**Kentucky Dance Academy Curriculum- Pre- Professional Acrobatics Division**

**Level I-III**

**Requirements for entering this level:**

 -Must be 8 years old as of enrollment date

**Technique Goals**

-Proper head, arm, and leg placement in lunge position

 -Ability to roll to and hold candlestick position and roll back to stand with proper form

 -Proper head, arm, and leg position in straight jump, tuck jump, straddle jump, and split jump

 -Push up from back to bridge position with straight arms

 -Execution of forward and backward rolls in tuck and pike positions

 -Proper execution of T position and handstand with correct handstand form

 -Proper execution of cartwheel with T hand placement

 -Proper execution of a hurdle

 -Proper execution of forward and backward rolls in pike and straddle position with straight arms

 -Proper execution of round off with T hand placement

**Other Goals**

 -Ability to identify and demonstrate each of these positions (lunge, tuck, straddle, and pike)

without any reminders

 -Ability to learn skill/position combinations using verbal commands only- for example “Forward roll, lunge, handstand, lie on back, bridge”

 -Ability to begin connecting skills by end of year, for example ‘handstand forward roll, step out, round off’

 -Confidence in each of the above listed skills

**Level IV-VI**

**Requirements for entering this level:**

-Completed level III at Kentucky Dance Academy and must understand level I-III skills, positions, and goals

OR

 -Must take placement class with Acrobatics Instructor to determine level placement

**Technique Goals**

-Proper head, arm, and leg position in pike jump and wolf jump

 -Proper execution of a back bend to bridge, transitioning to proper bridge position with straight arms and legs

 -Ability to handstand forward roll passing through candlestick position to stand

 -Ability to handstand, arch back to land in bridge position, then push to stand in bridge position

 -Proper execution of a back walkover

 -Proper execution of a front walkover

 -Proper execution of a punch dive roll

 -Begin to work back extension rolls with assistance

 -Proper execution of a back handspring

 -Proper execution of a front handspring

**Other Goals**

-Ability to identify and explain all level I-VI skills and positions

 -Ability to connect more complex skills- for example, ‘hurdle, round off back handspring’

 -Confidence in all level I-VI skills

**Acrobatics Training**

 -Strength training is vital for acrobatics. We will be doing arm, leg, and core strengthening in each class and these need to be done outside of class as well to develop the strength required to achieve higher skills

 -Flexibility is necessary to progress in acrobatics. We will be stretching our arms, legs, and back in class and they should also be done at home in order to progress in class