

# A1 DANCE

NATD Gymnastic Dance (Acro)



In addition to all work from previous grades  
Rhythm, Musicality and Presentation will be assessed throughout the Examination

## **Section One - Warm Up**

- a) Teacher's Arrangement
- b) Shouldering the Leg & Hamstring Stretch
- c) Leg Swing to Back Kick
- d) Spring & Straddle Jump

## **Section Two - Arms**

- a) Teacher's Arrangement

## **Section Three - Technique**

- a) General & Shoulder Strengthening
- b) Preparation for 'Dolphin'
- c) Hitch Kick & Leg Extension

## **Section Four - Dance Movements**

- a) Turns, Leaps & Kicks
- b) Cartwheel Sequence

## **Section Five – Tricks – Candidates Choice of Three**

- a) Handstand to Bridge or Forward Walkover
- b) Turning Bridge
- c) Combination of Various Cartwheels
- d) Choice of any Balance
- e) Tumble of 3 Tricks
- f) Arab Spring or Round Off

Updated August 2024

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- g) Splits on either leg or Box Splits

## Section Six

Dance  
Bow to finish



## Theory

1. Q. Explain some Various Cartwheels  
A. Two Handed, One Handed, Second Handed, Aerial
2. Q. What part of the back do you bend in a Handstand to Bridge?  
A. You bend the middle of the back.
3. Q. Are the legs straight in a hitch kick?  
A. Yes.
4. Q. When recovering from a bridge what must you do?  
A. Push up through the pelvis and shoulders bringing your arms above your head.
5. Q. Explain a Back Catch?  
A. Holding the leg with both hands behind the body and pulling the leg towards the head.

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