**Knowledge questions**

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

**Knowledge questions**

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 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. Give an example of how a layering technique can be used to build participants’ coordination: | |
| Initial group of moves: | |
| Layers of the initial group of moves: | |
| How does layering improve coordination? | |
| 3. Describe **two** choreography methods to achieve effective movement combinations: | |
| Method: | How it works to combine moves effectively |
| a) |  |
| b) |  |
| 4. Describe **two** methods of group behaviour management you could utilise whilst delivering an exercise to music session: | |
| 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:** |  |