



LEVEL 3: ACRO  
ORANGE AWARD

NAME:  
DATE COMPLETED:



I attend class regularly.



I persist when I find things difficult.



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



I am working on cobra  
stretches & back flexibility.



I am able to do a bridge with  
straight legs & weight in my hands.



I am able to show a  
'table top' forward stretch.



I am able to demonstrate  
a stag leap.



I am progressing my  
toe to head stretch.



I am kind & friendly to my  
fellow class participants.



I am working on the performance  
aspect of acrobatic dance.



LEVEL 3: ACRO  
GREEN AWARD

NAME:  
DATE COMPLETED:



I arrive at my class on time.



I am able to do a toe to head stretch.



I am able to do a variety of  
strengthening exercises including  
push ups with tummy to ceiling.



I am working on a forearm balance  
with feet on a support or wall.



I am working on a tuck headstand.



I am working on a variety of balances  
e.g. side lean, Y balance, arabesque.



I am able to do a bridge and kick  
in preparation for walk overs.



I am working on my straddle jump.



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 3: ACRO  
PURPLE AWARD

NAME:  
DATE COMPLETED:



I am in the correct uniform.



I am able to show full  
stretched feet and legs.



I am working on floor rolls,  
forwards, backwards  
and shoulder stands.



I am able to do a tuck headstand.



I am able to walk my hands  
down the wall to a bridge.



I am able to perform a partner balance.



I am progressing my split leap.



I am able to do or am working towards  
a handstand into a bridge.



I am able to perform a  
choreographed bow.



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