



Key Skills:

KS4 AESTHETICS Workouts

SMSC and British Values

- Understanding the need for rules and regulations
- Ensuring fair play at all times



Aesthetic Components

BOUNCE:

BOUNCE is a form of low-impact form of fitness performed on rebounders (mini-trampolines). There are some key basic moves such as jacks, spots and dynamic squats. The exercises are performed and developed to ensure the heart rate is being risen and each individual is pushing to their maximum. The exercises are performed to music and are aimed at targeting stamina and co-ordination.

Trampolining:

All trampolining routines require performers to understand the basic skills of straight jump, landing and stopping. Once a performer achieves mastery of these skills they are able to progress to more technically challenging skills and techniques. The key components will consist of start position, gaining height, dropping and stopping. This will be completed within a range of different types of stunts.

Dance:

Looking at a range of styles of Dance is one of the most basic forms of art which promotes expression and communication of emotion. Transferring the stylistic features of a style to develop unique choreographies is at the forefront of Toynbee's Dance education. Dance is an art which allows all who access it to express themselves in an individual way and has benefits for mental health using release techniques. Dance is an exercise form which allows you to have fun while challenging yourself physically.

Cheerleading:

Cheerleading is a sport which is a combination of sideline cheerleading, gymnastics and dance. It is a skillful sport which is known for its tumbling, stunts and dance moves which are executed to perfection in order to receive high marks from a judge. Typically a routine in cheer is 2 and a half minutes. Each stunt within a cheer routine is scored upon a combination of factors: difficulty, execution and smooth transitions.

BOUNCE



TRAMPOLINE FITNESS



DANCE



CHEER



Skill	Description
CONTROL	The ability to start and stop movement, change direction and hold a shape efficiently.
POSTURE	The way the body is held.
ALIGNMENT	Correct placement of body parts in relation to each other.
EXTENSION	Lengthening one or more muscles or limbs.
FLEXIBILITY	The range of movement in the joints (involving muscles, tendons and ligaments).
STRENGTH	Muscular power.
STAMINA	Ability to maintain physical and mental energy over periods of time.
CO-ORDINATION	The efficient combination of body parts
BALANCE	A steady or held position achieved by an even distribution of weight.
MOBILITY	The range of movement in a joint; the ability to move fluently from action to action.
ISOLATION	An independent movement of part of the body.
TEAMWORK	The ability to work with other people to achieve a goal.
COMMUNICATION	How team members share information and knowledge to make decisions.



Front Lunge

Broken T

Left High V

Right Bow & Arrow



High V



Diggers



Right Punch Up



Clasp



Low V



Touchdown



Left Punch Up



Clap



T



Right Half High V



Left Bow & Arrow



Right Low V

CREATING A DANCE MOTIF

A motif is the main, often recurring theme or element in a movement sequence.

When creating a dance motif always consider:

ACTION	SPACE
DYNAMICS	RELATIONSHIPS

Motifs can be created through the use of **5** basic actions:

1	<p style="text-align: center; margin: 0;">TRAVELLING</p> <p style="font-size: 0.8em; margin: 0;">Includes stepping, transferring body weight and sliding.</p>	
2	<p style="text-align: center; margin: 0;">JUMPING</p> <p style="font-size: 0.8em; margin: 0;">There are various ways of jumping: 2 feet to 2 feet, 2 feet to 1 foot etc.</p>	
3	<p style="text-align: center; margin: 0;">TURNS</p> <p style="font-size: 0.8em; margin: 0;">1/4, 1/2, 1/3 or full turns. Turns can be performed as a jump.</p>	
4	<p style="text-align: center; margin: 0;">GESTURES</p> <p style="font-size: 0.8em; margin: 0;">A body movement that portrays a concept or mood.</p>	
5	<p style="text-align: center; margin: 0;">STILLNESS</p> <p style="font-size: 0.8em; margin: 0;">A motionless pose during the dance sequence.</p>	

All of the above actions can be repeated and varied using different levels, speeds, dynamics and body parts.

A dance phrase is made by developing and combining motifs.

REMEMBER

To add to the effect of the finished dance, incorporate appropriate and complementary Accompaniment, Set, Props & Lighting and Costumes.

Safety Rules

- 1 All jewellery is to be removed
- 2 Wear appropriate footwear
- 3 Please be changed into the correct attire.
- 4 In this studio we respect each other.
- 5 In this studio we respect the space.
- 6 Try your hardest and be open to new ideas
- 7 Stay focussed and on task for your safety
- 8 Bring water into the studio for hydration
- 9 Follow all staff instructions
- 10 Have fun!

Basic Cheer Actions

How many do you know?

TRAMPOLINE SAFETY TIPS

1. Warm-up properly
2. Use proper skill progressions
3. Bounce one at a time
4. Always climb on and off an above ground trampoline or walk off an in ground trampoline
5. Stay in control while bouncing
6. Learn how to "freeze" and stop bouncing
7. Proper progressions are important - execute only those skills you are capable of performing
8. Use spotters when necessary
9. Wear proper attire and remove jewelry