**Knowledge questions**

**Plan and deliver group exercise to music (freestyle) (Y/617/1396)**

Assessment element 4

You must complete all the following knowledge questions. Answers should be written/recorded in the space provided. The pass mark is 100%.

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| 1. Describe the importance of careful and thorough pre planning a group exercise to music session. | |
|  | |
| 1. Describe **three** methods that might assist in developing choreography for a group exercise to music session: | |
| a) | |
| b) | |
| c) | |
| 1. List three basic movement patterns used in group exercise to music sessions | |
| a) | |
| b) | |
| c) | |
| 4. Give an example of how the following techniques can be used to build participants coordination: | |
| Initial group of moves: | |
| Layers: | |
| How does layering improve coordination? | |
| 5. Describe **two** methods to achieve effective movement combinations: | |
| Method | How it works to combine moves effectively: |
| a) |  |
| b) |  |
| 6. List two ways in which music can be used to regulate the intensity of group exercise to music sessions: | |
| a) | |
| b) | |

**Assessor feedback**

**Learner name:**

**Assessment element: Plan and deliver group exercise to music (freestyle)knowledge questions**

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| **Assessor feedback:** | | | |
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| **Result:** |  | **Date:** |  |
| **Assessor name:** |  | **Assessor signature:** |  |