

<b>Acro 1 Prerequisites</b>	<b>Acro 1 will learn through the course of the year(s):</b>	<b>Date Mastered</b>
<i>Interest in acrobatics</i>	4 Tumbling Positions: Pike, Tuck, Straddle, Layout	
	Backbend (push up/standing)	
	Backward Rolls: tuck/ straddle/pike	
	Bear Crawls/ Needle Walks	
	Begin Scorpion catch	
	Bridge Balance	
	Bridge Walks	
	Bridge Kickover	
	Cartwheels: Open (R/L) Square (R/L)	
	Chin/Chest Stand	
	Dive Front Rolls	
	Flamingo Handstands/ Passe Handstand	
	Forward Rolls: tuck/ straddle/pike	
	Handstand Snap-Downs	
	Headstand: Balance/with Forward Roll	
	Inside Out Bridges	
	Jumps: straight/ tuck	
	Planks (20 second hold)	
	Run, Hurdle Cartwheel	
	Single leg lift/ Handstand/ Hand stand with forward roll	
	Splits (right/left)	
	Tripod Balance	
	V-Sit with Hand Support	
	Partnering Work	
	<i>Students are promoted to ACRO 2 when skills are mastered at this level and/or Director decision (no movement after December of each season. It is common for students to be in an acro level for more than 1 season as they master skills in the level.</i>	

<b>Acro 2 Prerequisites</b>	<b>Acro 2 will learn through the course of the year(s):</b>	<b>Date Mastered</b>
<i>*see Acro 1 will Learn</i>	Aerial Preparation (no running)	
	Aerial (no running)	
	Back Extension Roll	
	Back Walkover (left/right)	
	Back-bend kick-over (left/right)	
	Bridge Balance (one arm/one leg)	
	Cartwheel Beats/Switching	
	Center Split	
	Chin/Chest Stands	
	Dive Cart Wheels	
	Dive Front Walk Overs	
	Elbow Handstands	
	Elbow Handstands Tick Tock	
	Front Arabian (tuck/pike/straddle)	
	Front Hand Springs	
	Front Limber	
	Front Walkover (left/right)	
	Handstand (3 sec hold): Straight/ Straddle/ Split	
	Handstand Straight arms forward roll	
	Handstand Walks (10 in a row)	
	Handstand pirouettes	
	One Arm Cartwheels (far/near arm)	
	Pike Backward roll	
	Plank (45 sec. hold)	
	Pop Cartwheels (right/left)	
	Round-off (right/left)	
	Run, Hurdle Roundoff rebound (straight/tuck/straddle)	
	Scorpion hold	
	Split Jumps	
	Split leap	
	Straddle Jumps	
	Tick-Tocks	
	Toe Rise to Stand	
	Valdez	
	V-sit without hand support	
	Partner Work	
	<i>Students are promoted to ACRO 3 when skills are mastered at this level and/or Director decision (no movement after December of each season. It is common for students to be in an acro level for more than 1 season as they master skills in the level.</i>	

<b>Acro 3 Prerequisites</b>	<b>Acro 3 will learn through the course of the year(s)</b>	<b>Date Mastered</b>
<i>*see Acro 2 will Learn</i>	Aeriels (consecutively)	
	Back Arabian	
	Back Handspring	
	Bac Handspring to Split Out (to stomach)	
	Back Handspring Step Out	
	Back Tuck	
	Back Twist	
	Brandies	
	Chest Rolls	
	Combination Tricks	
	Contortion	
	Front Aerial (continuous)	
	Front Handspring Step Out	
	Front Tuck	
	Gainers	
	Illusion into Aeriels (open and closed)	
	Kangaroos	
	No Handed Chest Stand (Fly)	
	One Handed FWO/BWO	
	Over-splits (right/left/center)	
	Plank (2min)	
	Press Handstand (standing/sitting)	
	Revolving Tinsicas (PeeWees)	
	Roundoff Back Handspring	
	Roundoff Back Tuck	
	Scorpions/Scales	
	Standing Back Tuck	
	Straight Arm Back Extension Roll	
	Switching/Beating BWO	
	Switching/Beating FWO	
	Tinsicas (front/back)	
	Toe Rise back bends/kick overs	
	Tumbling passes	
	Valdez (two/one handed)	
	Variety of Hand Balances	
	V-sits	
	Partner Work	

Students in ACRO 3 must maintain skills from previous levels or will be returned to prior level for remedial work for safety reasons. Acro 3 skills build on foundational skills needed from prior levels.