

SCHOOL STREAM – SKILL DESCRIPTIONS

SPORT AEROBICS ROUTINES (OWN CHOREOGRAPHY)

COMPULSORY ELEMENTS:

BICEP PUSH-UP

- Ensure hands do not move once you have started first push-up
- Keep timing the same between each one if performing 4 compulsories (i.e.: down for two counts and up for two counts)
- Ensure last push-up is finished (arms fully extended before rolling out)
- Do not lock elbows
- Keep a neutral head position
- Elbow should not be greater than 90degrees in the down position
- Feet together
- When on knees: feet flat on the ground (pointed)

HIGH LEG KICKS

- Ensure knees are straight and toes are pointed
- Ensure feet come back together between kicks
- Ensure kick height is the same for each leg
- Maintain good posture
- *Remember that it is better to demonstrate good technique with lower kick height than poor technique with high kick height

JUMPING JACKS

- Ensure feet start together facing the front
- Heels should be grounded
- Legs should be at least shoulder width apart
- Ensure you do not “stomp” your feet
- Ensure your last jumping jack is finished on the spot you began, and facing the front
- Knees over toes

SKILL ELEMENTS:

PUSH-UPS

BICEP PUSH-UP

- Ensure hands do not move once you have started first push-up
- Keep timing the same between each one if performing 4 compulsories (i.e.: Down for two counts and up for two counts)
- Ensure push-up is finished (arms fully extended before rolling out)
- Do not lock elbows
- Keep a neutral head position
- Elbow should not be greater than 90degrees in the down position

TRICEPS PUSH-UP

- Ensure hands do not move once you have started first push-up
- Tricep- both arms in the triceps pushup position
- Hands directly under shoulders, elbows go backwards
- Keep timing the same between each one (i.e.: Down for two counts and up for two counts)
- Ensure last push-up is finished (arms fully extended before rolling out) - Don't Lock Elbows

TRICEPS HINGE PUSH-UP

- Both arms in the triceps push-up position.
- Both elbows flex to a minimum of 90° as the chest lowers to the floor in the "down" position. The body then moves back (ankles act as a hinge) and the forearms and elbows lower to contact the floor.
- The body moves forward into the centre "down" position and then both elbows extend and raise the body to starting position
- Back and Bottom must stay in line throughout the hinge movement
- Ensure last push-up is finished (arms fully extended before rolling out)

FLEXIBILITY

STRADDLE SIT

- Ensure toes are pointed and knees are straight
- Legs between 90 – 160 degrees (it's a sit not a split)

PRONE STRADDLE SIT

- Ensure toes are pointed and knees are straight
- Legs between 90 – 160 degrees (it's a sit not a split)
- Lean body forward to the floor to show athletes flexibility. Lead with the chest.
- Keep back straight, don't hunch the back.

FRONT SPLIT

- Ensure toes are pointed and knees are straight
- Hips square – both hip bones facing the front leg

NEEDLE POINT (RIGHT OR LEFT LEG)

- Ensure toes are pointed and knees are straight
- Heel must stay on floor
- Supporting leg must stay straight
- Leg in air to be straight
- Feet to start and end together

SIT THROUGH

- Ensure toes are pointed and knees are straight
- Feet must come back together at the end of the movement
- Chest / torso to remain on the floor

STATIC

PIKE PRESS

- **BOTTOM LIFT**
 - o Ensure bottom is lifted completely off the ground and held for correct counts (min 4)
 - o Ensure hands are flat (recommended), facing forward and arms are straight
 - o hands are placed by side between hips and knees
 - o Ensure shoulders are forward, straight legs, pointed toes
- **FULL LIFT**
 - o Ensure bottom and legs are lifted completely off the ground and held for correct counts (min 4)
 - o Ensure hands are flat (recommended), facing forward and arms are straight
 - o hands are placed by side between bottom and knees
 - o Ensure shoulders are forward, straight legs, pointed toes

STRADDLE PRESS

- **BOTTOM LIFT**
 - o Ensure bottom is lifted completely off the ground and held for correct counts (min 4)
 - o Ensure hands are flat (recommended), facing forward and arms are straight
 - o Ensure shoulders are forward
 - o Ensure straight legs & pointed toes
- **FULL LIFT**
 - o Ensure bottom and legs are lifted completely off the ground and held for correct counts (min 4)
 - o Ensure hands are flat (recommended), facing forward and arms are straight
 - o Ensure shoulders are forward
 - o Ensure straight legs & pointed toes

TUCK PRESS

- The weight must be completely supported on two hands
- The elbows must extend and support the body to lift off the floor
- The legs and feet cannot touch the ground
- Must be held for minimum 4 counts

TWO ARM SUPPORTED PLANCHE OPEN

- The weight must be completely supported on two hands
- The shoulders, hips and feet should all be in line
- Legs not wider than 135 degrees
- Must be held for minimum 4 counts
- Hand placement options:
 - 1: Both under torso
 - 2: One under torso and one in bicep push up position

JUMPS

STRAIGHT JUMP

- Ensure toes are pointed and knees are straight
- Keep feet together for take-off, while in the Air and the landing
- Noticeable elevation of the hips

AIR JACK

- Ensure body remains upright (avoid arching back forward or backwards during jump)
- Ensure toes are pointed and knees are straight
- Take-off and landing with feet together
- Noticeable elevation of the hips
- Aim for legs to be at least 120 degrees apart

FRONT LEAP

- Ensure upright posture
- Pointed toes and straight knees
- Must land 1 foot at a time
- Can be done on Left or Right Leg

FRONT JETE

- Ensure upright posture
- Pointed toes and straight knees
- Legs minimum 170degrees in air position
- Noticeable elevation of the hips
- Leg cannot be bent
- Must land 1 foot at a time
- Can be done on Left or Right Leg

180 PIROUETTE (HALF TURN)

- Ensure body axis remains upright
- Ensure the jump takes off and lands exactly where it started
- 180 jump ends facing the opposite direction it started from
- Feet must take off and land together
- Noticeable elevation of the hips
- Arms crossed and chest during turn

360 PIROUETTE (FULL TURN)

- Ensure body axis remains upright
- Ensure the jump takes off and lands exactly where it started
- 360° jump ends facing the same direction it started from
- Feet must take off and land together
- Noticeable elevation of the hips
- Arms crossed and chest during turn

TUCK JUMP

- Knees bent and tucked up to the chest
- Ensure toes are pointed and knees together
- Take-off and landing with feet together
- Noticeable elevation of the hips

COSSACK JUMP

- Straight leg to have tight knees and pointed toes
- The bent leg should have knee tucked up to the chest in line with the straight leg
- Ensure toes are pointed and knees together
- Take-off and landing with feet together
- Noticeable elevation of the hips

STRADDLE JUMP

- Ensure toes are pointed and knees are straight
- Take-off, in the Air and landing with feet together
- Athlete should lean chest forward approx. 45 degrees
- Noticeable elevation of the hips
- Legs should take the same line up and back down and aim for a straddle sit position in the air
- Don't bend knees on either the up or down movement

SPLIT JUMP

- Ensure upright posture
- Pointed toes and straight knees
- Feet must take off and land together
- Noticeable elevation of the hips
- Hips Square with front leg
- Can be Right or Left Leg

FRONT SWITCH JETE

- Ensure upright posture
- Pointed toes and straight knees
- Legs minimum 170degrees in air position
- Noticeable elevation of the hips
- Leg cannot be bent
- Must land 1 foot at a time

COSSACK LEAP

- Straight leg to have tight knees and pointed toes
- The bent leg should have knee tucked up to the chest in line with straight leg
- Ensure toes are pointed and knees together
- Take-off on 1 foot
- landing with feet together
- Noticeable elevation of the hips

STRADDLE JETE

- Ensure toes are pointed and knees are straight
- Take-off on 1 foot
- landing with 1 foot at a time
- Noticeable elevation of the hips
- Legs should take the same line up and back down and be in equal height in the air in a straddle sit position
- Don't bend knees on either the up or down movement

AIR JACK TO STRADDLE SIT LANDING

- Ensure body remains upright (avoid arching back forwards or backwards during jump)
- Ensure toes are pointed and knees are straight
- Take-off with feet together
- Noticeable elevation of the hips
- Controlled landing, don't bounce in the sit
- Hand placement to touch in front during landing
- Feet to touch floor and slide a little before the split (feet must have contact with the floor before the sit)
- An aerial which lands in a straddle sit position with the hips flexed and a distance of minimum 135° between the legs

TUCK JUMP TO SPLIT LANDING (FRONT SPLIT OR STRADDLE SIT)

- Knees bent and tucked up to the chest
- Ensure toes are pointed
- Take-off with feet together
- Noticeable elevation of the hips
- Controlled landing, don't bounce in the split
- Hand placement to touch in front during landing of straddle Sit
- Hand placement touch either side of leg in front split
- Feet to touch floor and slide **a little** before the split (feet must have contact with the floor before the split)
- An aerial which lands in a straddle sit position with the hips flexed and a distance of minimum 135° between the legs.

180 PIROUETTE TO SPLIT LANDING (FRONT SPLIT OR STRADDLE SIT)

- Ensure body axis remains upright
- Ensure the jump takes off and lands exactly where it started
- 180 jump ends facing the opposite direction it started from
- Feet must take off together
- Noticeable elevation of the hips
- Controlled landing, don't bounce in the split
- Hand placement to touch in front during landing of straddle Sit
- Hand placement touch either side of leg in front split
- Feet to touch floor and slide **a little** before the split (feet must have contact with the floor before the split)
- An aerial which lands in a straddle sit position with the hips flexed and a distance of minimum 135° between the legs.

360 PIROUETTE TO SPLIT LANDING (FRONT SPLIT OR STRADDLE SIT)

- Ensure body axis remains upright
- Ensure the jump takes off and lands exactly where it started
- 360° jump ends facing the same direction it started from
- Feet must take off together
- Noticeable elevation of the hips
- Controlled landing, don't bounce in the split
- Hand placement to touch in front during landing of straddle Sit
- Hand placement touch either side of leg in front split
- Split must land in the correct position (toes pointed, knees straight and hips square)
- Feet to touch floor and slide **a little** before the split (feet must have contact with the floor before the split)
- An aerial which lands in a straddle sit position with the hips flexed and a distance of minimum 135° between the legs.

AEROBIC MOVEMENTS:

**Arm placement for below movements will vary between the routines.*

CHASSE

- Ensure body stays upright and feet come back together
- Feet must connect in the middle

CURL

- Ensure heels kick bottom
- Ensure heels are planted during jack
- Toes pointed

EASY WALK

- Knees bent and facing outwards
- Ensure feet come back together to finish the movement

FLICK KICKS FORWARD

- Ensure toes are pointed
- Legs come out at least 45° and be fully extended

GRAPEVINE

- Step behind step together
- Ensure feet come together at the end of the move

HEEL DIG

- Ensure feet come together between moves
- Toe flexed in front

HIGH KNEES

- Ensure knees lift up towards the chest
- Toes are pointed
- Knee faces forward and hips are square
- Ensure feet come together between moves
- Ankle and foot should be in line with knee

HOPS

- Ensure feet are kicking bottom
- Toes need to be pointed

JOGS

- Ensure feet are kicking bottom
- Toes need to be pointed

SCOOP CLAPS

- Ensure good height under feet and feet come together each scoop

SIDE LUNGE (SKI)

- Ensure hips stay square to your leading foot and feet come back together

SKIS

- Ensure both feet face the same way and come together

STEP KNEE STEP TOGETHER

- Ensure knee comes up high and toe is pointed
- Ensure feet come back together to finish movement

DEEP LUNGE DOUBLE JUMP

- Chest remains up
- Deep lunge should be 90°

CALF RAISES

- Ensure heels are lifted high off the ground and legs are squeezed together

NON-SKILL KICKS AND JUMPS:

FAN KICK

- Ensure body stays upright and feet come back together
- Extended leg tight knees and pointed toes

SCISSOR KICK

- Both legs tight knees and pointed toes
- First leg kick should be smaller than second leg kick

HITCH KICK

- Extended leg tight knees and pointed toes
- Bend first leg kick then extend second leg kick to straight

STAG JUMP

- Legs bent in 2 90-degree angles
- The other leg bent under
- Can take off 1 or 2 feet
- Can land on 1 or 2 feet

STAG to ROLL

- Legs bent in 2 90-degree angles
- The other leg bent under
- Can take off 1 or 2 feet
- Legs stay bent while rolling on the ground
- Use one leg bent over another to stand up

BUM KICK JUMP

- Knees bent backwards so feet kick the bottom
- Can take off 1 or 2 feet
- Can land on 1 or 2 feet

JLO JUMP

- 1 leg forward facing down
- The other leg bent under
- Extended leg make sure toes are pointed
- Take off with 1 leg

HIGH KICK JUMP

- 1 leg forward in a front kick position
- The other leg bent under
- Extended leg make sure toes are pointed
- Take off with 1 leg

TILT JUMP

- Can take off 1 or 2 feet
- Extended both legs to have tight knees and pointed toes in a titled position
- Noticeable hip elevation
- Can land on 1 or 2 feet

TILT to ROLL

- Extended both legs to have tight knees and pointed toes in a titled position
- Noticeable hip elevation
- Legs stay bent while rolling on the ground
- Use one leg bent over another to stand up

HOP JUMP

- Pointed toes
- Step and follow through with a knee to the chest
- Noticeable hip elevation
- Can do a slight twist to change it up
- Can take off 1 or 2 feet
- Can land on 1 or 2 feet