

Acro Class Eligibility Chart



Music in Motion Angus is an Acrobatic Arts Certified Studio. We follow the Acrobatic Arts Curriculum and Terminology.

(NOTE: AA is an internationally recognized curriculum. Our studio understands that there are other Curricula and we will honour any internationally recognized Acro Curriculum. Eg. If a student is trained in ADTA Method, we will honour that.)

When our Dance Teachers are preparing Classes our primary focus is to provide an environment that is best for each student's development. We don't want students in a Class that is too easy because they will get bored. Also, we don't want students in a Class that is too difficult because they will get frustrated AND may get injured. We have absolutely no intention to "insult" students.

To Be Clear: If a dancer thinks that she/he should be in Acro 4, but the Eligibility Requirements suggest that they should be in Acro 3, that is NOT a demotion or a failure. That is putting the dancer in the Class that is BEST FOR THEM. In addition, if a dancer starts in a Class and shows measurable improvement, we would be happy to consider moving them up a Level in January.

Summer Preparation: The Requirements described below can also be used by dancers as a Guide to Practice over the summer to help them prepare for Class. (The Requirements are provided in the form of a checklist.)

NOTE: During the first month of Classes, Teachers will be evaluating students to ensure they are in the best Level for their success. As a result, Teachers may recommend that some students move to a different Level.

To be suitable for a particular Level, the student must meet a majority of the Requirements (described below).

We recognize that some young people have physical and/or mental challenges or disabilities. Our Staff is prepared and willing to adjust the Curriculum if needed to meet the needs of particular dancers.

Etiquette: All Acro Dancers are expected arrive ON TIME, wearing the Required Dancewear with long hair tied back off the face, ready to fully participate in ALL exercises.

Beginner Tumble & Tricks

In this Class dancers will learn foundations and terminology of acro, eg. Flexibly, Strength, Balance, Limbering, and Tumbling; flexibility stretches; strengthening positions; and body control and movement. Dancers will learn Cobra Demonstrations, Plank Demonstrations, Balancing on one leg/toes, and Jumps. Plus, they will learn starting positioning for larger tricks, Gallops, and Pre-Cartwheels.

Requirements

- At least 4 years old

Acro 1

In this Class dancers will further develop their knowledge of terminology and technique. They will start combining steps to complete moves. Importantly they will further develop the courage and self-confidence to be upside down. Plus, they will demonstrate and hold strength positions like planks, wall sits and handstands.

Requirements:

- At least 6 years old

Acro 2

(NOTE: By Acro Level 2 it is recommended that dancers have a foam Yoga Block and Theraband for Class, and a mat for Home Practice.)

In this Class dancers will start incorporating more tricks including Bridges lifting 1 arm or leg off the ground, Handstands without assistance, and Cartwheels on both legs. They will learn more complicated balancing movements such as Baby Scorpions and Teddy Bear Headstands. Dancers will hold strength positions for at least 20 sec and learn pre-splits (max 6in from the ground).

Requirements:

- At least 6 years old
- Can complete a pre-cartwheel
- Can demonstrate a handstand with either person assistance or wall assistance
- Confidently complete a somersault
- Demonstrate an understanding of at least 2 of the following
 - Plank on hands
 - Superman
 - Wall sit
 - V sit

Acro 3

(NOTE: Dancers should have a foam Yoga Block and Theraband for Class, and a mat for Home Practice.)

In this Class dancers will spend more time upside down, and learn more tumbling skills including backwards rolls, cartwheels from 1 knee. They will learn multiple bridge

positions including lowering to a bridge from standing, walking in a bridge, and kicking over from a bridge on a stack of mats. They will develop a straight handstand without assistance, and will hold strength positions for at least 30 sec.

Requirements:

- At least 7 years old
- Demonstrate a teddy bear headstand
- Demonstrate and hold a bridge
- Demonstrate a Cartwheel on the right AND left
- Demonstrate a pre-split (right, left, centre) max 8in from the ground

Remember: Acro is a style of DANCE. We recommend that kids are taking at least TWO hours of dance per week (1 being acro) to help further their technique, understanding of terminology, and understanding of dance steps.

Acro 4

(NOTE: Dancers have a foam Yoga Block and Theraband for Class, and a mat for Home Practice.)

In this Class dancers will: Further their flexibility including Handstand into a chest roll and Half Scorpions. Dancers' Splits will now be max 4in from the ground, and they will hold strength positions for min 40sec. They will learn more styles of bridges including kicking over in your bridge, handstand to bridge, and recovering to standing from a bridge. They will further develop tumbling skills including One-handed Cartwheels, Dive Rolls, and building preps for trick like Aerials and Tumbling Passes.

Requirements:

- At least 7 years old
- Bridge kick over from stack of mats
- Down to a bridge from standing
- Forward rolls
- Headstand (in tuck position)

Remember: Acro is a style of DANCE. We recommend that kids are taking at least THREE hours of dance per week (1 being acro) to help further their technique, understanding of terminology, and understanding of dance steps.

Acro 5+

(NOTE: By Acro Level 2 it is recommended that dancers have a foam Yoga Block and Theraband for Class, and a mat for Home Practice.)

In this Class dancers will: develop a deeper understanding of terminology, more advanced tumbling and limbering, improve their stamina to be upside down, and add pop cartwheels, round-offs, Arabian (straddle) handstands to forward roll. Dancers will hold strength positions for at least 50sec and improve flexibility with Splits to a max of 4in from the ground. Plus, they will add tricks like chest stands, forearm stand, and headstands in more complicated leg positions.

Requirements:

- At least 8 years old
- Cartwheels 2 and 1 handed, handstand, and bridge kick-over on right AND left
- Pre-splits, Pre-forward bend, pre-toes to head, 3-5in from the ground/head
- Demonstrate and hold various strength positions for 40sec+
- 1 of the following
 - Handstand to forward roll
 - Handstand to bridge
 - Handstand to chest roll

Remember: Acro is a style of DANCE. We recommend that kids are taking at least THREE hours of dance per week (1 being acro) to help further their technique, understanding of terminology, and understanding of dance steps.