

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) Strengthening of the Legs
- c) Hip Loosening & Back Bend
- d) Leg Swings & Vertical Splits

Section Two - Arms

- a) Teacher's Arrangement

Section Three - Technique

- a) Core Strengthening
- b) Development of 'Dolphin'
- c) Exercise for Box Splits

Section Four - Dance Movements

- a) Arrangement of Kicks
- b) Sequence of Movements

Section Five – Tricks – Candidates Choice of Three

- a) Elbow Balance
- b) Passing Walkover
- c) Dolphin
- d) Tick Tock
- e) Backward Walkover
- f) Tumble of 4 Tricks
- g) Own Trick

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Section Six

Dance

Bow to finish

Theory

1. Q. Where do we place our hands in a Backward Walkover to make it easier?
A. As close as possible to the feet.
2. Q. Where do we place our arms in an Elbow Balance to sustain the balance?
A. Equal distance apart, underneath the shoulders.
3. Choose either a) or b).
Q. Describe how you perform a Passing Walkover?
A. A forward walkover changing the leg in the air.
OR
Q. Describe how you perform a Tick Tock?
A. i) A forward walkover stopping when the second leg touches the floor, straight back into a backward walkover.
Alternative answer:
A. ii) A forward walkover where the second leg does not touch the floor but throws straight back into a backward walkover.
4. Q. Explain the difference between a Back Drop & a Back Bend??
A. You go straight back in a back bend & you spiral the body in a back drop.

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5. Q. What is a Tail Spin?
A. Spin on the bottom completing one turn.

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