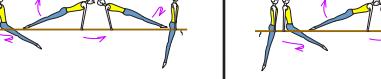
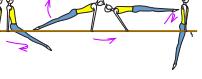
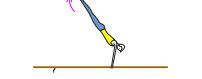
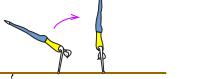
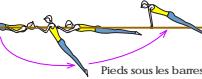
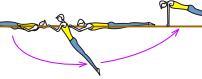
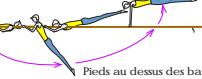
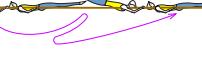
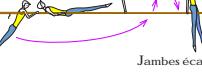
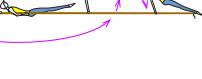
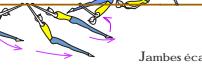
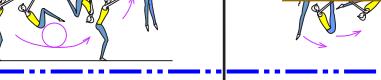
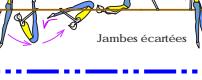
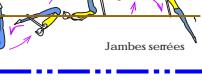
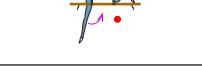
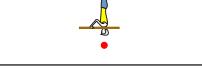
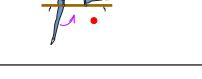
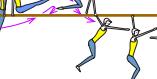
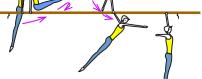
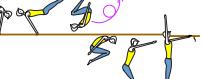


Projet d'enchaînement BARRES PARALLELES - Equipe Etablissement

Difficultés	A=0,40pt	B=0,60pt	C=0,80pt	D=1pt
1	 Pieds sous la hauteur des barres	 Pieds hauteur des barres	 Pieds au dessus des barres	
AP	 Position AP	 Position AP	 Position AP	 Position AP
AB	 Position AB	 Position AB	 Position AB	 Position AB
AB	 Position AB	 Position AB	 Position AB	 Position AB
S	 Position S	 Position S	 Position S	 Position S
S	 Position S	 Position S	 Position S	 Position S
AC	 Position AC	 Position AC	 Position AC	 Position AC
AC	 Position AC	 Position AC	 Position AC	 Position AC
10	 Élément 10	 Élément 10	 Élément 10	 Élément 10

BARRES PARALLELES

Code UNSS
2016 - 2020



Ville:

Collège:

Nom Prénom:

DIFFICULTES

Nombre de D:	-----	x 1,00 =	-----
Nombre de C:	-----	x 0,80 =	-----
Nombre de B:	-----	x 0,60 =	-----
Nombre de A:	-----	x 0,40 =	-----
Note D sur 6 points (6 éléments maxi)			= -----

EXIGENCES de COMPOSITION

AP	Un travail à l' APpuie:	1 pt
AB	Un travail à l'Appui Brachial:	1 pt
S	Un élément à la Suspension:	1 pt
MP	Un élément de Maintien ou de Placement:	1 pt

Note D sur 4 points = -----

EXECUTION

- Fautes:	-----	10,00
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Fautes spécifiques:

- Si élan intermédiaires supplémentaire: (- 0,50 pt)
- Toucher le sol avec les pieds: (- 0,30 pt)
- Déplacement ou ajustement de prise, à chaque fois : (- 0,10 pt)

Note E sur 10 points = -----

Pénalités: