

4º ESO. ACROSPORT

1: INTRODUCTION

Acrosport is a part of Gymnastics. It is a team competition accompanied by music.

Teams must create different structures and build human pyramids in time with the music.

It is a sport that needs **physical strength, stamina, rhythm, coordination and balance**. It is a team sport, so your partners depend on you.

It combines the beauty of dance and acrobatics. Gymnastics skills add excitement to the exercises. Acrobatic balances show grace, strength and flexibility. Choreography and synchronisation add beauty and creativity to each exercise.

VOCABULARY IN THIS UNIT:

Skills: habilidades

Grace: gracia

Allowed: permitido

To be held: ser mantenido

Qualifying: clasificatorio

Safety: seguridad

Helpers: ayudantes

A corresponding/matching music: una música que le pegue

Routine: rutina, la coreografía o conjunto de ejercicios

Balance: equilibrio

Tempo: tempo

DID YOU KNOW THAT...?

Acrobatic Gymnastics develops body control in various positions. For this reason, the sport is included in the training program of pilots, cosmonauts and parachutists.

This sport is a group sport requiring athletes of all ages, shapes, and sizes.

It is a very old activity, Egyptians did human pyramids more than 2000 years ago.

Now it is a team sport and you can find different types of competitions:

Men's, Women's or Mixed Pairs, Women's Groups (3 gymnasts) and Men's Groups (4 gymnasts).

WHAT IS AN ACROBATIC GYMNASTICS COMPETITION LIKE?

Time allowed for each exercise is from two and a half to three minutes. Judges give points to teams depending on various aspects.

Balance and tempo are key elements.

Element combination and coordination with the music are determining factors for the value of the routine.

2: BEFORE WE START

BEFORE WE START: SAFETY FIRST!

Before starting with acrosport, we must do gymnastics to develop our **body control**.

Also, in the first acrosport class, we must learn how to support our partner's weight without hurting ourselves:

A correct position is fundamental for a safe practice.

Next step is developing some strength by holding basic positions.

Now we are ready, but remember:

No playing around is allowed when we are practicing acrosport!!

FIGURE BUILDING RULES:

1. **Team members:** each team will have more members than the ones needed to build the structure or pyramid. They are the helpers and must always pay attention to their partners.
2. **Know what to do:** Each team member must know what his or her position is.
3. **The build up:** You must build the structure in a coordinate way. Help is always needed. The structure must start from the center and grow to the sides. The last part are the upper levels.
4. **Stabilisation:** The position must always be held, specially if you are supporting a partner. Structures must last at least eight seconds.
5. **Dismantling the structure:** It must be coordinated. In reverse of the building, and always with help.
6. **Roles:** Each person must practise each position, building a figure, helpers must change places with those who were previously part of the structure.

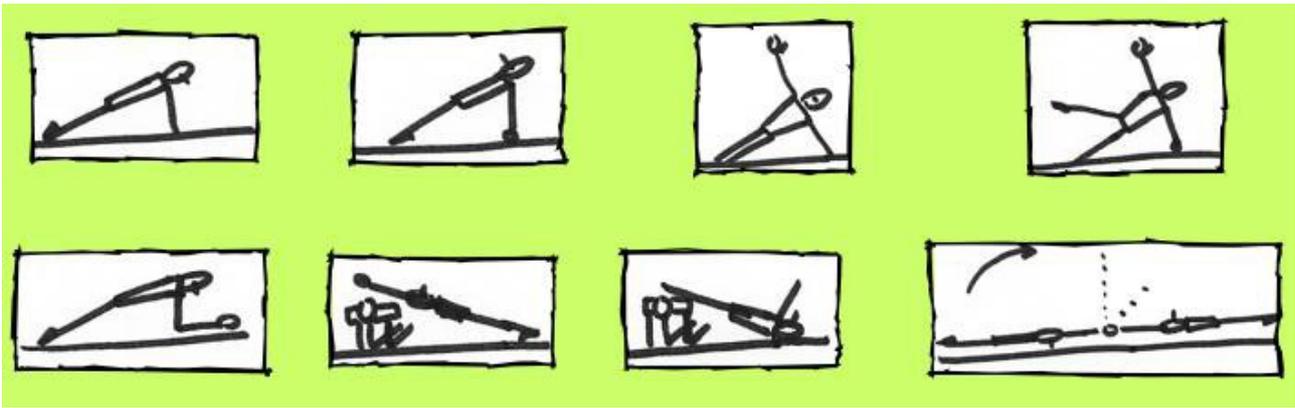
THE CHOREOGRAPHY: STEPS TO CREATE IT

1. Decide the structures and the order to perform them. (Look at the examples in the following pages).
2. Decide the linking exercises between one pyramid and the next one.
3. Practise the choreography. Focus on: helpers, building and dismantling it fluidly, links.
4. Choose some corresponding music.
5. Adapt the choreography to the music.

3: THE STRUCTURES

SOME BASIC POSITIONS FOR DEVELOPING STRENGTH:

These positions help you to control your body and to develop specific strength. The strength you need for acrosport. You must hold them for at least ten seconds. Afterwards, to develop more strength, your partner will gently push you to the ground and you must hold the position. The aim is to train; not to make your partner fall!



BENCHES:

These structures are called “bancos” in Spanish. They are basic positions in acrosport and they help:

- You to know where to lean on your partner so that you don't hurt him or her.
- Your partner to know how to position his or her body to be able to support more weight: Abs contracted, straight back, completely extended arms...





STRUCTURES IN PAIRS:

With them, apart from body control and strength, you also develop balance and you learn to trust your partner. Remember each structure must last at least eight seconds in perfect balance.





STRUCTURES IN GROUPS OF THREE:

These figures are the next step. If you have done inversions before (like the handstand) you can incorporate them to do even more difficult structures.



STRUCTURES IN GROUPS OF FOUR:

These structures have a little difficulty added: Mounting. You must mount them in a coordinated way. The mounting must be done in only one attempt and with elegance. If you do it like that is 10 points out of 10!

STRUCTURES IN GROUPS OF FIVE OR SIX:

Combine these structures with others in pairs or groups of three to create your choreography. Remember you must mount and unmount them in a coordinated way, and that you must also think about the links between figures.

