

Grade Two - required

Q. Clap & Count 2 bars of 4/4 time

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(4/4 time signature = 4 beats in a bar of music)

A. Clap & Count **1** 2 3 4, W **1** 2 3 4

OR Count it as **1** 2 3 4, **2** 2 3 4

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Q. Where do you place your hands in a bridge?

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A. They face in towards the feet,
placed under the shoulders.

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Q. What position are your head and hands
in a headstand?

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A. They make a triangle shape, head at the top
of the triangle, hands either side.

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Q. Is the back leg straight or bent
in a split leap?

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A. The leg is straight.

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Grade Two - Good to know

Q. Where should the head be looking in
an Elbow Stand?

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A. At your hands or the floor.

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Demonstrate - show
Co-ordinated arms

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*Both arms move in the same direction at
the same time*
May be low, middle or high.

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Show
Stretched pointed feet

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*This is the same as good toes, a nice stretch
through the ankle to the tips of the toes.*

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Show
Flexed feet

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*This is the same as naughty toes,
your feet pulled back towards your face.*

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Show
Spring points

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*Jump up and down on your back foot
and point your other foot straight out.*

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Show
Runs (kicking your bottom)

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*Remember to point your toes right up to
the sky at the back.*

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