

Training Programme

The Starlets & Dance X



A home learning tool to aid progression and development away from dancing. Please see accompanying videos to gain extra guidance.

Please note we do not take any liability for any damage or injuries made whilst using our programme. Some resources have been used from Acrobatic Arts.



Week 1- Setting Goals

Over the coming weeks we would like you to all improve on three things- Strength, Flexibility & Technique. This week we will set all our home practise sheets. Watch Video 1 Setting Goals to fill in the next few tables.

Pre-Assessment:

Flexibility	/5	Notes
Right Splits		
Left Splits		
Centre Splits		
Toes to head		
Shoulders		
Forward bend		
Total Score		

Strength	Time	Notes
Handstand		
Bridge		
Plank		
Superman		
V sit		
Table top		
Total Score		

Skills	R/5	L/5	Notes
Bridge technique			
Handstand technique			
Cartwheel			
Bridge recover			
Bridge kickover			
Back walkover			
Front walkover			
One hand cartwheel			
Side aerial			
Back handspring			
Front aerial			
Headstand			
Forearm stand			
Chest stand			
Handstand			
Handstand walking			

Flexibility Scale:

Right and Left Splits

1	2	3	4	5
Not square 6+ inches	Square 6+ inches	Square <4 inches	Flat, square	Over, square

Centre

1	2	3	4	5
Not straight 6+ inches	Straight 6+ inches	Straight <4 inches	Flat, straight	Over, straight

Toes to head

1	2	3	4	5
Hips not flat, 6+ inches	Hips flat, 6+ inches	Hips flat <4 inches	Touching, straight	Over,

Shoulders

1	2	3	4	5
Uneven 6+ inches	Even <4 inches	Even, touching	Even, grasp	Even, past

Forward bend

1	2	3	4	5
Uneven 6+ inches	Even <4 inches	Even, <2 inches	Even, flat	Even, past

Skill Scale:

Technique

1	2	3	4	5
Incomplete	Major errors	Minor errors	Standard	Flawless



Week 1 Competitions:

- 1.** Teach your mom/ dad or guardian a class routine- you can even add a little lift in there! Film and post us your videos - costumes are optional!
- 2.** Colouring competition- colour the page overleaf and send us your pictures!



BRIDGE





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