

Level 3 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 (4 inches)		
Strength	Plank, hold 30s		
Strength	Superhero, hold 30s		
Strength	Table top, hold 30s		
Strength	V sit, hold 30s		
Strength	Upper body lifts (20 consecutive)		
Strength	Bridge, hold 20s		
Strength	Wall sit, hold 30s		
Strength	Handstand facing the wall (pike), hold 20s		
Balancing	Quarter scorpion, hold 5s (right & left)		
Balancing	Headstand (tuck), hold 10s		
Balancing	Seated double leg hold, hold 10s		
Limbering	Down to bridge		
Limbering	Walk down the wall to bridge and back up to standing		
Limbering	Bridge with transfer of weight		
Limbering	Bridge with kick and hop (right & left)		
Limbering	Inside out bridge (right & left)		
Limbering	Bridge walking		
Limbering	Bridge and kick over with a stack (right or left)		
Limbering	Bridge retire développe (right & left)		
Tumbling	Backward roll		
Tumbling	Cartwheel (right & left)		
Tumbling	Cartwheel from one knee (right or left)		
Tumbling	Straight handstand (right & left)		