

A1 DANCE

NATD Gymnastic Dance (Acro)



In addition to all work from previous grades

Section One - Warm Up

- a) Teacher's Warm Up
- b) Foot and Leg Warm Up

Section Two - Arms

- a) Parallel Arm Swing with knee bend
- b) Arm Circling

Section Three - Technique

- a) Instep Strengthening
- b) Core Strengthening
- c) Leg Extension
- d) Basic Backbend & strengthening

Section Four - Dance Movements

- a) Set Amalgamation
- b) Spinning

Section Five - Tricks

- a) 8 Balances
- b) Cartwheel
- c) Lower Support
- d) Shoulder Stand
- e) Forward Roll to Shape

Section Six

- a) Dance
- b) Bow to finish

Updated August 2024