

Higher National Unit specification

General information for centres

Unit title: Theatre Gymnastics

Unit code: F1LY 34

Unit purpose: This Unit is designed to develop skills in gymnastic techniques suitable for musical theatre, commercial and stage dance. This Unit allows the candidate to develop the necessary knowledge and skills to understand the principles of gymnastic technique. The candidate is also given the opportunity to incorporate gymnastic and dance techniques in a choreographed piece.

On completion of the Unit the candidate should be able to:

- 1 Develop gymnastic skills and techniques.
- 2 Combine dance technique and gymnastic skills in a choreographed performance.
- 3 Record and evaluate personal performance.

Credit points and level: 1 HN credit at SCQF level 7: (8 SCQF credit points at SCQF level 7*)

**SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

Recommended prior knowledge and skills: While access to this Unit is at the discretion of the centre, it is recommended that candidates possess basic knowledge of gymnastic techniques studied through physical education in secondary education. It would be beneficial if candidates possessed Jazz Dance, Classical Ballet and Contemporary Dance at Advanced Higher level (SCQF level 7). Candidates should also have achieved choreography at Higher level (SCQF level 6).

Core Skills: There are opportunities to develop the Core Skills of Communication (Written Communication) to SCQF level 5, and Problem Solving (Reviewing and Evaluating) to SCQF level 5, although there is no automatic certification of Core skills or Core Skill components.

Context for delivery: If this Unit is delivered as part of a Group Award, it is recommended that it should be taught and assessed within the subject area of the Group Award to which it contributes.

General information for centres (cont)

Assessment: The assessment for Outcomes 1 and 2 may be ongoing and combined. Candidates will be assessed under supervised conditions through the practical performance of a choreographed sequence combining gymnastic and dance techniques.

The assessment will be recorded by appropriate means eg assessment checklist and/or by video.

Outcome 3 will be assessed by a personal record and evaluation of candidate performance. This can take the form of a written or oral presentation.

Higher National Unit specification: statement of standards

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The sections of the Unit stating the Outcomes, Knowledge and/or Skills, and Evidence Requirements are mandatory.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the Knowledge and/or Skills section must be taught and available for assessment. Candidates should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

Outcome 1

Develop gymnastic skills and techniques

Knowledge and/or Skills

- ◆ Flexibility
- ◆ Strength
- ◆ Balance
- ◆ Rolls
- ◆ Agilities
- ◆ Springs
- ◆ Pairs

Evidence Requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can demonstrate:

- ◆ an understanding of the principles of stretching, and apply to gymnastic techniques
- ◆ strengthening exercises to enhance physical performance in gymnastic technique
- ◆ a knowledge of correct body alignment for balancing, and apply to gymnastic technique
- ◆ gymnastic technique performing rolls with varying entries and exits
- ◆ a combination containing different agilities with variation of entries and exits
- ◆ gymnastic technique through the performance of different springs
- ◆ basic partner work including balances, holds, throws, and catches

The assessment will be carried out under supervised conditions.

Assessment Guidelines

Evidence should be generated through practical performance in a studio/stage setting. It is recommended that the assessment for Outcomes 1 and 2 is ongoing and combined. Candidates will present their knowledge and skills through the performance, under supervised conditions, of a choreographed sequence combining gymnastic and dance techniques.

The assessment will be recorded by appropriate means eg assessment checklist and/or by video.

Higher National Unit specification: statement of standards (cont)

Unit title: Theatre Gymnastics

Outcome 2

Combine dance technique and gymnastic skills in a choreographed performance

Knowledge and/or Skills

- ◆ Create choreography
- ◆ Performance qualities
- ◆ Stagecraft

Evidence Requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can:

- ◆ create a choreographed routine incorporating gymnastic and dance techniques
- ◆ demonstrate knowledge of performance qualities and put these in to practice throughout the choreographed routine ie projection to the audience, artistic interpretation of the movement, use of dynamics, sensitivity to the mood of the piece
- ◆ use stage craft through, the knowledge and application of, entrances and exits, eye line, size of the performance space, etc

The assessment will be carried out in supervised conditions.

Assessment Guidelines

Evidence should be generated through practical performance in a studio/stage setting. It is recommended that the assessment for Outcomes 1 and 2 is ongoing and combined. Candidates will present their knowledge and skills through the performance of a choreographed sequence combining gymnastic and dance techniques.

The assessment will be recorded by appropriate means eg assessment checklist and/or by video.

Higher National Unit specification: statement of standards (cont)

Unit title: Theatre Gymnastics

Outcome 3

Record and evaluate personal performance

Knowledge and/or Skills

- ◆ Opportunities and constraints in the performance of gymnastic techniques
- ◆ Personal development review
- ◆ Personal performance review

Evidence Requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can:

- ◆ identify the opportunities and constraints within the development and performance process
- ◆ evaluate personal development in terms of their strengths and weaknesses
- ◆ evaluate personal performance of choreographed routine

Assessment Guidelines

Candidates are required to maintain a personal record and evaluation of their performance. This must include an evaluation of personal strengths and weaknesses making reference to gymnastic technique. This can take the form of a written or oral presentation. Written assignments should be approximately 500–1000 words, or equivalent, and oral presentations approximately between 5 and 10 minutes in length.

Administrative Information

Unit code: F1LY 34

Unit title: Theatre Gymnastics

Superclass category: MD

Original date of publication: June 2007

Version: 01

History of changes:

Version	Description of change	Date

Source: SQA

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Higher National Unit specification: support notes

Unit title: Theatre Gymnastics

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 40 hours.

Guidance on the content and context for this Unit

This Unit is designed to develop skills in gymnastic techniques suitable for musical theatre, commercial and stage dance. This Unit allows the candidate to develop the necessary knowledge and skills to understand the principles of gymnastic technique.

At this level, it is recommended that candidates should be studying the following elements of Theatre Gymnastic technique over the suggested time scale:

Week 1:	Flexibility
Week 2:	Strength — body tension
Week 3:	Balances — handstands, headstands, shoulder stands
Week 4:	Rolls — forward, backward, variations of entries and exits
Week 5:	Side rolls, seat rolls, variations of entries and exits
Week 6:	Agilities — forward walkovers, backward walkovers, variations of entries and exits
Week 7:	Agilities — forward walkovers, backward walkovers, variations of entries and exits
Week 8:	Cartwheels, tinsicas, valdez
Week 9:	Springs — round offs, handsprings
Week 10:	Headsprings
Week 11:	Backflips
Week 12:	Backflips
Week 13:	Pairs — basic balances, counter balances, support balances, holds
Week 14:	Throws and catches
Week 15:	Routine building
Week 16:	Routine building
Week 17:	Routine building
Week 18:	Assessment
Week 19:	Assessment

Guidance on the delivery and assessment of this Unit

This Unit has been developed as part of the HNC/HND Professional Stage Dance Group Award.

Due to the specialist nature of this Unit suitable accommodation and equipment must be provided. Equipment required for the delivery of this Unit includes the following:

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|----------------------------|--|
| ◆ Floor mats | ◆ Trampette |
| ◆ 4 benches | ◆ Trampoline |
| ◆ 3 section wooden bar box | ◆ Crash mats 1metre x 2 metres x 4 metres approx |
| ◆ 2 springboards | ◆ 4 spotting belts |

Higher National Unit specification: support notes

Unit title: Theatre Gymnastics

Opportunities for developing Core Skills

There are opportunities to develop the Core Skills of Communication and Problem Solving (Reviewing and Evaluating) to SCQF level 5, although there is no automatic certification of Core Skills or Core Skill components.

The candidate's personal record will provide opportunities to develop the Core Skills components of Communication and Problem Solving (Reviewing and Evaluating) to SCQF level 5, where they identify positive and negative aspects of the development process, and evaluate their own personal development and performance and structure their work for delivery as an oral presentation or as a report of around 1,000 words or equivalent.

Open learning

This Unit is not suitable for delivery by distance learning because it requires candidates to take part in regular studio based practical sessions which are required to be led and observed by a qualified practitioner to meet Health and safety requirements and Outcomes of the Unit.

For further information and advice please refer to the SQA document *Assessment and Quality Assurance for Open and Distance Learning* which is available on SQA's website: **www.sqa.org.uk**.

Candidates with disabilities and/or additional support needs

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering alternative Outcomes for Units. Further advice can be found in the SQA document *Guidance on Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs* (**www.sqa.org.uk**).

General information for candidates

Unit title: Theatre Gymnastics

This Unit is designed to develop your skills in gymnastic techniques suitable for musical theatre, commercial and stage dance.

In Outcome 1 you will study the following:

- ◆ Flexibility
- ◆ Strength
- ◆ Balance
- ◆ Rolls
- ◆ Agilities
- ◆ Springs
- ◆ Pairs

In Outcome 2 you will study:

- ◆ Creation of choreography
- ◆ Performance qualities
- ◆ Use of stage craft

The assessment for Outcomes 1 and 2 will be ongoing and combined. You will present your knowledge and skills through the performance of a choreographed sequence combining gymnastic and dance techniques.

After you have completed your practical assessment you will evaluate your own personal development in Outcome 3. The evaluation will include reference to:

- ◆ identification of opportunities and constraints in the performance of gymnastic techniques
- ◆ personal development review
- ◆ personal performance review