

## "Choreography in Gymnastics for All"



Coach: Gonçalves, Virgínia

### Portugal

#### Summary of Presentation

This is a proposal of a guide for coaches about how to elaborate a choreography in Gymnastics for all. The steps should be made, and the important points to attend to.

- ▣ Choreography is a set of movements and their sequence that makes up the presentation following a musical composition.
- ▣ Creating a choreography is a challenge that requires organization, creativity and vision. Some factors to consider are: theme, style, costumes, lighting and skill of the gymnasts.
- ▣ The three dimensions of space, time, human body limit, music, movement and plastic effects are some of the aspects that have to be considered in the art of choreography.

We will see the **important aspects for the development of choreography in Gymnastics for All.**