

## Level 1 Acrobatics - BKD Performers

Name:

Section	Skill	I can do it!	Yes, you can do it!
Flexibility	Butterfly stretch demonstration		
Flexibility	Pre-forward bend (6 inches)		
Flexibility	Square hip exercise (right)		
Flexibility	Square hip exercise (left)		
Flexibility	Straddle stretch demonstration		
Flexibility	Articulated cobra		
Strength	Plank, hold 10s		
Strength	Superhero, hold 10s		
Strength	Table top, hold 10s		
Strength	V sit demonstration		
Strength	Wall sit, hold 10s		
Strength	Handstand facing the wall demonstration (pike)		
Strength	Hops, right foot and left foot (5 in a row)		
Strength	Frog jumps (5 in a row)		
Balancing	Right foot retire, hold 5s		
Balancing	Left foot retire, hold 5s		
Balancing	Rise on demi pointe, hold 5s		
Limbering	Pike, tuck, straddle		
Limbering	Stretch & flex feet		
Limbering	Push up to bridge		
Limbering	Tendu to second ending position with transfer of weight		
Tumbling	Hollow position (arms up)		
Tumbling	Log rolls		
Tumbling	L handstand (right & left)		
Tumbling	Step hop in retire, continuous		
Tumbling	Rock & roll from standing to standing		
Tumbling	Pre-cartwheel (right & left)		
Tumbling	Forward roll ending in pike		