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| Éléments à évaluer | | | Repères d’évaluation | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Degré 1** | | | | | | | | | | | | | **Degré 2** | | | | | | | | | | | | **Degré 3** | | | | | | | | | | | | **Degré 4** | | | | | | | | | | | | |
| **AFL1** : S’engager pour produire une performance maximale à l’aide de techniques efficaces, en gérant les efforts musculaires et respiratoires nécessaires et en faisant le meilleur compromis entre l’accroissement de vitesse d’exécution et de précision | **La performance** | **Femme** |  | | | | | | | | | | | | |  | | | | | | | | | **Seuil national de performance** | | | | | |  | | | | | | | | |  | | | | | | | | | | | | |
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| Homme |  | | | | | | | | | | | | |  | | | | | | | | | **Seuil national de performance** | | | | | |  | | | | | | | | |  | | | | | | | | | | | | |
| Note /12 | | **0** | **0,5** | | | **1** | **1,5** | | | **2** | | **2,5** | | **3** | | **3,5** | | | **4** | **4,5** | | | **5** | **5,5** | | **6** | | **6,5** | | **7** | **7,5** | | | **8** | **8,5** | | | **9** | | **9,5** | | **10** | | **10,5** | | | **11** | **11,5** | | | **12** |
| **L’efficacité technique** | |  | | | | | | | | | | | | |  | | | | | | | | | | | |  | | | | | | | | | | | |  | | | | | | | | | | | | |
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| **AFL2** : S’entraîner, individuellement et collectivement, pour réaliser une performance | | |  |  |  |  |
| **6 pts** | **4pts** | **2pts** |  |  |  |  |
| **AFL3** : Choisir et assumer les rôles qui permettent un fonctionnement collectif solidaire | | |  |  |  |  |
| **2pts** | **4pts** | **6pts** |  |  |  |  |