

ACRO 1



CLASS DESCRIPTION

ACRO 1 is recommended for dancers ages 7-9 or by teacher approval. Acro dance blends gymnastics tricks seamlessly with the grace of dance and can be seen in such performances as Cirque du Soleil. Acro is the perfect fit for children who love gymnastics but want to get a feel for dance, or a dancer who wants to get a feel for gymnastics!

CLASS LENGTH

45 minutes

ATTIRE REQUIRED

Clothing: Form fitting clothing or leotard

Shoes: Bare feet or paws (foot undeez)

Hair: Pulled back off face and neck

PERFORMANCES

The dance program holds recitals in December and June. These performances showcase each student's progress and are an opportunity to celebrate your child's success. Information regarding these events will be distributed to you as they occur.

ASSESSMENT

Dancers' progress in class is assessed formally at the end of Term 2 (December) and the end of Term 5 (June). Each dancer will receive a progress report and graded on the skills listed in this syllabus earning:

Satisfactory (S)

Approaching (A)

Needs Improvement (I)

A student is eligible to move up to the next level once they have achieved Satisfactory in most skills.

SYLLABUS

Terms and movements to be learned and performed satisfactorily before going into Acro 2.

IN CENTER & ACROSS THE FLOOR

Bridge, push up from floor & from standing

Chin stand, basic form

Elbow stand

Headstand, teddy bear stand

30-second handstand hold with partner

Handstand, good leg & bad leg

Handstand with single & double stag

Cartwheel, good & bad leg, one-handed

Opposite one-handed cartwheels from both legs

Tinsica drills

Wheelbarrow walks across floor without resting

Tick tock

Round off

Elbow cartwheel, good & bad leg

Front limber

Front walkover, back walkover

OTHER CATEGORIES

Follows directions

Work ethic

Dress code compliance

Attendance

CLASS OBJECTIVES

- Demonstrate increasing kinesthetic awareness utilizing the elements of space, time, energy, & movement.
- Demonstrate & develop the following partner skills: copying, leading & following, mirroring.
- To create & memorize movement phrases within a specified structure.
- Observe & describe the inter-relatedness of dance elements.
- Identify personal goals to improve oneself as a dancer.

ACRO 2

CLASS DESCRIPTION

ACRO 2 is recommended for 10-12-year-old dancers or gymnasts able to do a front and back walkover or students who have completed Acro 1. Students work on improving their flexibility, strength, and controlling their movement. Acro is the perfect fit for children who love gymnastics but want to get a feel for dance, or a dancer who wants to get a feel for gymnastics!



CLASS LENGTH

55 minutes

ATTIRE REQUIRED

Clothing:	Form fitting clothing or leotard
Shoes:	Bare feet or paws (foot undeez)
Hair:	Pulled back off face and neck

PERFORMANCES

The dance program holds recitals in December and June. These performances showcase each student's progress and are an opportunity to celebrate your child's success. Information regarding these events will be distributed to you as they occur.

ASSESSMENT

Dancers' progress in class is assessed formally at the end of Term 2 (December) and the end of Term 5 (June). Each dancer will receive a progress report and graded on the skills listed in this syllabus earning:

Satisfactory (S)

Approaching (A)

Needs Improvement (I)

A student is eligible to move up to the next level once they have achieved Satisfactory in most skills.

SYLLABUS

Terms and movements to be learned and performed satisfactorily before going into Acro 3.

IN CENTER & ACROSS THE FLOOR

1-minute handstand hold with partner	Front walkover, one-handed
Chin stand hold	Back walkover, one-handed
Headstand hold	Switch leg front walkover
Elbow stand hold, elbow tick tock	Switch leg back walkover
Straddle position jump to handstand	Back handspring
Head spring	OTHER CATEGORIES
Handstand walks & holds	Follows directions
Tinsica on good leg	Work ethic
Leg hold cartwheel	Dress code compliance
Elbow back walkover	Attendance

CLASS OBJECTIVES

- Demonstrate increasing kinesthetic awareness utilizing the elements of space, time, energy, & movement.
- Demonstrate & develop the following partner skills: copying, leading & following, mirroring.
- To create & memorize movement phrases within a specified structure.
- Observe & describe the inter-relatedness of dance elements.
- Identify personal goals to improve oneself as a dancer.

ACRO 3



CLASS DESCRIPTION

ACRO 3 is recommended for 11-13-year-old dancers or gymnasts able to do a back handspring or students who have completed Acro 2. This class emphasizes flexibility and control of the back and torso. Acro is the perfect fit for children who love gymnastics but want to get a feel for dance, or a dancer who wants to get a feel for gymnastics!

CLASS LENGTH

55 minutes

ATTIRE REQUIRED

Clothing:	Form fitting clothing or leotard
Shoes:	Bare feet or paws (foot undeez)
Hair:	Pulled back off face and neck

PERFORMANCES

The dance program holds recitals in December and June. These performances showcase each student's progress and are an opportunity to celebrate your child's success. Information regarding these events will be distributed to you as they occur.

ASSESSMENT

Dancers' progress in class is assessed formally at the end of Term 2 (December) and the end of Term 5 (June). Each dancer will receive a progress report and graded on the skills listed in this syllabus earning:

Satisfactory (S)

Approaching (A)

Needs Improvement (I)

A student is eligible to move up to the next level once they have achieved Satisfactory in most skills.

SYLLABUS

Terms and movements to be learned and performed satisfactorily before going into Acro 4.

IN CENTER & ACROSS THE FLOOR

Tinsica, both sides	Elbow front walkover
Handstand to elbow stand	Handstand walks in various leg positions
Straddle jump to handstand, front walkover out	Front handspring step out
Elbow stand scorpion	Cartwheel, back handspring step out
Handstand pirouette	Back walkover to handstand, worm down
Chest roll	Kip up
OTHER CATEGORIES	Valdez
Follows directions	Suicides (front toss)
Work ethic	Jump pike to handstand, front limber out
Dress code compliance	Back limber
Attendance	Side aerial

CLASS OBJECTIVES

- Improvise, create, & perform dances based on own ideas & concepts from other sources.
- Discuss interpretations of & reactions to a dance. Respectfully critique others' work.
- Identify personal goals to improve oneself as a dancer.

ACRO 4

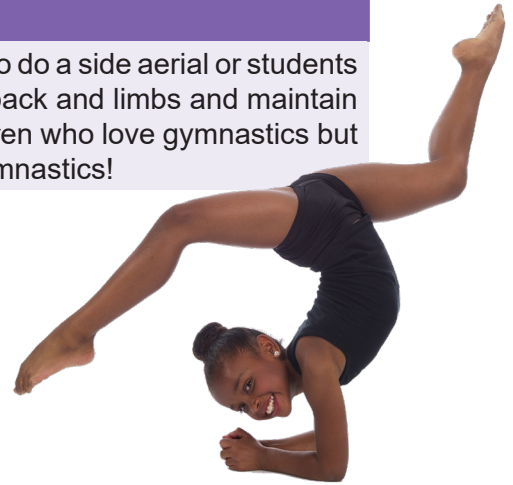
CLASS DESCRIPTION

ACRO 4 is recommended for 12-14-year-old dancers or gymnasts able to do a side aerial or students who have completed Acro 3. Dancers have superior flexibility in their back and limbs and maintain controlled balance throughout their core. Acro is the perfect fit for children who love gymnastics but want to get a feel for dance, or a dancer who wants to get a feel for gymnastics!

CLASS LENGTH 55 minutes

ATTIRE REQUIRED

Clothing: Form fitting clothing or leotard
Shoes: Bare feet or paws (foot undeez)
Hair: Pulled back off face and neck



PERFORMANCES

The dance program holds recitals in December and June. These performances showcase each student's progress and are an opportunity to celebrate your child's success. Information regarding these events will be distributed to you as they occur.

ASSESSMENT

Dancers' progress in class is assessed formally at the end of Term 2 (December) and the end of Term 5 (June). Each dancer will receive a progress report and graded on the skills listed in this syllabus earning:

Satisfactory (S)

Approaching (A)

Needs Improvement (I)

A student is eligible to move up to the next level once they have achieved Satisfactory in most skills.

SYLLABUS

Terms and movements to be learned and performed satisfactorily before going into Acro 5.

IN CENTER & ACROSS THE FLOOR

Chasse en tournant into side aerial

Back handspring, worm down

Side aerial from standing

Back handspring step outs (consecutively)

Over-splits

One-handed back handsprings

Rubber band

Rolling tinsicas

OTHER CATEGORIES

Side aerial to kneeling, tinsica out

Follows directions

Flare front walkover

Work ethic

Butterfly

Dress code compliance

Standing back tuck

Attendance

Front aerial

CLASS OBJECTIVES

- Apply & utilize kinesthetic awareness in development of movement skills & dance techniques.
- Combine the elements of space, time, & energy/dynamics to create dance sequences.
- Demonstrate the ability to work alone & cooperatively in a small group during the choreographic process.
- Improvise, create, & perform dances based on own ideas & concepts from other sources.
- Discuss interpretations of & reactions to a dance. Respectfully critique others' work.
- Identify personal goals to improve oneself as a dancer.

ACRO 5

CLASS DESCRIPTION

ACRO 5 is the highest level of acro and recommended for 15-18-year-old dancers or gymnasts able to do a front aerial or students who have completed Acro 4. Acro is the perfect fit for children who love gymnastics but want to get a feel for dance, or a dancer who wants to get a feel for gymnastics!

CLASS LENGTH

55 minutes

ATTIRE REQUIRED

Clothing: Form fitting clothing or leotard

Shoes: Bare feet or paws (foot undeez)

Hair: Pulled back off face and neck

PERFORMANCES

The dance program holds recitals in December and June. These performances showcase each student's progress and are an opportunity to celebrate your child's success. Information regarding these events will be distributed to you as they occur.

ASSESSMENT

Dancers' progress in class is assessed formally at the end of Term 2 (December) and the end of Term 5 (June). Each dancer will receive a progress report and graded on the skills listed in this syllabus earning:

Satisfactory (S)

Approaching (A)

Needs Improvement (I)

A student is eligible to move up to the next level once they have achieved Satisfactory in most skills.

SYLLABUS

Terms and movements to be learned and performed satisfactorily.

IN CENTER & ACROSS THE FLOOR

Leg hold aerial

Scorpion

Standing front aerial

Chin stand, worm into straddle split

Bad leg side aerial

Back handspring step out, back layout step out

OTHER CATEGORIES

Brandy

Follows directions

Onodi

Work ethic

Tumbling series of 3 or more skills

Dress code compliance

Straddle handstand pirouette

Attendance

Controlled handstand holds

CLASS OBJECTIVES

- Apply and utilize kinesthetic awareness in development of movement skills and dance techniques.
- Combine the elements of space, time, and energy/dynamics to create dance sequences with a variety of themes and concepts.
- Demonstrate the ability to work alone and cooperatively in a small group during the choreographic process.
- Improvise, create, and perform dances based on own ideas and concepts from other sources.
- Discuss interpretations of and reactions to a dance. Respectfully critique others' work.
- Identify personal goals to improve oneself as a dancer.

