

Level 5 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 (2 inches) | | |
| Flexibility | Shoulder stretch (touching) | | |
| Strength | Teachers choice of plank, hold 50s | | |
| Strength | Superhero, hold 50s | | |
| Strength | Table top, hold 50s | | |
| Strength | V sit, hold 50s | | |
| Strength | Upper body lifts (30 consecutive) | | |
| Strength | Bridge, hold 30s | | |
| Strength | Handstand facing the wall (straight), hold 30s | | |
| Strength | Handstand shoulder shrugs, facing wall (10 consecutive) | | |
| Balancing | Half scorpion, hold 5s (right & left) | | |
| Balancing | Chest stand (legs straight & together), hold 5s | | |
| Balancing | Headstand (press straddle to straight), hold 10s | | |
| Balancing | Forearm stand (leg position optional), hold 5s | | |
| Limbering | 16 count bridge recover | | |
| Limbering | Bridge and kick over (right & left) | | |
| Limbering | Bridge prances (straight) | | |
| Limbering | Bridge to forearms | | |
| Limbering | Front limber (right & left) | | |
| Limbering | Arabian handstand to forward roll (straddle up) | | |
| Tumbling | One hand, far hand, cartwheel (right & left) | | |
| Tumbling | Chasse step hop retire pop cartwheel (right & left) | | |
| Tumbling | Hurdle cartwheel rebound (right & left) | | |
| Tumbling | Donkey Kicks (5 continuous) | | |