



Acro classes at On Pointe following Acrobatic Arts syllabus for each level in addition to dance competition guidelines for each level

Acro dance preschool:

Gallops- alternating legs

Pre-cartwheel

Marching across the floor/ diagonal

Straddle stretch

Skipping

Ball pose

Table top

Pre-handstand (one foot on wall)

Downward dog

Bear walks

Crab walks

Log rolls

Superman pose

Single leg passe (both legs)

Frog jump

Tuck jump

Forward roll

Acro level 1:

50 sit ups

20 push ups

V sit/ double leg hold 5 seconds

Plank 10 seconds

Wall sit 30 seconds

Rock and roll to standing 3x in a row

Box hand stand

Push up to bridge

12 bridge marches

Straddle roll

L handstand

-cartwheel over stack (one side)

R split square hips (6 inches off ground)

L split square hips (6 inches off ground)

Center split/ straddle

Downward dog
Bear walks
Crab walks
Log rolls
Superman pose
Single leg passe (both legs)
Frog jump
Tuck jump
Forward roll
Bridge from standing

Acro level 2:

-70 sit ups
-30 push ups
-v sit/ double leg hold 10 seconds
-plank 30 seconds
-wall sit 1 minute
-pre scorpion
-cobra toes to head
-bridge hold (thoracic stretch and hold)
-bridge from standing and transition back to standing
-teddy bear stand
-bridge to passe r/l x 10
-straddle roll 2x in a row to handstand tuck position
-backwards straddle roll 3x in a row
-handstand in center starting and finishing in tendu
-right and left cartwheel
-r split square hips, flat on ground
-l split square hips, flat on ground
-center split
-front limber
-tinsica prep (bridge to downward dog consecutively)

Acro level 3:

-100 sit ups
-50 push ups
-v sit/ double leg hold 30 seconds
-plank 1 minute
-wall sit 1 minute
-double seated leg hold 10 second rock back x 3
-bridge with weight transfer
-standing to bridge transfer weight x 4
-kneeling half bridge

- forward roll to tuck jump x 3
- straddle roll, straddle press handstand x 3
- 3 second handstand in center x 3
- cartwheel from knee r/l
- flying cartwheel
- side aerial
- tuck jump x 5
- head stand tuck to handstand
- one handed cartwheel r or l
- cobra toes to head
- cartwheel from knee
- front walk over
- back walk over
- tinsica
- scorpion

Acro level 4:

- 100 sit ups
- 50 push ups
- v sit/ double leg hold 30 seconds
- plank 1 minute
- one handed cartwheel r/l
- wall sit 1 minute
- double seated leg hold 10 second rock back x 3
- bridge recover feet parallel, hip distance
- upper body lifts
- dive forward roll
- handstand to forward roll
- front and back handspring
- chasse step hop cartwheel
- chest stand
- forward roll hand stand pike up x 3
- front aerial
- headstand tuck to handstand

Acro 5:

- all skills in acro 4 in addition to combinations and consecutive skills
- valdez
- needle
- chest rolls