

Higher National Unit specification

General information for centres

Unit title: Theatre Gymnastics: Advanced

Unit code: F1LK 35

Unit purpose: This Unit has been designed to advance candidate skills in gymnastic techniques suitable for musical theatre, commercial and stage dance. It will enable candidates to further their knowledge, skills and understanding of the principles of gymnastic technique. Candidates will be given the opportunity to incorporate advanced gymnastic and dance techniques in a choreographed piece.

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

- 1 Develop advanced gymnastic skills and techniques.
- 2 Perform in and contribute to a group choreography incorporating advanced dance and gymnastic techniques.
- 3 Record and evaluate performance.

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

**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: Access to this Unit is at the discretion of the centre. Candidates should possess basic knowledge of gymnastic techniques studied through physical education in secondary education. It would be beneficial if candidates possessed or are working towards the HN Units:

F1M1 34	<i>Jazz Dance Techniques</i>
F1LL 34	<i>Dance: Classical Ballet Techniques: Intermediate</i>
F1LS 34	<i>Dance: Contemporary Dance Techniques</i>
F1LY 34	<i>Theatre Gymnastics</i>

It would also be an advantage for candidates to have achieved choreography at Higher level.

Core Skills: There are opportunities to develop the Core Skills of Communication Written (Reading) at SCQF level 6, Communication — Written (Writing) at SCQF level 6, Working with Others at SCQF level 6, and Problem Solving (Reviewing and Evaluating) and Communication — Oral at SCQF level 5 in this Unit, although there is no automatic certification of Core Skills or Core Skills components.

General information for centres (cont)

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.

Assessment: The assessment for Outcomes 1 and 2 will be ongoing and combined. Candidates will present their knowledge and skills through the performance of a group choreographed sequence combining gymnastic and dance techniques.

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

Outcome 3 will be assessed by a personal record and evaluation of candidate and group 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 advanced gymnastic skills and techniques

Knowledge and/or Skills

- ◆ Conditioning
- ◆ Agilities
- ◆ Rebound apparatus
- ◆ Aerials
- ◆ Saltos
- ◆ Group work

Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can, with reference to gymnastic technique, demonstrate:

- ◆ an understanding and application of the principles of conditioning including strength, stamina, plyometrics and flexibility
- ◆ an advanced combination containing different agilities
- ◆ the use of a rebound apparatus — trampoline, trampettes or springboard
- ◆ gymnastic technique through the performance of different aerials, and saltos
- ◆ the ability to work in a group to perform pyramid formations

Evidence should be generated through practical performance in a studio/stage setting. The assessment should be carried out in supervised conditions.

Assessment Guidelines

The assessment for Outcomes 1 and 2 will be ongoing and combined. Candidates will present their knowledge and skills through the performance of a group 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: Advanced

Outcome 2

Perform in and contribute to a group choreography incorporating advanced dance and gymnastic techniques

Knowledge and/or Skills

- ◆ Routine building
- ◆ Reproduction of choreography
- ◆ Duet/group work
- ◆ Performance qualities
- ◆ Spatial awareness
- ◆ Use of stagecraft

Evidence Requirements

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

- ◆ create a choreographed group routine, of a minimum of 2 minutes, incorporating advanced gymnastic and dance techniques
- ◆ understand and perform the choreography accurately
- ◆ work collaboratively in duets and small groups
- ◆ put performance qualities into practice throughout the choreographed dance ie projection to the audience, artistic interpretation of the movement, use of dynamics, sensitivity to the mood of the piece
- ◆ employ spatial awareness through correct placement in the space in relation to other dancers
- ◆ use stagecraft through, the knowledge and application of, entrances and exits, eye line, size of performance space

Evidence should be generated through practical performance in a studio/stage setting. The assessment should be carried out in supervised conditions.

Assessment Guidelines

Candidates will present their knowledge and skills through the performance of a group 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: Advanced

Outcome 3

Record and evaluate performance

Knowledge and/or Skills

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

Evidence Requirements

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

- ◆ identify opportunities and constraints within the development and performance process
- ◆ evaluate personal development in terms of their strengths and weaknesses
- ◆ evaluate personal and group performance through the choreographic process of a gymnastic routine

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.

Assessment Guidelines

The personal record can take the form of a written or oral presentation. Written assignments should be approximately 500–1000 words (or equivalent), and oral presentations should last approximately 5–10 minutes.

Administrative Information

Unit code: F1LK 35
Unit title: Theatre Gymnastics: Advanced
Superclass category: MD
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History of changes:

Version	Description of change	Date

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Higher National Unit specification: support notes

Unit title: Theatre Gymnastics: Advanced

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 advanced skills in gymnastic techniques suitable for musical theatre, commercial and stage dance. This Unit allows candidates to enhance their knowledge and skills of 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:	Conditioning — strength, stamina, plyometrics and flexibility
Week 2:	Agilities — round offs, handsprings, headsprings
Week 3:	Agilities — round offs, handsprings, headsprings
Week 4:	Agilities — round offs, handsprings, headsprings
Week 5:	Rebound apparatus — trampettes, trampolines
Week 6:	Rebound apparatus — trampettes, trampolines
Week 7:	Rebound apparatus — trampettes, trampolines
Week 8:	Aerials — cartwheels, walkovers
Week 9:	Aerials — cartwheels, walkovers
Week 10:	Aerials — cartwheels, walkovers
Week 11:	Saltos — forward
Week 12:	Saltos — forward
Week 13:	Saltos — backwards
Week 14:	Saltos — backwards
Week 15:	Twisting saltos
Week 16:	Twisting saltos
Week 17:	Pyramids
Week 18:	Routine building
Week 19:	Routine building
Week 20:	Assessment

Guidance on the delivery and assessment of this Unit

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

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

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

Higher National Unit specification: support notes (cont)

Unit title: Theatre Gymnastics: Advanced

Opportunities for developing Core Skills

There may be opportunities to develop Core Skills in Communication – Written (Writing) and (Reading), Working with Others at SCQF level 6 in this Unit and Communication – Oral. It is expected that candidates will engage in regular informal and ongoing discussion with their tutor throughout this Unit concerning all aspects of advanced Theatre Gymnastics skills.

Outcome 2 may provide opportunities to develop candidates' Core Skills in the area of Working with Others. This Core Skill may be developed through candidates' involvement in the performance of a choreographed piece incorporating advanced and gymnastics techniques, where the Outcome depends on candidates showing awareness in relation to other dancers working in the same piece with them, and utilising the same performance space.

In Outcome 3 there may also be opportunities to develop candidates' Core Skills in Problem Solving (Reviewing and Evaluating) at SCQF level 5. Candidates are expected to review their personal development in the performance process. They will use a problem-solving approach to deal with a situation or issue in relation to personal and group work.

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: Advanced

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

In Outcome 1 you will study the following:

- ◆ Conditioning
- ◆ Agilities
- ◆ Rebound apparatus
- ◆ Aerials
- ◆ Saltos
- ◆ Group work

In Outcome 2 you will study:

- ◆ Routine building
- ◆ Reproduction of choreography
- ◆ Duet/group work
- ◆ Performance qualities
- ◆ Spatial awareness
- ◆ Use of stagecraft

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

After you have completed your practical assessment you will evaluate your own personal development through a written/oral presentation in Outcome 3. The evaluation will make reference to:

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