning foot</p>		<p>Moderate speed of revs on majority of spins.</p> <p>Able to maintain proper edge on spinning foot for 2 revs or more.</p> <p>Position is adequate with moderate extension.</p> <p>More than 50% of spin is centred.</p>	
Spiral Sequence			<p>Position held for min 3 seconds.</p> <p>Posture developing. Some slight breaks in posture acceptable.</p> <p>Skater demonstrates moderately defined edges.</p> <p>Skater demonstrates reasonable balance, control, and agility.</p>	