

## Rhythmic Gymnastics Level 1 (Cycle 6) Syllabus

### **Body Technique - Biomechanics:**

- Gravitational force
- Centre of mass
- Centre of mass and balance
- Centre of mass and rotation
- Creating rotation

### **Physical Preparation and Conditioning:**

- Stamina and strength
- The warm up
- Examples of simple aerobic activities
- Strength and endurance training

### **Ballet, Dance and Posture Training:**

- Why is good posture important?
- Arm positions
- Leg positions
- Basic ballet exercises

### **Body Skills:**

- Jumps and leaps
- Balances
- Pivots
- Flexibilities and waves
- Sequence construction
- Tasks
- Apparatus techniques
- Swing

### **Apparatus Work:**

- Rope
- Hoop
- Ball
- Clubs
- Ribbon
- Throwing and catching