



LEVEL 2: ACRO
ORANGE AWARD

NAME:
DATE COMPLETED:



I attend class regularly.



I am able to show a plank position.



I am able to do a v-sit hold
for a number of seconds.



I am able to do a basic seated forward
hamstring stretch and recover.



I am able to show a straddle position
with a straight back & stretched knees.



I am working on my toe to head stretch.



I am progressing with my
back stretch (cobra).



I am working on a
teddy bear headstand.



I am working on the performance
aspect of acrobatic dance.



I always thank my teacher
at the end of my class.



LEVEL 2: ACRO
GREEN AWARD

NAME:
DATE COMPLETED:



I arrive at my class on time.



I am able to hold my table top stretch.



I am able to do a forward roll to standing.



I am able to do a forward bend,
blocks may be used.



I can push up to bridge with my
weight forwards over my hands.



I am able to do a
double leg hold in straddle.



I am able to do a seated forward
stretch in 2nd position & recover.



I am working on back
strengthening exercises & back lifts.



I am polite and courteous when
speaking to other members of the class.



I am working on combining
dance & acro into a routine.



LEVEL 2: ACRO
PURPLE AWARD

NAME:
DATE COMPLETED:



I am in the correct uniform.



I am able to perform a
variety of jumps; frog, straight
and working on straddle & split.



I am able to do a teddy bear headstand.



I am able to do a backwards roll.



I am able to do a
push up in a straddle.



I am able to perform a partner balance.



I am able to do a handstand
and hold for a few seconds.



I am working on splits & pre-splits
on blocks, in all directions.



I am able to perform a
choreographed bow.



I have performed an acro dance routine
linking acro with dance steps.