



UD: ACROSPORT

2° ESO

1. What is acrosport?

Acrosport or Acrobatic Gymnastics is an acrobatic sport performed in pairs or groups.

The choreography must include a harmonious combination of buildings and gymnastic drills, all in perfect synchronisation with partners and music.

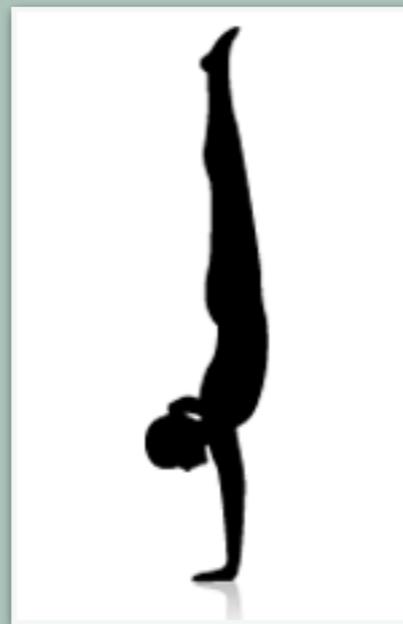


2. Three main elements in Acrosport are:

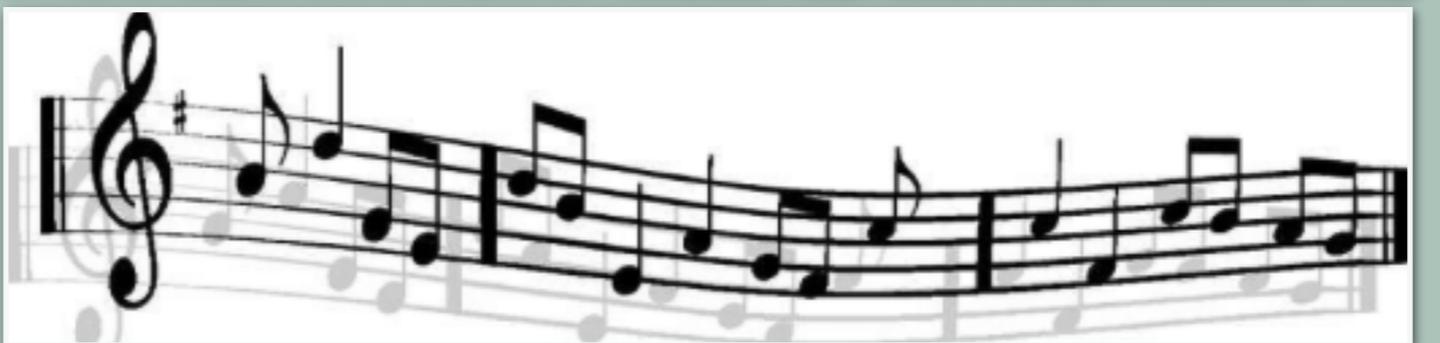
A. Buildings



B. Acrobatics



C. Music

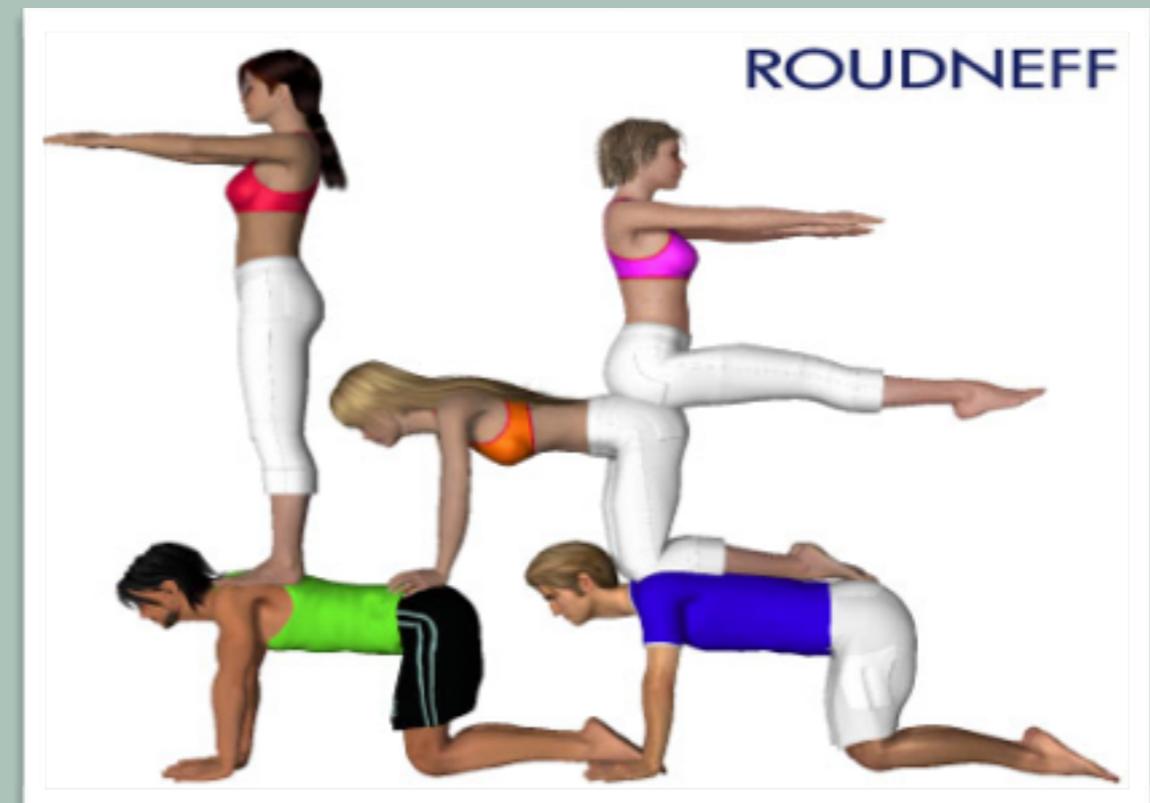
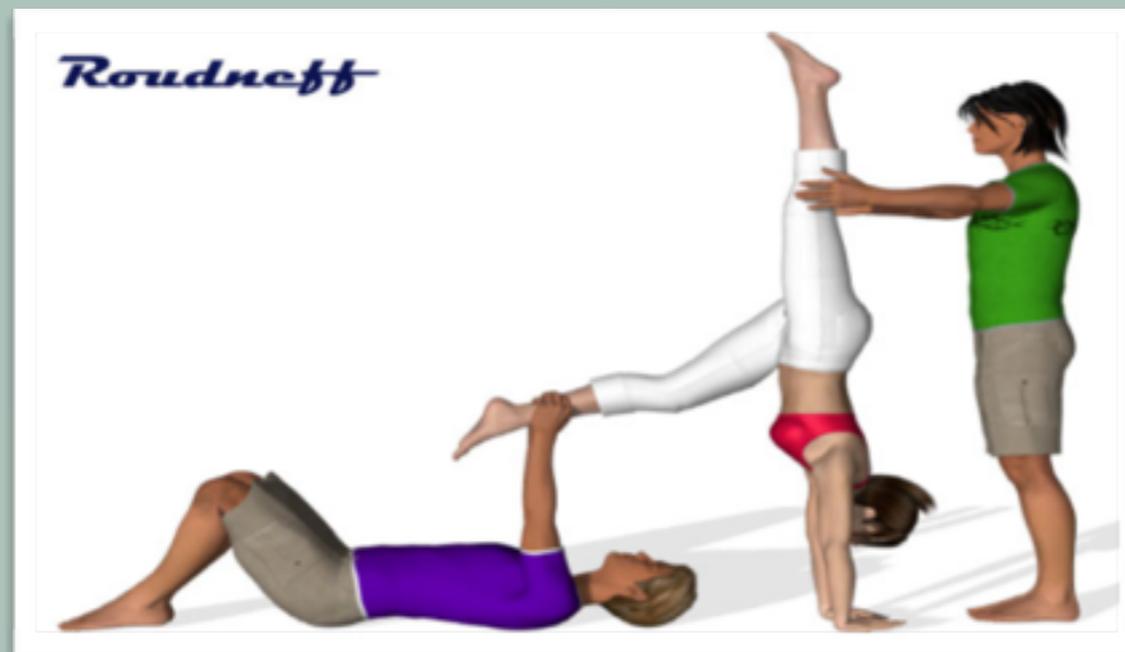


A. Buildings

Strength, flexibility and balance are needed to make buildings. There are two kinds:

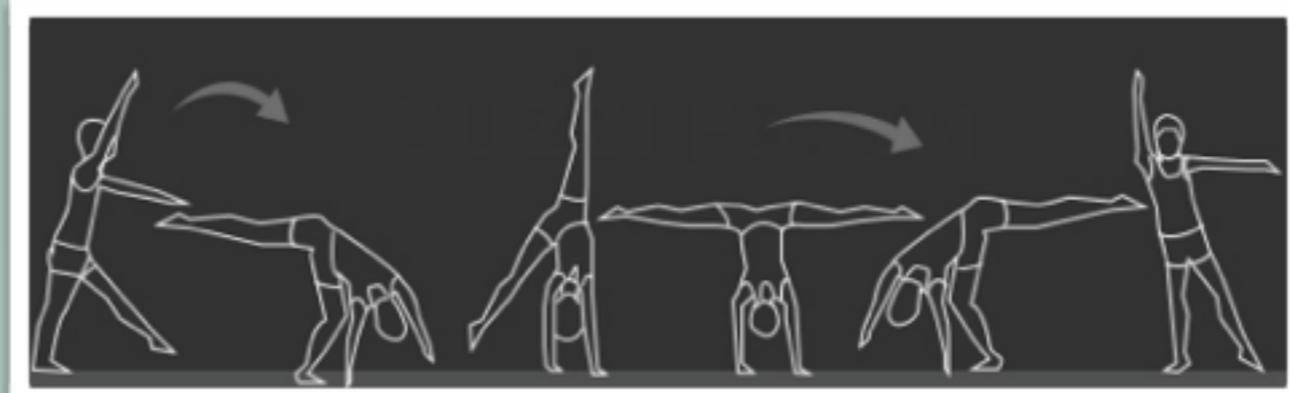
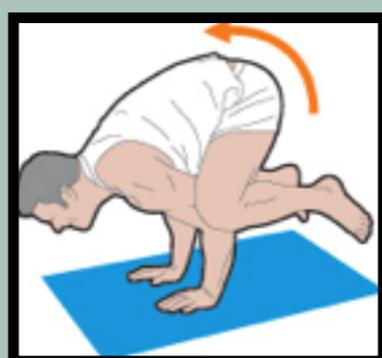
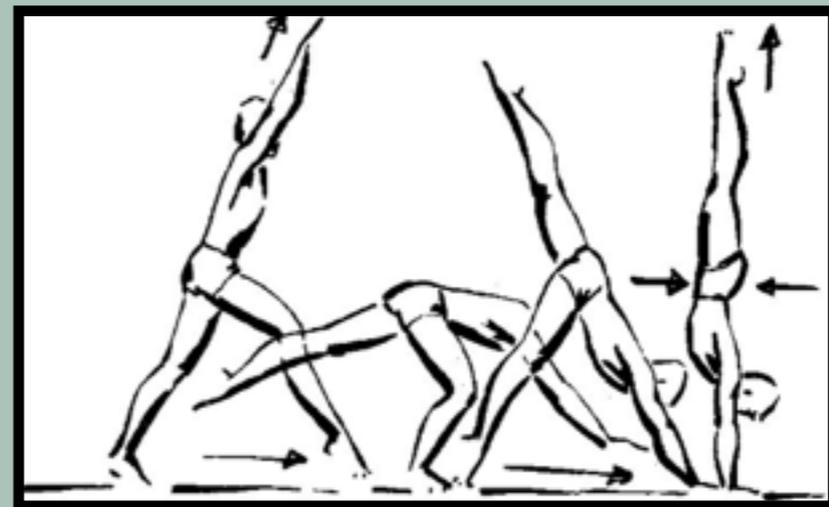
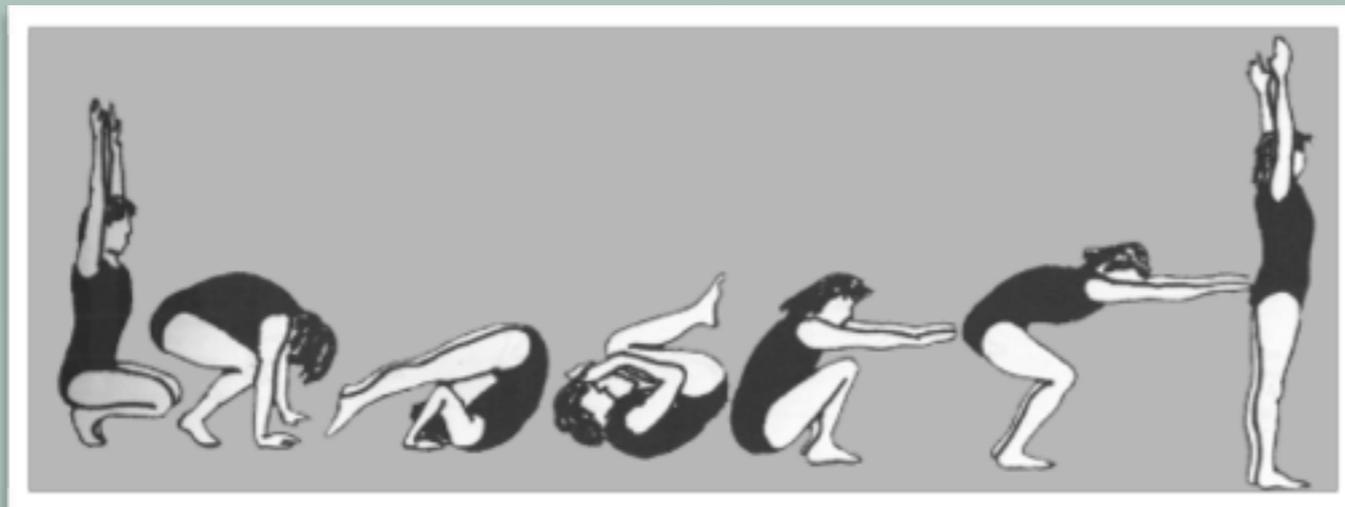
FIGURES: each partner has a part of their body leaned on the floor.

PYRAMIDS: structure that includes, at least, two levels.



B. Acrobatics

They are used as a transition from one building to another. They include gymnastic drills, for instance: forward rolls, handstands, cartwheels, headstands, shoulder-stands, bridges, frogs, etc... You can also dance rhythmically.



C. Music

It is a basic element for the performance. It enhances the choreography .

You can choose any music but take into account that the song:

- motivates you.*
- has a clear rhythm.*
- is not too long.*
- has intensity variations.*
- has a shocking beginning and end.*



These aspects could help you enrich the result.

3. Acrosport roles:

A. LIFTER

They are who acts as the base using their body as a support. Their main features are: strength, stability and balance. They must provide trust to their partners.

B. AGILE/ACROBAT

They are thinner and smaller than the base (lifter). Their main features are: flexibility, agility and balance. They must be courageous and trust their partners.

C. HELPER

They collaborate with partners to build the positions or buildings. They provide security and confidence to their partners. They help to avoid accidents and decrease fear. It has to adopt an aesthetic position in the final building.



4. Hand grips

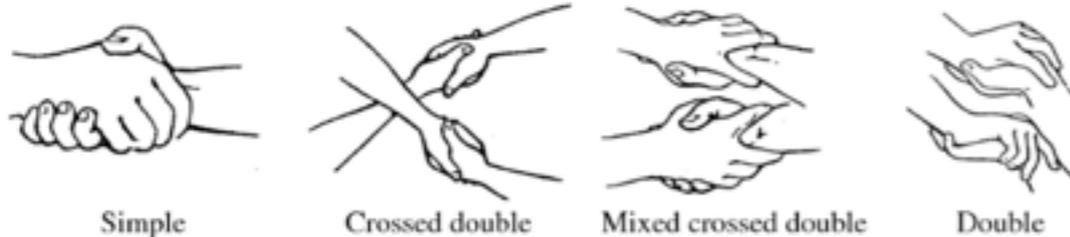
Hand grips are a fundamental aspect of acrosport, since they provide stability and security for the buildings. Each one has a specific function. Lets study it.

Hands grips

Hand grips are used in all phases of a pyramid-assembling, holding the formation and disassembling.

1. Hand to hand: Hands are joined in a shake-hands positions.

It can be:



2. Claw: This grip is usually used for pulling a performer or holding a position.

It can be:



3. Hand-to-wrist: This grip is usually used for pulling a performer or holding a position. This grip is stronger than claw one.



4. Arm-to-arm: This grip is used in advanced pyramids for support in the inverted position.

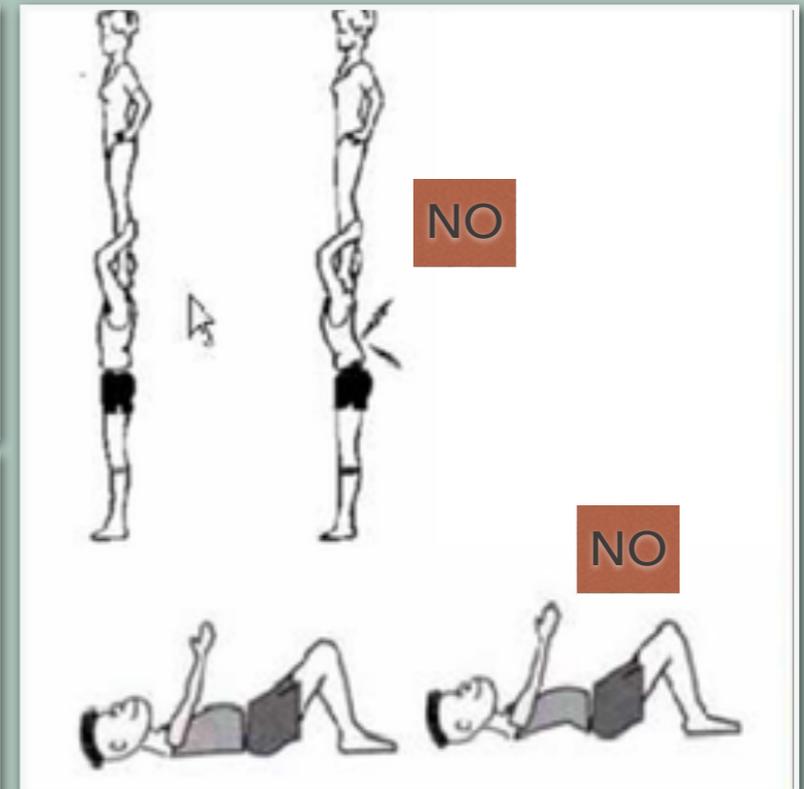
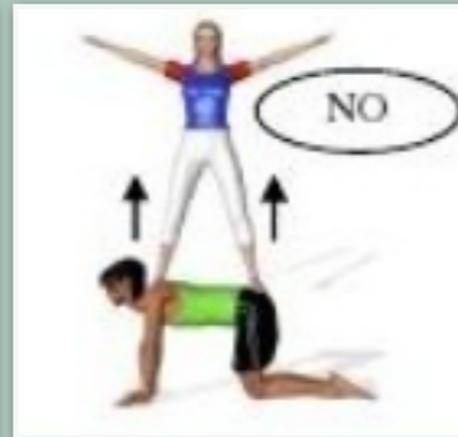
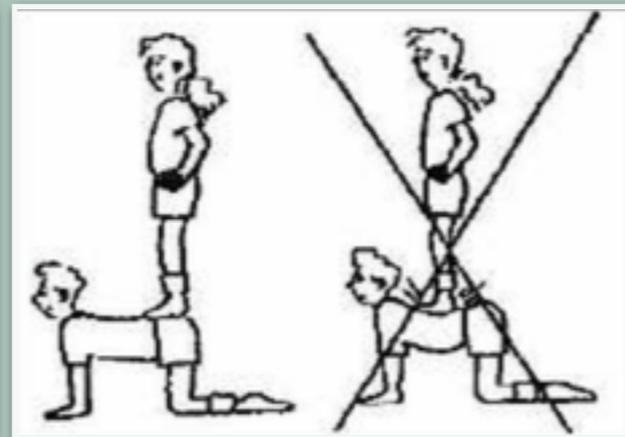


5. Interlocked wrist and hands (platform): This grip is used for climbing in pyramids and for tossing (pitching in acrobatics).



5. Safety Warnings

Hand grips are a fundamental aspect of acrosport, since they provide stability and security for the buildings. Each one has a specific function. Lets study it.



- Do not rely in the middle of your partner's back.
- Locate the appropriate support zones of the lifter.
- Lifters: use your legs to lift your partner's weight.
- Keep back straight.
- Maintain muscle tone and do not get relaxed.



6. Phases in the creation of the pyramids

1st - CONSTRUCTION

Lifters will form the base, adopting chosen poses in the most firm possible position. Students who will occupy the most elevated part will climb up while remaining as close as possible to the base.

The building forms from inside to outside, and from downwards to upwards.

2nd - STABILISATION

Once the pyramid is formed, it must hold itself for 3". If the distribution of the weight is correct, the pyramid will stay put. If it is necessary, corrections must be made to gain balance.

3rd - UNDOING

This must always be done in opposite direction of the first phase, by having the agile to go down towards the front or lateral direction. Lifters or helpers will help in the reception, by holding the agile on their waist or back.



7. Figures. Examples.

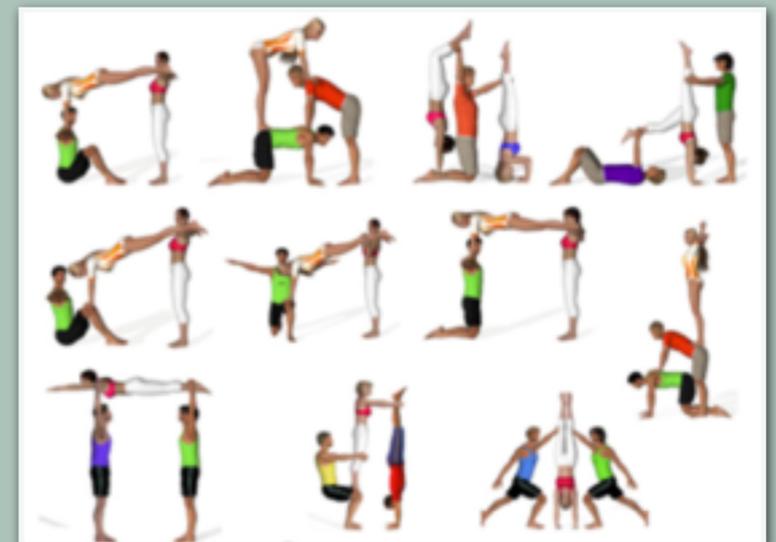
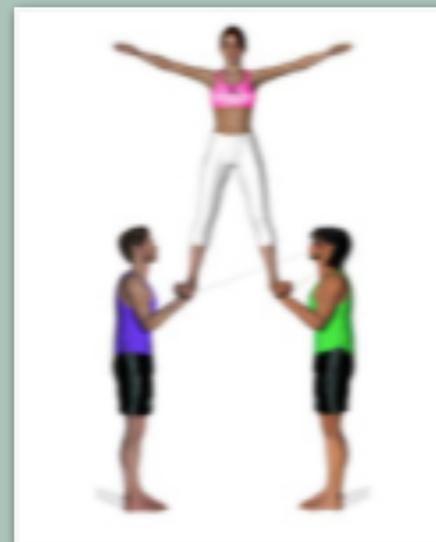
1 PERSON + ALPHABET



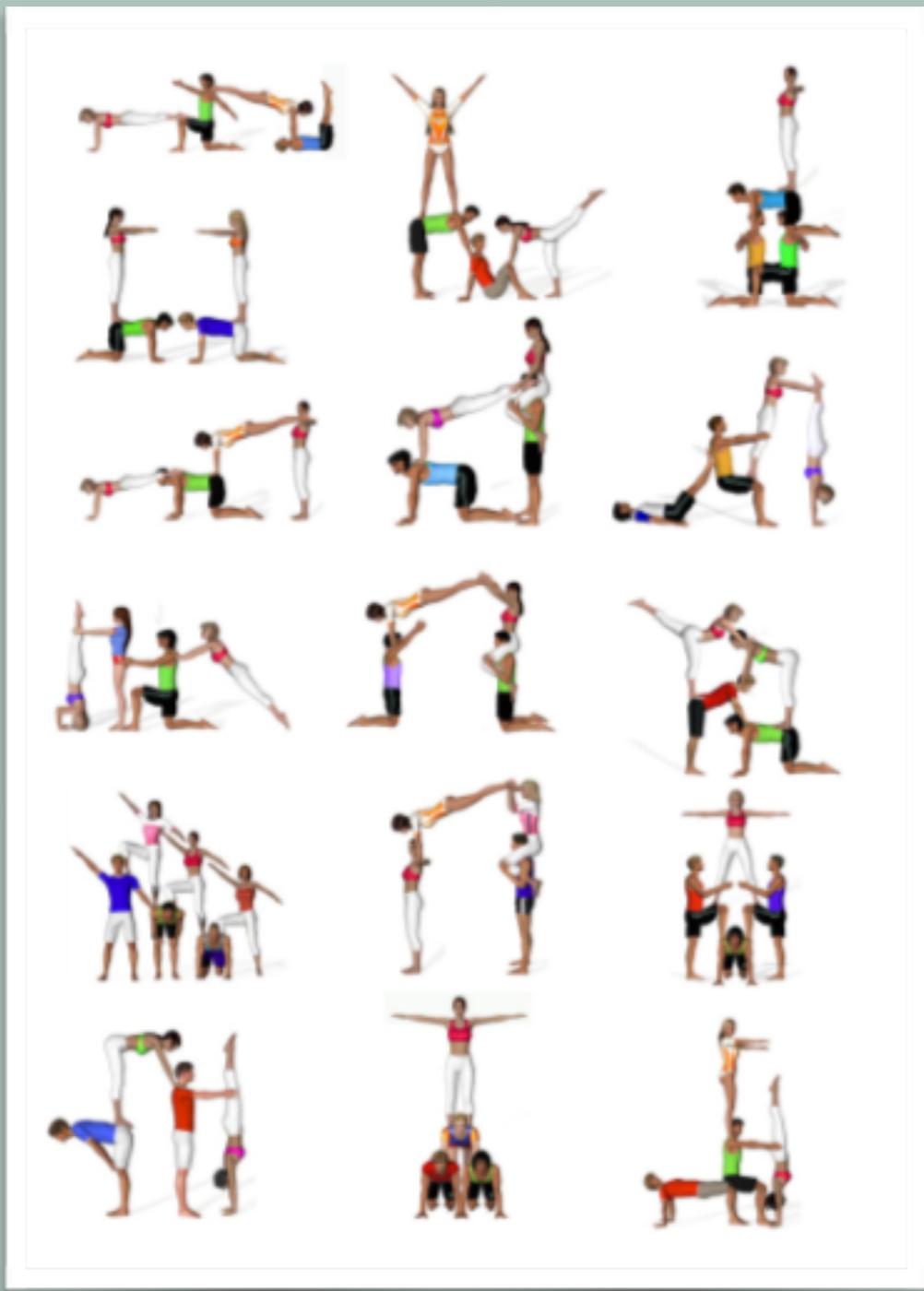
2 PEOPLE



3 PEOPLE



4 PEOPLE AND MORE



GROUPS



8. ACROSPORT PERFORMANCE

INSTRUCTIONS

- *Get in groups of 3 or more.*
- *Choose a song.*
- *Create at least 5 different buildings.*
- *Prepare the transitions using gymnastic drills and dance steps.*
- *Develop a harmonious combination of buildings and transitions. **It is really important to get a perfect synchronisation with partners and music.***
- *There are must be an original beginning and a clear end.*
- *It should take you 3 - 4 minutes (one song).*
- *All of you have to participate in everything.*
- *Your characterization is important.*
- ***If you want to succeed, PRACTICE, PRACTICE and PRACTICE.***

**DO NOT FORGET
SAFETY WARNINGS**

PERFORMANCES

<https://www.youtube.com/watch?v=j-q1B6JmgyQ>

<https://www.youtube.com/watch?v=-YUjwEFoi2Q>

<https://www.youtube.com/watch?v=YPXbqkr-M1E#t=16>

<https://www.youtube.com/watch?v=Gfbhh0pcMeg>

<https://www.youtube.com/watch?v=wVC9SZQFE-0>