



LEVEL 5: ACRO  
ORANGE AWARD

NAME:  
DATE COMPLETED:



I attend class regularly.



I am able to complete a complex  
stretch and relax sequence.



I am beginning to show a great range  
of flexibility in all ranges of movement.



I am working on building up  
my strength through my exercises.



I am able to do a toe  
to head back stretch.



I am working on my forward walkover.



I am working on an Arabian handstand.



I am able to chassé into my cartwheel.



I am working positively  
to achieve my Acro goals!



I am working on the performance  
aspect of acrobatic dance.



LEVEL 5: ACRO  
GREEN AWARD

NAME:  
DATE COMPLETED:



I arrive on time for my class.



I am able to perform stag leaps.



I am able to hold my plank  
for over 30 seconds.



I am able to do a side leap.



I am able to do a forearm balance.



I am working on holding a headstand.



I am able to hold a  
half scorpion balance.



I am able to do a one handed cartwheel.



I am polite and courteous when  
speaking to other members of the class.



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



LEVEL 5: ACRO  
PURPLE AWARD

NAME:  
DATE COMPLETED:



I am in the correct uniform.



I am able to perform the splits.



I am able to hold a chest balance.



I am able to hold a V sit.



I am able to do an arab spring /  
cartwheel landing with feet together.



I am able to perform a partner balance.



My handstand can develop  
into a forward walkover.



I am able to perform  
a backward walkover.



I am kind and friendly  
to all class participants.



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