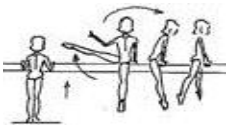
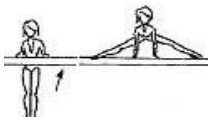
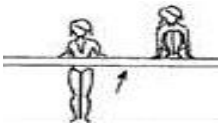
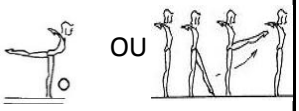
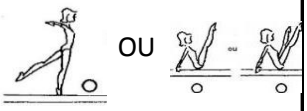
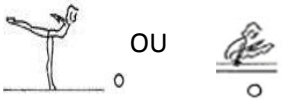
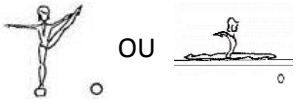
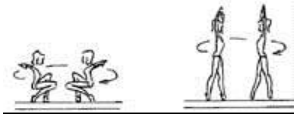
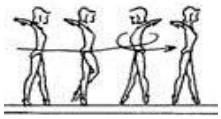
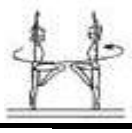
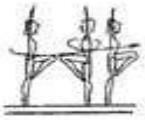
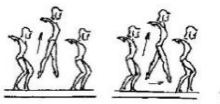
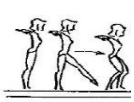
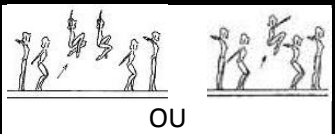
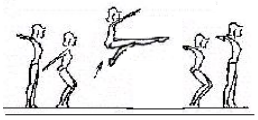
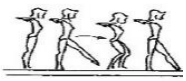
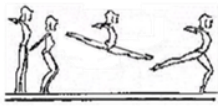
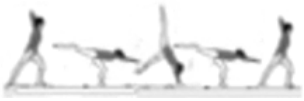
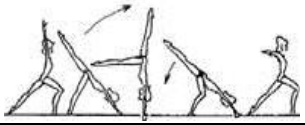
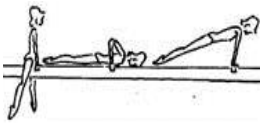
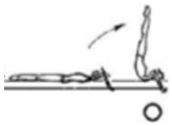
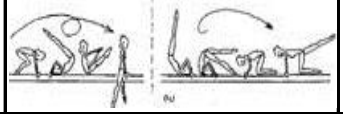
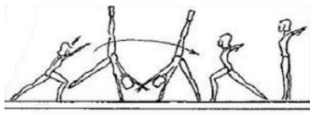
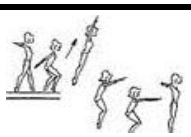
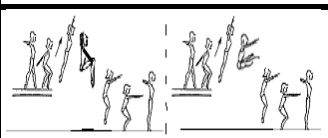
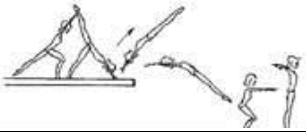
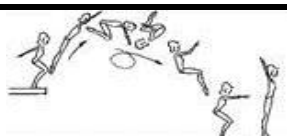
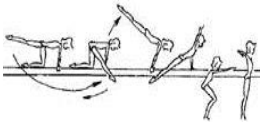
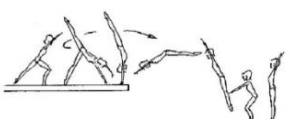
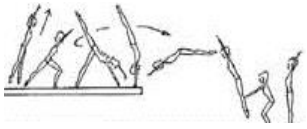
UNSS
UNION NATIONALE DU SPORT SCOLAIRE

POUTRE :

Catégorie pôle Développement

Ville / Académie : **DIJON**	Code UNSS
Collège / Lycée :	2016 - 2020
Nom Prénom :	

Projet d'enchaînement

Difficultés		A = 0,40	B = 0,60	C = 0,80	D = 1,00
	1				
	2				
SM	3				
T	4				
LG	5				
	6				
AC	7				
	8				
	9				
	10				

Note D	Seulement 6 élèments pris en compte	Note E	Exécution / 10 pts

Difficultés / 4 pts		Exigences de Composition / 4 pts		
..... D X 1,00 = ...	SM	**S**ouplesse ou **M**aintien	1 pt	10.00
..... C X 0,80 = ...	T	**T**our	1 pt	-
..... B X 0,60 = ...	LG	**L**iaison **G**ym.de 2 sauts	1 pt	**Note sur 10 :**
..... A X 0,40 = ...	AC	1 Elément **AC**robatique	1 pt	**Pénalités :** -
Note sur 4 :		**Note sur 4 :**		Note Finale