



How to be **PERFORMANCE** Ready

It's not enough to just dance the exercise, you must **PERFORM** the exercise for your audience.

Do you_____

- ☐ smile while dancing?
- ☐ pull up tall before, during and after a step?
- ☐ sit down and stand up nicely?
- ☐ have your eyeline forward & slightly lifted?
- ☐ Show your having fun while dancing

Name: _____

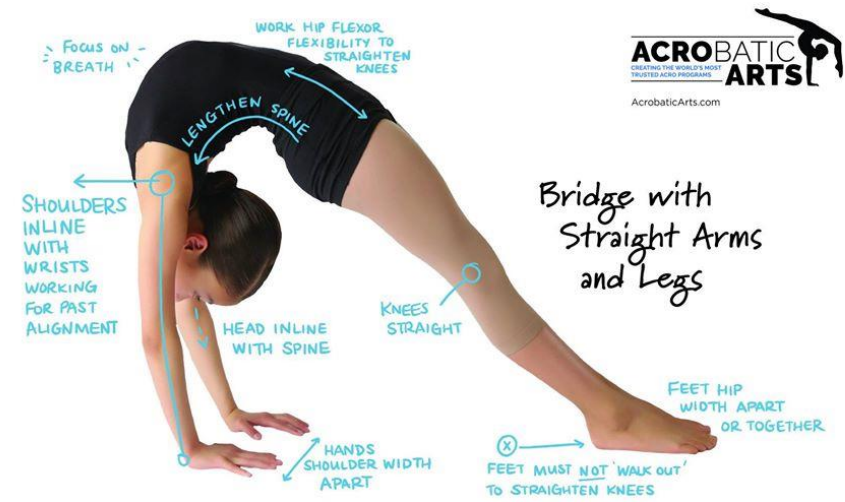
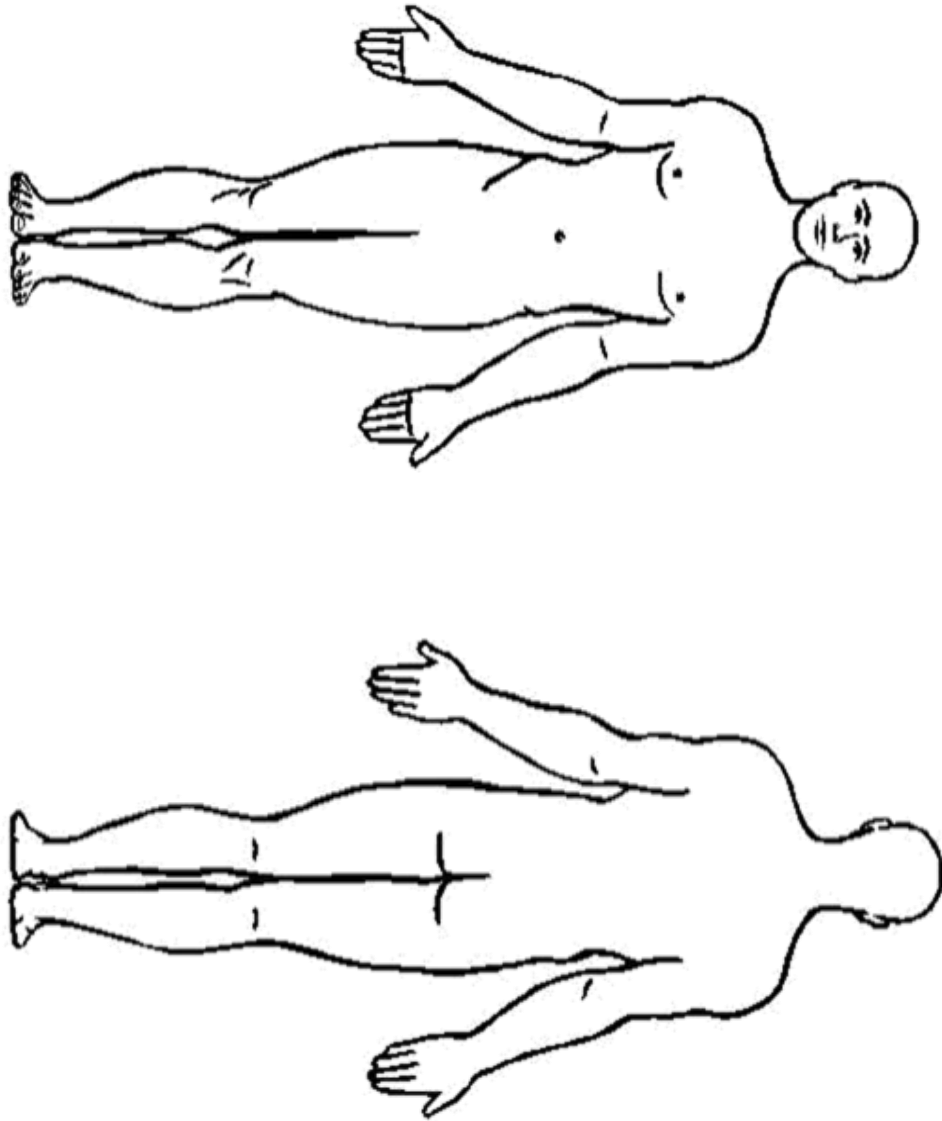
Year: 20__



ADA ACRODance
LEVEL 1 (BEGINNER)

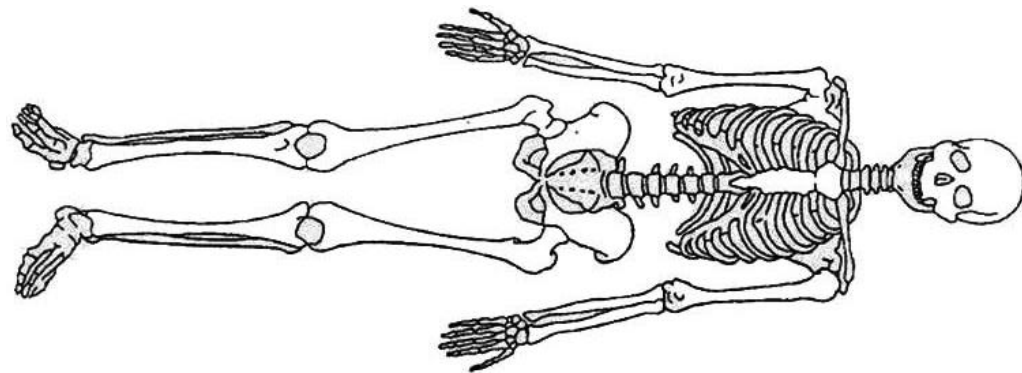
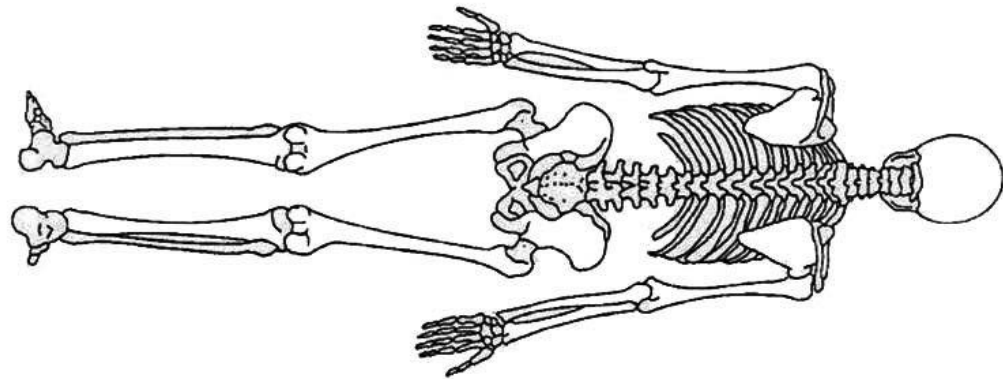
Exercises	Notes	I know what to do	I use the correct technique when I do it	I perform the exercise (it's exam ready!)
Set Warm Up				
Set Requirements				
Back Arch	Shown from the floor			
Donkey Kick or Handstand	x3 across the floor			
Basic cartwheel	x3 across the floor			
Balances				
Teddy Bear Stand or Headstand	Hold for at least 3 seconds			
Side Mount	Centre or Barre Hold for at least 3 seconds			
Flexibility				
Square Split	Good Leg			
Middle Split Preparation				
Back Arch	From floor or standing			

[illegible]

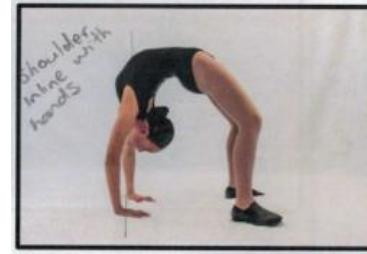


Headstand
(Tuck Position)

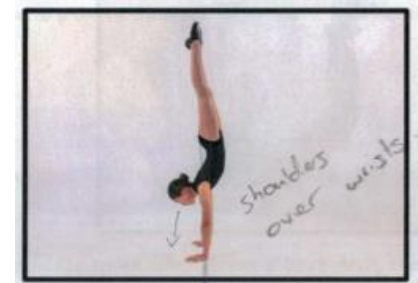
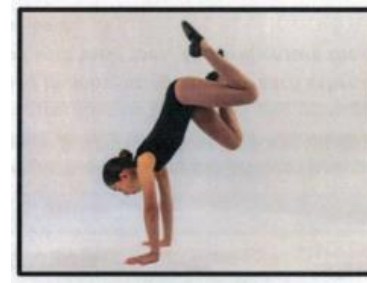




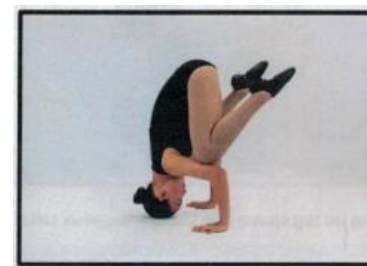
Back Arch



Donkey Kick | Handstand



Teddy Bear Stand | Headstand



Side MountSquare Split | Middle Split