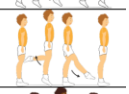
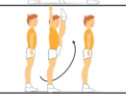
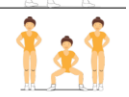
Denna rutin är en bra start för dig som vill börja lära ut koreografi. Rutinen är utformad att passa barn i ålder 6 - 9 år men kan användas till både yngre och äldre. Rutinen är utformad efter våra svenska regler för steg 1. För att utveckla vidare till steg 2 ändrar du svårigheterna.

För att få kunskap om disciplinen aerobic gymnastics, hur du lär ut svårigheter och skapar koreografi rekommenderas att du går kursen *Aerobic gymnastics A*.

Name	Description *(Interlocking with hip, knee, foot joints)*		Optimal Step
March	• Leg is bending in front of body: Hip and knee flexion. • Ankle shows clear movement, toe-ball-heel. • Total movement is upwards, not downwards. • Upper body is erect with neutral spine, natural alignment.	• Upper body shows core strength, no co-movement upwards-downwards or forwards-backwards. • Amplitude: From neutral position to full plantar flexion of ankle, 30-40° flexion in hip and knee.	
Jog	• Lower leg is lifted maximally backwards to the gluteus. • Neutral hip or slight hip flexion or extension (+/- 10°). • Knee flexion. • Ankle is showing plantar flexion at top position.	• Feet show controlled movement, landing toe-ball-heel. • Upper body is erect with neutral spine, natural alignment. • Amplitude: Neutral position to 0-10° hip extension, 110-130° knee flexion, full plantar flexion.	
Skip	• Skip starts as a jog with hip extension, knee flexion and heel backwards to the gluteus to prepare a low kick with hip flexion of 30-45° and full knee extension to 0° - a skip. • Movement is seen in both hip and knee.	• Muscle control is shown through all the movement. Lower leg is stopped by the quadriceps. • Upper body stays erect with neutral spine, natural alignment. • Amplitude: From neutral hip to 30-45 o flexion, from full knee flexion to complete extension.	
Knee Lift	• Working leg shows a high degree of flexion in hip and knee, minimum 90° flexion in both joints. • When thigh of moving is at the top position, the lower leg is vertical, with ankle plantar flexion. • Elevated Ankle can be dorsal or plantar flexed, but muscle control must show.	• Standing leg is straight, maximum knee/hip flexion is approx. 10°. • Upper body stays erect with neutral spine, natural alignment. • Amplitude: From neutral position to minimum 90 o flexion in hip and knee of working leg.	
Kick	• Straight leg high kick, minimum amplitude: heel at shoulder height, approx. 145°. • Only movement is hip flexion. Leg is straight – knee joint is showing no movement. • Ankle is plantar flexed throughout movement.	• Standing leg stays straight, maximum knee/hip flexion approximately 10°. • Upper body stays erect with neutral spine, natural alignment. • Amplitude: From neutral position to 150-180° hip flexion in working leg. Knee shows full extension throughout movement.	
Jumping Jack	• A hop out and in with legs bending. Natural outwards rotation in hip joint. • Landing is with feet further than shoulder width apart, knees and feet point outwards. • Controlled but powerful take-off and landing. Precise and controlled movement of ankle and foot – toe-ball-heel action.	• Hopping in: Feet/heels together, toes point forward (preferred) or outward. • Upper body is erect with neutral spine, natural alignment. • Amplitude: From neutral position to approximately shoulder width plus 2-foot lengths apart with 25-45° flexion in hip/knees (more if in super low or low with grand plié position).	
Lunge	• Legs/feet start together or shoulder width apart, no outward rotation at hip. One leg is extended (without locking the knee) backwards in the sagittal plane. • Heels are lowered with control. • Feet stay in sagittal plane. Whole body moves (side to side) as a unit.	• Low impact: Body slightly forward (front leg is weight bearing), straight line from neck to heel. • High impact: Legs are hopping, alternating, in the sagittal plane in a cross-country skiing motion. • Amplitude: Approx. 2-3 feet apart in sagittal plane. (Lunge variations = different amplitudes).	

Obs: skip i rutinanalysen är endast sista delen där man har rakt ben. Annars står jog på slaget innan.

Svårigheter i steg 1

1	Straddle / L support Eller support med en fot i golvet höft fritt. Minst 2 sek
2	Tuck jump
3	Preparation för turn, visa Passe position 2sek (tå vid knäskål)
4	Push up
5	Spagat på alla 3 sidor (2 sidor 170, 1 180)
6	Split jump 135° grader
7	½ air turn