

## Aerobic Gymnastics Level 3 (Cycle 6) Syllabus

### Technical Module 1

#### Scoring:

The general purpose and organisation of judging and scoring at events, including the role of the chair and superior jury

General principles of scoring artistic, execution and difficulty

Specific principles of scoring artistic, execution and difficulty

#### Judging:

General purpose and organisation of judging at events

Authority and accountability of superior jury (SJ) members and SJ president

Specific function of SJ

Specific function of SJ president

Function, authority and accountability of the chair of judge's panel (CJP)

Specific function of CJP

Specific function of the artistic judge

#### Judging continued:

Specific function of the execution judge

Specific function of the difficulty judges

#### Routine Construction Principles and Composition:

The definition of aerobic gymnastics

The characteristics of aerobic gymnastics

Aerobic gymnastics and execution terminology

Constructing a routine

### Technical Module 2

#### Choreography:

AMP – amount and balance; creative and complexity, variety and originality

Transitions and links – amount and balance, creative and complexity, variety and originality

Partnership (MP TR GR) – amount and balance, creative and complexity, variety and originality

#### Key Activities and Conditioning Drills:

Aerobic gymnastic conditioning programmes

Aerobic dance drills

Transitions and links training

Fluency and dynamics

#### Lifts:

Selection and placement

Creativity and complexity

Variety

Fluency and dynamics

#### Routine Composition:

Principles of routine construction

Special requirements for group 1 and 2

Routine composition

FIG requirements – choreography, technical skill and synchronisation

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### **Technical Module 3**

#### **Dynamic Strength Group A Difficulty Skills:**

Theory: element phases and skill progressions

Theory: minimum requirements and execution

Practical: specific physical and technical preparation for all families (element value 0.3 – 0.8)

Push up

Wenson push up

Plio push up

A Frame

Cut

V & high v support

Leg circle

Flair

Helicopter

Capoeira with twist

#### **Static Strength Group B Difficulty Skills:**

Theory: element phases and skill progressions

Theory: minimum requirements and execution

Practical: specific physical and technical preparation for all families (element value 0.3 – 0.8)

Straddle support

L support

V support

Wenson support

Lever support

Planche