

Acrobatics Assessment Form

**national centre
for circus arts**

Tumbling

Level 1: No Criteria

L1 recommendation	
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Level 2 Criteria

Forward Roll	
Backward Roll	
Handstand Forward Roll	
Cartwheel – both ways	
Dive Roll on to crash mats	
L2 Sign Off	

Level 3 Criteria

Round Off	
Front Somersault (off trampette)	
Good Acro/Related Activity Background	
Good Physical and Spatial Awareness	
Good Level of Fitness	
Can perform L2 criteria with finesse and ease	
L3 Sign Off	

Handstands (L1 & L2)

Level 1: No Criteria

Level 2 Criteria

Kick up to a Handstand and Twist Out	
Handstand Forward Roll	
Good Acrobatic Background	
Good Physical Strength & Flexibility	
Good Level of Fitness	
L2 Sign Off	