

# A1 DANCE

NATD Gymnastic Dance (Acro)  
Class Exam Pre-Primary



## Section One - Warm Up

- a) Teacher's Warm Up

## Section Two - Arms

- a) Wrist Circling and Co-ordinated Swings

## Section Three - Exercises

- a) Foot Warm Up Standing
- b) Foot Warm Up Sitting
- c) Core Strengthening Exercise
- d) Back Bend

## Section Four - Dance Movements

- a) Gallops and Runs

## Section Five - Tricks

- a) Balances
- b) Preparation for Inversion
- c) Shapes

## Section Six

- a) Dance
- b) Bow to finish