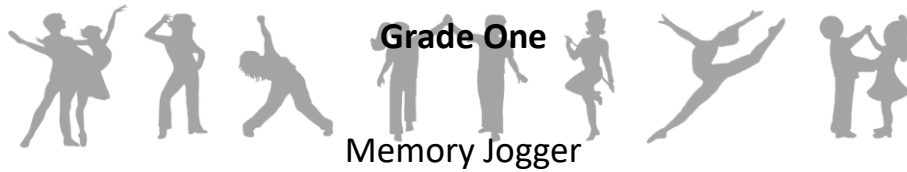


A1 DANCE

NATD Gymnastic Dance (Acro)



In addition to all work from previous grades

Section One - Warm Up

- a) Teacher's Arrangement
- b) Front Kicks and Back Bend
- c) Press Up Preparation

Section Two - Arms

- a) Opposition Arms Exercise

Section Three - Technique

- a) Spine and Hamstring Stretch
- b) Core Bridge Exercise
- c) Side and Forward Stretch

Section Four - Dance Movements

- a) Half Turns and Jumps
- b) Preparation Front and Side Kicks with Turns
- c) Travelling Sequence

Section Five – Tricks – Candidates Choice of Three

- a) Choreographed Solo Balances
- b) Cartwheel, Forward Roll and Circle Roll
- c) Backward Roll
- d) Bridge
- e) Forward Roll to Stand

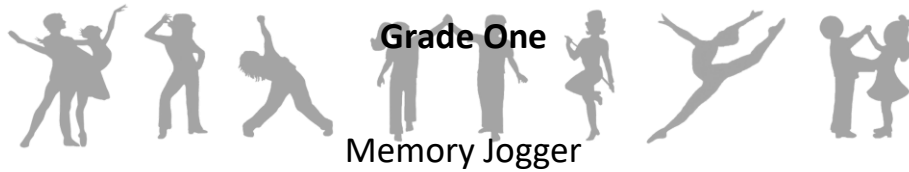
Section Six

Dance

Updated August 2024

A1 DANCE

NATD Gymnastic Dance (Acro)



Bow to finish

Theory

1. Clap and Count 4 bars of 3/4
2. Q. Which part of the head do you use in a Forward Roll?
A. Top of the back or Top of the spine.
3. Q. Do you use your shoulders or back in a Circle Roll?
A. The shoulders.
4. Q. Do we place the hands in a Cartwheel one at a time or at the same time?
A. One at a time.
5. Q. Do you need to tuck your chin into your chest to do a forward roll?
A. Yes.



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