



NAME:

RED AWARD

I attend classes regularly and arrive on time.

I am trying new stretches including straddle, hamstrings and hips.

I am able to travel around the room on my hands & feet like an elephant or bear (weight on hands).

I am able to roll onto my back whilst hugging my knees, sometimes I make it back up!

TEACHERS REPORT:

Date Completed:

ORANGE AWARD

I am able to balance on one leg in a variety of different positions.

I am able to persist and try things in the class that I find difficult.

I am able to travel backwards on my hands & feet like an elephant or bear.

I am able to walk along a low beam or line on the floor.

TEACHERS REPORT:

Date Completed:

'EARLY YEARS' ACRO PROGRESS RECORD

YELLOW AWARD

I am able to do bunny hops either along the room or side to side over a bench.

I am able to return to my space in the room after a travelling step around it.

I use good manners throughout the class to my teacher & fellow students.

I am able to travel sideways around the room on my hands & feet like a crab.

TEACHERS REPORT:

Date Completed:



NAME:

GREEN AWARD



I am able to do a forward pike/
hamstring stretch whilst seated.



I am able to hop on one leg.



I am able to do a half turn jump.



I am working on my back flexibility
with a small cobra stretch on elbows.

TEACHERS REPORT:

Date Completed:

BLUE AWARD



I am able to do a star jump.



I am able to show a
hollow/dish position.



I am working on landing my
jumps with bent knees.



I am working on a forward roll.

TEACHERS REPORT:

Date Completed:

'EARLY YEARS' ACRO PROGRESS RECORD

PURPLE AWARD



I am able to jump in parallel & am
working on landing with bent knees.



I am able to do a basic partner balance.



I am working on my handstand
with my feet against a wall or mats.



I am able to bow.

TEACHERS REPORT:

Date Completed: