

Aerobic Gymnastics Level 2 (Cycle 6) Syllabus

Practical Delivery:

Physical preparation
Strength and endurance training
Conditioning programme

Difficulty elements:

Element pool group A: dynamic strength
Element pool group B: static strength
Element pool group C: jumps and leaps
Element pool group D: balance and flexibility
NAC and FIG code of difficulty elements

Practical elements:

Element pool group A: dynamic strength
Element pool group B: static strength
Element pool group C: jumps and leaps
Element pool group D: balance and flexibility
Artistic and technical gymnastic components
Choreography, composition and performance
Group level 1 routine
Technical skill, technical execution and physical preparation
Physical interactions, transitions and linking acrobatic elements A1 - A6

Floor Skills:

Cartwheel
Cartwheel quarter turn inwards
One handed cartwheel
Round off
Forwards and backwards walkovers
Handspring
Back flic