

## Stationary Movements Rubric

**Name:** \_\_\_\_\_ **LET YR:** \_\_\_\_\_ **Per.** \_\_\_\_\_ **Evaluator:** \_\_\_\_\_

Movement	4 (100%)	3 (99%-90%)	2 (89%-75%)	1 (Less than 75%)
<p><b>ATTENTION</b>  <b>Head:</b> Head erect and face straight to the front with the chin drawn in so that alignment of the head and neck is vertical.  <b>Body:</b> Holds the body erect with hips level, chest lifted and arched, and the shoulders square.  <b>Arms:</b> Arms hang straight without stiffness  <b>Hands:</b> Curls the fingers so that the tips of the thumbs are alongside and touching the first joint of the forefingers. Keep the thumbs straight along the seams of the trouser leg with the first joint of the fingers touching the trousers.  <b>Legs:</b> Keeps the legs straight without locking the knees.  <b>Feet:</b> Brings heels together sharply on line, with toes pointing out equally, forming a 45-degree angle.  <i>Remains silent and does not move unless otherwise directed.</i></p>	Demonstrated correct position of feet, legs, hands, body posture and head.	Mostly demonstrated the correct position of feet, legs, hands, body posture and head.	Somewhat demonstrated the correct position of feet, legs, hands, body posture and head. Still moving and hesitant.	Poorly demonstrates the correct position of feet, legs, hands, body posture and head. Talking & moving.
<p><b>Present, ARMS</b>  While at the position of “ATTENTION”, executes a proper salute.  On the command of execution ARMS, raises the right hand sharply, fingers extended &amp; joined, palm facing down, and places the tip of the right forefinger to the forehead near and slightly to the right of the eyebrow. The outer edge of the hand is barely canted downward so that neither the back of the hand nor the palm is clearly visible from the front. The hand and wrist are straight, the elbow inclined slightly forward, and the upper arm horizontal.</p>	Demonstrated correct movement of arm and hand for this position on the command of execution.	Mostly demonstrated correct movement of arm and hand for this position on the command of execution.	Somewhat demonstrated correct movement of arm and hand for this position on the command of execution. Slight hesitation	Poorly executed movement of arm and hand for this position on the command of execution. Used left hand, much hesitation.
<p><b>Order, ARMS</b>  Order Arms from the Hand Salute is a one count movement. On the command of execution ARMS, return the hand sharply to the side, resuming the Position of Attention.</p>	Demonstrated correct movement of arm and hand for this position on the command of execution.	Mostly demonstrated correct movement of arm and hand for this position on the command of execution.	Somewhat demonstrated correct movement of arm and hand for this position on the command of execution.	Poorly executed movement of arm and hand for this position on the command of execution.
<p><b>Left, FACE</b>  Facing to the Flank is a two-count movement. The command is <b>Left, FACE</b>.  (1) On the command of execution <b>FACE</b>, slightly raise the right heel and left toe, and turn 90 degrees to the left on the left heel, assisted by a slight pressure on the ball of the right foot. Keep the left leg straight without stiffness and allow the right leg to bend naturally.  (2) On count two, place the right foot beside the left foot, resuming the Position of Attention. Arms remain at the sides, as in the Position of Attention, throughout this movement.</p>	Demonstrated correct movement of body and feet for this movement on the command of execution.	Mostly demonstrated correct movement of body and feet for this movement on the command of execution. Anticipating the command, slight hesitation.	Somewhat demonstrated correct movement of body and feet for this movement on the command of execution. Anticipating the command, much hesitation.	Poorly executed movement of body and feet for this movement on the command of execution. Pivoting on wrong foot or the ball of both feet.

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<p><b>Right, FACE</b> Facing to the Flank is a two-count movement. The command is <b>Right, FACE</b>. (1) On the command of execution <b>FACE</b>, slightly raise the left heel and right toe, and turn 90 degrees to the right on the right heel, assisted by a slight pressure on the ball of the left foot. Keep the right leg straight without stiffness and allow the left leg to bend naturally. (2) On count two, place the left foot beside the right foot, resuming the Position of Attention. Arms remain at the sides, as in the Position of Attention, throughout this movement.</p>	Demonstrated correct movement of body and feet for this movement on the command of execution.	Mostly demonstrated correct movement of body and feet for this movement on the command of execution. Anticipating the command, slight hesitation.	Somewhat demonstrated correct movement of body and feet for this movement on the command of execution. Anticipating the command, much hesitation.	Poorly executed movement of body and feet for this movement on the command of execution. Pivoting on wrong foot or the ball of both feet.
<p><b>About, FACE</b> Facing to the Rear is a two-count movement. The command is <b>About, FACE</b>. (1) On the command of execution <b>FACE</b>, move the toe of the right foot to a point touching the marching surface about half the length of the foot to the rear and slightly to the left of the left heel. Rest most of the weight of the body on the heel of the left foot and allow the right knee to bend naturally. (2) On count two, turn to the right 180 degrees on the left heel and ball of the right foot, resuming the Position of Attention. Arms remain at the sides, as in the Position of Attention, throughout this movement</p>	Demonstrated correct movement of body and feet for this movement on the command of execution.	Mostly demonstrated correct movement of body and feet for this movement on the command of execution. Anticipating the command, slight hesitation.	Somewhat demonstrated correct movement of body and feet for this movement on the command of execution. Anticipating the command, much hesitation.	Poorly executed movement of body and feet for this movement on the command of execution. Pivoting on wrong foot or the ball of both feet.
<p><b>Parade, REST</b> Parade Rest is commanded only from the Position of Attention. The command for this movement is <b>Parade, REST</b>. (1) On the command of execution <b>REST</b>, move the left foot about 10 inches to the left of the right foot. Keep the legs straight without locking the knees, resting the weight of the body equally on the heels and balls of the feet. (2) Simultaneously, place the hands at the small of the back and centered on the belt. Keep the fingers of both hands extended and joined, interlocking the thumbs so that the palm of the right hand is outward. (3) Keep the head and eyes as in the Position of Attention. Remain silent and do not move unless otherwise directed. Stand at Ease, At Ease, and Rest may be executed from this position.</p>	Demonstrated correct movement of arms and hands for this position on the command of execution.	Mostly demonstrated correct movement of arms and hands for this position on the command of execution. Anticipating the command, slight hesitation.	Somewhat demonstrated correct movement of arms and hands for this position on the command of execution. Anticipating the command, much hesitation.	Poor execution of movement, arms and hands incorrectly placed (ie. Left over right). Moved wrong foot (i.e. right foot). Moved head and eyes; talking, chewing gum.
<p><b>Stand At, EASE</b> The command for this movement is <b>Stand at, EASE</b>. On the command of execution <b>EASE</b>, execute Parade Rest, but turn the head and eyes directly toward the person in charge of the formation. At Ease or Rest may be executed from this position.</p>	Demonstrated correct movement of arms, hands and head for this position on the command of execution.	Mostly demonstrated correct movement of arms, hands and head for this position on the command of execution. Anticipating the command, slight hesitation.	Somewhat demonstrated correct movement of arms, hands and head for this position on the command of execution. Anticipating the command, much hesitation.	Poor execution of movement, arms and hands incorrectly placed (ie. Left over right). Moved wrong foot (i.e. right foot). Did not move head or eyes in direction of leader; talking.

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<p><b>AT EASE</b> The command for this movement is <b>AT EASE</b>. On the command <b>AT EASE</b>, the cadet may move; however, he must remain standing and silent with his right foot in place. The cadet may relax his arms with the thumbs interlaced. Rest may be executed from this position.</p>	<p>Demonstrated correct movement of arms, hands and head for this position on the command of execution.</p>	<p>Mostly demonstrated correct movement of arms, hands and head for this position on the command of execution. Anticipating the command, slight hesitation.</p>	<p>Somewhat demonstrated correct movement of arms, hands and head for this position on the command of execution. Anticipating the command, much hesitation.</p>	<p>Poor execution of movement, arms and hands incorrectly placed. Moved wrong foot (i.e. right foot); talking.</p>
<p><b>REST</b> The command for this movement is <b>REST</b>. On the command <b>REST</b>, the cadet may move, talk, or drink unless otherwise directed. He must remain standing with his right foot in place. <b>AT EASE</b> must be executed from this position to allow cadets to secure canteens, other equipment, and so forth.</p> <p><b>NOTE:</b> On the preparatory command for Attention, immediately assume Parade Rest when at the position of Stand at Ease, At Ease, or Rest.</p>	<p>Demonstrated correct movement of arms, hands and head for this position on the command of execution.</p>	<p>Mostly demonstrated correct movement of arms, hands and head for this position on the command of execution. Anticipating the command, slight hesitation.</p>	<p>Somewhat demonstrated correct movement of arms, hands and head for this position on the command of execution. Anticipating the command, much hesitation.</p>	<p>Poor execution of movement; moved the right foot; dismissed self from formation.</p>