

Level 6 Acrobatics - BKD Performers

Name:

Section	Skill	I can do it!	Yes, you can do it!
Flexibility	Pre-splits right leg (2 inches)		
Flexibility	Pre-splits left leg (2 inches)		
Flexibility	Pre-splits centre (2 inches)		
Flexibility	Pre-toes to head (2 inches)		
Flexibility	Pre-forward bend (2 inches)		
Flexibility	Shoulder stretch (grasp)		
Strength	Superhero, hold 60s		
Strength	V sit, hold 60s		
Strength	Upper body lifts (35 consecutive)		
Strength	Push up (1)		
Strength	Bridge, hold 40s		
Strength	Handstand facing the wall (straight), hold 40s		
Strength	Handstand shoulder shrugs, facing wall (15 consecutive)		
Strength	Handstand shoulder touches, facing the wall (10 consecutive)		
Balancing	Headstand, show 2 leg positions, hold 10s each		
Balancing	Chest stand (legs straight & together), hold 10s		
Balancing	Forearm stand (leg position optional), hold 10s		
Balancing	Leg hold, hold 5s (right or left)		
Balancing	Half scorpion, hold 10s (right & left)		
Limbering	Bridge recover (3 in a row)		
Limbering	Rocking bridges		
Limbering	Bridge to chest roll		
Limbering	Fish flop		
Limbering	Arabian handstand to forward roll (pike up)		
Tumbling	Flying cartwheel (right & left)		
Tumbling	Front walkover (right or left)		
Tumbling	Back walkover (right or left)		
Tumbling	Hurdle round off (right or left)		