

Aerobic Gymnastics Level 1 (Cycle 6) Syllabus

Practical Delivery:

Physical preparation, including posture
Conditioning programme and circuit work
Artistic and technical gymnastic components
Choreography, composition and performance
Foundation level routine
Technical skill, technical execution and physical preparation
Difficulty elements – groups a, b, c and d

Floor Skills:

Cartwheel
Cartwheel $\frac{1}{4}$ turn inwards
One handed cartwheel
Round off
Forwards and backwards walkovers