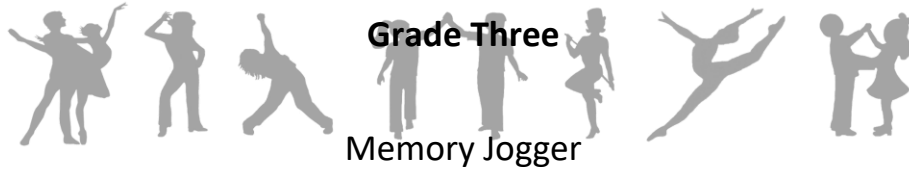


# A1 DANCE

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) Swing Kicks & Leg Loosening
- c) Preparation for Elevation

## **Section Two - Arms**

- a) Arm Exercise

## **Section Three - Technique**

- a) Core Strengthening
- b) Development of Shouldering the Leg
- c) Back Strengthening and Abdominal exercise

## **Section Four - Dance Movements**

- a) Turns & Tricks
- b) Kicks, Leaps & Turns

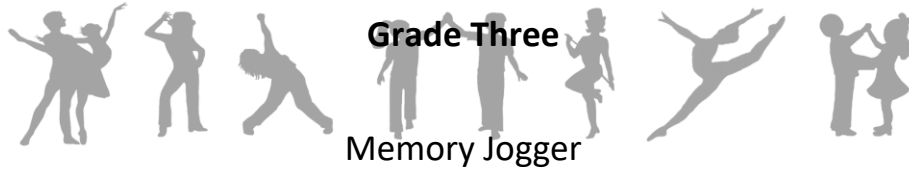
## **Section Five – Tricks – Candidates Choice of Three**

- a) Handstand into Forward Roll
- b) Backward Roll into Straddle
- c) Backbend from standing and extend the leg
- d) Elbow Balance into a Bridge to recover
- e) One Handed Cartwheel
- f) Splits on either leg or Box Splits

Updated August 2024

# A1 DANCE

NATD Gymnastic Dance (Acro)



## Section Six

Dance

Bow to finish



## Theory

1. Q. What do we use to help us turn?  
A. We must use the Head, Eyes and Arms.
2. Q. Explain why we do a warm up?  
A. The warm up should gently prepare the body for exercises by gradually increasing the heart rate and circulation.
3. Q. What must you be careful of in a Handstand into forward roll?  
A. Not to go too high in the handstand.
4. Q. What must you do in a Backward Roll to help you go over?  
A. Push strongly on the arms.



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