

# A1 DANCE

NATD Modern Stage

Grade Two



In addition to all work from previous grades

## **Section One - Warm Up and Rhythm**

- a) Warm up
- b) Stretching Exercise – Teacher's arrangement
- c) Clapping & marking
- d) Copy a simple rhythm

## **Section Two - Arms**

- a) Arm circling
- b) Teacher's amalgamation using circular arm movements  
(Either a or b may be used for a boy or girl, choose one)

## **Section Three - Limbering**

### **Standing**

- a) General conditioning exercise
- b) Forward body stretch & back bend exercise

### **Floor**

- i. Controlled thigh exercise for sitting & standing
- ii. Controlled thigh exercise  
(choose either i. or ii.)
- c) Preparatory exercise for contraction in a sitting position

## **Section Four - Steps**

- a) Exercise for front kicks
- b) Walks & turns
- c) Leaps & jumps

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Memory Jogger

## Section Five - Travelling sequence and Dance

- a) Travelling sequence
- b) Dance and Bow



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### Theory

- 1. Q. On the forward body stretch what must we be careful not to do?  
A. We must not push our hips backwards.
- 2. Q. On the back bend what must we be careful not to do?  
A. We must not push our hips forwards.
- 3. Q. On the controlled thigh exercises which part of our body do we use to stand up?  
A. Our thighs, not our backs.
- 4. Q. When contracting in the preparatory exercise for contraction where is the head held?  
A. Chin tucked down towards the chest.
- 5. Q. When kicking forwards is the supporting leg bent or straight?  
A. It is straight.

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6. Q. When leaping is the back leg bent or straight?  
A. It is straight.