



LEVEL 1: ACRO  
ORANGE AWARD

NAME:  
DATE COMPLETED:



I attend class regularly.



I am able to walk in time to the music.



I am able to do knee bounces.



I am able to show a lovely stretch  
& relax in a variety of shapes.



I am working on my  
strengthening exercises.



I am able to do a forward roll.



I am able to do a v sit.



I am able to do a tuck jump.



I am working on the performance  
aspect of acrobatic dance.



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



LEVEL 1: ACRO  
GREEN AWARD

NAME:  
DATE COMPLETED:



I arrive at my class on time.



I am able to run in time to the music.



I am able to push up to a bridge.



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



I am able to do a table top stretch.



I am able to sit correctly in a wide 2nd  
with a straight back, pointed toes  
and knees on top of straight legs.



I am working on a basic handstand.



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



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



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



LEVEL 1: ACRO  
PURPLE AWARD

NAME:  
DATE COMPLETED:



I am in the correct uniform.



I am able to jump in 1st  
& 2nd with stretched feet.



I am able to do a basic cartwheel,  
or am working towards one.



I am working on my plank.



I am working on a variety of leaps;  
stag, split, etc.



I am able to do frog jumps.



I am able to perform  
a partner balance.



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



I am able to perform a  
choreographed bow.



I am able to do a basic handstand.