

# SCHOOL STREAM – SKILL DESCRIPTIONS

## PRE-CHOREOGRAPHED ROUTINES

### 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:

#### 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.

#### 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

## **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 JUMPS:**

### **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

### **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

### **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