

Level 2 Acrobatics - BKD Performers

Name:

Section	Skill	I can do it!	Yes, you can do it!
Flexibility	Pre-splits right leg (6 inches)		
Flexibility	Pre-splits left leg (6 inches)		
Flexibility	Pre-splits centre (6 inches)		
Flexibility	Pre-toes to head (6 inches)		
Flexibility	Pre-forward bend (6 inches)		
Strength	Plank, hold 20s		
Strength	Superhero, hold 20s		
Strength	Table top, hold 20s		
Strength	V sit, hold 20s		
Strength	Upper body lifts (10 consecutive)		
Strength	Bridge, hold 10s		
Strength	Wall sit, hold 20s		
Strength	Handstand facing the wall (pike), hold 10s		
Balancing	Pre-scorpion, hold 5s (right or left)		
Balancing	Teddy bear stand, hold 5s		
Balancing	Seated double leg hold, hold 5s		
Limbering	Articulated stretch & flex feet		
Limbering	Walk down the wall and up (to half bridge only)		
Limbering	Kneeling half bridge		
Limbering	Inside out table top (right & left)		
Limbering	Bridge retire (right & left)		
Limbering	Bridge waving (right & left)		
Tumbling	Forward roll (standing to standing)		
Tumbling	2 continuous straddle rolls		
Tumbling	Pre-backward roll		
Tumbling	Rock & roll from standing to standing (candle)		
Tumbling	Cartwheel (right or left)		
Tumbling	Pre-handstand (right & left)		