

TV – ODP 2 (Child ages 7-8)

Required Technical Elements	Value	
Body Movements		
1 total body wave	0.2	
1 total body swing	0.2	
1 bending	0.2	
1 lean or lunge	0.2	
1 relaxation	0.2	
1 A - BMs	0.3	
	Max 1.3	
Balances		
1 balance	0.2	
1 balance series	0.3	
	Max 0.5	
Jumps or Leaps		
1 jump or leap	0.2	
1 jump series	0.3	
	Max 0.5	
Arm Movements		
3 different arm movements series	0.2 0.2 0.2	
	Max 0.6	
Steps, Skips & Hops		
2 different series one of which is combined with another movement group (0.3 each)	Max.0.6	
Acrobatic movements		
1 acrobatic movement	Max 0.2	
Flexibility movements		
3 different flexibilities (legs L-R-M or back) (0.1 each)	Max 0.3	
Combined Series		
TOTAL MAXIMUM	4.0	