

Prerequisites For Acrobatics II

(Please Print Legibly)

Student Name: _____ **Contact Email:** _____

Parent Name: _____ **Submission Date:** _____

Coach Name: _____ **Contact Phone:** _____

This form will be submitted to the curriculum director and you will be contacted to discuss the next steps.

Developmental stage:

- Ready to Incorporate Speed and Momentum into Current Skills
- Self Disciplined to Push Themselves by Holding Stretches and Conditioning
- Has an Awareness of Their Body in Space
- Developing Awareness Towards Taking Smart and Safe Risks
- Comfortable Going Upside Down
- Showing Progress Towards Having Good Form and Technique When Executing Skills

Classroom Requirements:

- Attentive, Focused, and Positive Attitude
- Responsive to Coach Feedback
- Good Teamwork Skills
- Easily Takes Turns
- Can Work with Other Students to Accomplish a Specific Task

Knowledge of Vocabulary: _

- Point / Flex Pike Tuck Same Side / Opposite Side
- Right / Left Lunge Straddle Core Engagement
- Landing Position Bridge Hurdling Hollow Body
- Wide Fingers Tight Body Arm Circle

Skills:

- Lunge to Handstand
- Controlled Exit When Going Past Handstand
 - Turn
 - Roll
 - Bridge
- Controlled Cartwheel
 - Right Side
 - Left Side
- Handstand to Bridge
- Front Limber
- Tick Tock
- Backbend-Kickover
- Small Jump Dive Roll (not hitting head)
- Jumps off of Balls of Feet
- Line Kicks
 - Front
 - Side
 - Arabesque Kicks
 - Fan Kicks

Prerequisites For Acrobatics III

(Please Print Legibly)

Student Name: _____ **Contact Email:** _____

Parent Name: _____ **Submission Date:** _____

Coach Name: _____ **Contact Phone:** _____

This form will be submitted to the curriculum director and you will be contacted to discuss the next steps.

Developmental stage:

- Ready to Begin Incorporating Precision, Power, and Linking Skills
- Strong Awareness of the Body in Space
- Willingness to Push Themselves, Hold Stretches and Condition
- Developing Awareness Towards Taking Smart and Safe Risks
- Good Form and Technique When Executing Skills

Classroom Requirements:

- Responds to Coach Feedback
- Good Teamwork Skills
- Attentive, Focused, and Positive Attitude
- Easily Takes Turns
- Can Work with Other Students to Accomplish a Specific Task

Knowledge of Vocabulary: _

- Point / Flex Pike Tuck Same Side / Opposite Side
- Right / Left Lunge Straddle Core Engagement
- Landing Position Bridge Hurdling Hollow Body
- Wide Fingers Tight Body Arm Circle

Skills:

- Power Take Off
- Snap Downs
- Dive Cartwheel
- Round-Off
- Handstand Step-Down
- Back Walkover with Confidence and Initiated by Lifting the Foot
(not leaving the leg on the ground or dropping it back down)
- Back Handspring with a Heavy Spot
- Familiar with Back Handspring Drills
- Dive Roll
- Mini Back Extension Roll to Push-Up Shape

Line Kicks

- Front
- Side
- Arabesque Kicks
- Fan Kicks
- Needle Kicks
- Six Kick Combination