



LEVEL 4: ACRO  
ORANGE AWARD

NAME:  
DATE COMPLETED:



I attend class regularly.



I am able to do an arabesque balance.



I am able to complete a stretch  
and relax sequence.



I am working on full splits  
with blocks in all directions.



I am progressing my  
toes to head stretch.



I am working on tendus  
to develop my foot strength.



I am working on a bridge  
from standing - with a spotter.



I am developing my forearm  
balance and gaining strength.



I am working positively to  
achieve my Acro goals!



I am working on the performance  
aspect of acrobatic dance.



LEVEL 4: ACRO  
GREEN AWARD

NAME:  
DATE COMPLETED:



I arrive on time for my class.



I am able to show a split leap  
with attitude leg line.



I persist when I find things difficult.



I participate in strengthening  
exercises such as sit-ups, planks etc.



I am able to do a handstand  
in a tuck position.



I am able to do a Y scale/Y balance.



I work hard to demonstrate good  
technique with strcthed feet & knees.



I am able to do a variety of balances  
e.g. side lean, Y balance, arabesque.



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



I remember to take all of my belongings  
with me at the end of my class.



LEVEL 4: ACRO  
PURPLE AWARD

NAME:  
DATE COMPLETED:



I am in the correct uniform.



I have excellent forward &  
backward rolls, and shoulder stands



I am able to do a  
handstand to bridge.



I am able to do a bridge  
with straight legs.



I am able to show a full straddle jump.



I am able to perform  
a partner balance.



I am able to do a handstand  
into bridge or forward roll.



I am working on my  
half scorpion position.



I am able to complete a choreographed  
bow to finish my class professionally.



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