



NAME:

## RED AWARD

I attend classes regularly and on time.

I am developing good posture;  
tall back, feet together, head erect.

I am getting better at stretches  
including straddle, hamstring & hips.

I am able to stretch my feet  
forwards & sideways.

I am working on my rock & roll  
hugging my knees & up to standing.

TEACHERS REPORT:

Date Completed:

## ORANGE AWARD

I am in the correct uniform.

I am able to do a cobra stretch.

I am able to make a star  
shape on the floor.

I am able to hold a forward fold  
hamstring stretch with straight knees.

I am able to do a roll  
down through my spine.

TEACHERS REPORT:

Date Completed:

## 'PRIMARY' ACRO PROGRESS RECORD

## YELLOW AWARD

I dance with a feeling of enjoyment.

I am able to hold a one leg balance  
for a minimum of 5 seconds.

I show good manners throughout  
my class to the teacher & my peers.

I am working on stepping into a handstand  
- tendu forwards, step forwards, place  
hands down in front & lift back leg.

I am developing my cartwheel  
with bunny hops side to side.

TEACHERS REPORT:

Date Completed:



NAME:

### GREEN AWARD

I am able to do a tuck jump.

I am able to do a baby bridge.

I am working on my backwards roll.

I am working on my landing position.

I am working on my stepping into my cartwheel, I probably have bent legs.

TEACHERS REPORT:

Date Completed:

### BLUE AWARD

I am able to move and dance freely to music.

I am able to gallop forwards with stretched feet.

I am able to do a rock & roll to standing.

I am able to hold a hollow/dish & arch position.

I have a good sense of spatial awareness of my fellow class members.

TEACHERS REPORT:

Date Completed:

## 'PRIMARY' ACRO PROGRESS RECORD

### PURPLE AWARD

My hair is always neat and tied back.

I am friendly to all class participants & thank my teacher at the end of class.

I am able to do a handstand with my feet against the wall.

I am able to do a simple partner balance.

I am able to do a forward roll to standing.

TEACHERS REPORT:

Date Completed: