

Level 4 Acrobatics - BKD Performers

Name:

Section	Skill	I can do it!	Yes, you can do it!
Flexibility	Pre-splits right leg (4 inches)		
Flexibility	Pre-splits left leg (4 inches)		
Flexibility	Pre-splits centre (4 inches)		
Flexibility	Pre-toes to head (4 inches)		
Flexibility	Pre-forward bend (4 inches)		
Flexibility	Shoulder stretch (touching)		
Strength	Teacher choice of plank, hold 40s		
Strength	Superhero, hold 40s		
Strength	Table top, hold 40s		
Strength	V sit, hold 40s		
Strength	Upper body lifts (25 consecutive)		
Strength	Bridge, hold 25s		
Strength	Handstand facing the wall (straight), hold 25s		
Strength	Handstand shoulder shrugs, facing wall (5 consecutive)		
Balancing	Half scorpion, hold 5s (right or left)		
Balancing	Headstand (tuck), hold 15s		
Balancing	Headstand (press to straddle), hold 5s		
Limbering	Bridge recover		
Limbering	Bridge and kick over (right or left)		
Limbering	Bridge prances (retire)		
Limbering	Bridge with straight legs		
Limbering	Handstand to chest roll		
Limbering	Handstand to bridge (right & left)		
Tumbling	Handstand to forward roll (right or left)		
Tumbling	One hand, close hand, cartwheel (right & left)		
Tumbling	Dive forward roll		
Tumbling	Chasse step hop retire cartwheel (right & left)		
Tumbling	2 continuous cartwheels (right or left)		