



Acro Eligibility

Student must meet a majority of the criteria

(Some Exceptions may apply, please speak to your teacher if you have any questions.)

Remember: Acro is a style of DANCE. We recommend that by Acro 4, kids are taking 2-3 hours of dance per week (1 being acro) to help further their technique, terminology, and understanding of dance steps.

Acro Beginner Tumble and Tricks

In Primary kids will learn the foundations and terminology of acro- Flexibility, Strength, Balance, Limbering, and tumbling. They will learn starting flexibility stretches for them to practise at home, be able to demonstrate different strengthening positions, learn to be in control of their body and move well on the dance floor. Some examples of what they will be learning are - Cobra Demonstrations, plank Demonstrations, balancing on one leg/toes, jumps, starting positioning for larger tricks, Gallops, and pre Cartwheels.

Must Be

- at least 4 years old

Acro 1

In Acro 1 kids will further develop their knowledge of terminology. They will start combining steps to complete Moves. We will further develop their courage to be upside down and tumbling. Kids will learn to demonstrate and hold strength positions like plank, wall sits and handstands. And they will work on develop their Dancing technique.

Must be

- at least 6 years old

Acro 2

In acro 2 kids will start incorporating more tricks including, bridges lifting 1 arm or leg off the ground, Handstands without assistance, cartwheels on both legs. They are starting to do more complicated balancing movements such as Baby Scorpions, teddy bear headstand. Strength position are now held for at least 20 sec. and we are working on pre-splits (6in from the ground)

Must be

- At least 6 years old
- Can complete a pre-cartwheel
- Can demonstrate a handstand with either person assistance or wall assistance
- Confidently complete a somersault
- Demonstrate an understanding of at least 2 of the following
 - Plank on hands
 - Superman
 - Wallsit
 - V sit

Acro 3

Acro 3 involves a lot more of being upside down. Kids are learning multiple different bridge positions including lowering to a bridge from standing, walking in a bridge, and kicking over from a bridge on a stack of mats. Strength is now held for at least 30 Sec and are adding more difficult positioning. Tumbling skills include learning backwards rolls, cartwheels from 1 knee and confidently demonstrate a straight handstand without assistance.

Must be

- At least 7 years old
- Demonstrate a teddy bear headstand
- Demonstrate and Hold a bridge
- Demonstrate a Cartwheel on the right AND left
- Demonstrate a pre-split (right, left, centre) 6-8in from the ground
- Demonstrate a Forward Roll
- Walk down wall to bridge

Acro 4

Acro 4 jumps further into flexibility (everything is now 4in from the ground) Strength is held for 40sec. Multiple different styles of bridges now including kicking over in your bridge, handstand to bridge, and recovering to standing from a bridge. We are adding more flexibility including Handstand into a chest roll and half scorpions. Tumbling is more advanced now adding one-handed cartwheels, dive rolls, and building preps into trick like Aerials and tumbling passes.

Must be

- At least 7 years old
- Bridge kick over from stack of mats
- Down to a bridge from standing
- Inside out Bridge
- Headstand (in tuck position)
- Cartwheel on both sides

Acro 5+

In acro 5+ the kids need to now have a deeper understanding of terminology. tumbling and limbering are for more advanced, the stamina to be upside down is more advanced. Kids will start adding pop cartwheels, round-offs, Arabian (straddle) handstands to forward roll. Strength is held for 50sec. Flexibility is 4in from the ground. Adding tricks like chest stands, forearm stand, and handstands in more complicated leg positions.

Must be

- At least 8 years old
- Cartwheels 2 and 1 handed, handstand, and bridge kick-over on right AND left
- Pre-splits, Pre-forward bend, pre-toes to head, 3-5in from the ground/head
- Demonstrate and hold various strength positions for 40sec+
- Complete 2 of the following
 - Handstand to forward roll
 - Handstand to bridge
 - Handstand to chest roll