



The Academy of Dance

Acro Class Curriculum

Introduction to all acro levels syllabus:

The skills and steps listed for each level are intended to be mastered before students are ready to move on; they are not meant to be the only steps a teacher will be working on in class throughout the year. Each level builds off the previous levels. Steps listed are not intended to be extensive/exclusive, but more as a guide to what level of difficulty and vocabulary each level will be working on. ***Levels will be reassessed at the end of each school year, though dancers should expect to spend multiple years in each level.***

Acro Levels:

- Pre Acro
- Acro 1
- Acro 2



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Pre-Acro

30 minute class | *Intended Age: 4-6*

**Each movement needs to be done with proper alignment and hand/foot placement.
Based off of Acrobatic Arts Syllabus levels Primary-Level 2.**

Movement goals for the level:

Flexibility

1. Butterfly Stretch Demonstration
2. Rock and Roll Demonstration
3. Cobra Demonstration
4. Pre-forward Bend (6 Inches)
5. Square Hip Exercise (Right and Left)
6. Straddle Stretch Demonstration
7. Pre-splits right (6 inches)
8. Pre-splits left (6 inches)
9. Pre-Splits center (6 inches)
10. Pre-toes to head (6 inches)

Strength

1. Plank (hold for 20 seconds)
2. Superman (hold for 20 seconds)
3. Table top (hold for 20 seconds)
4. Wall sit (hold for 10 seconds)
5. V sit (hold for 10 seconds)
6. Tuck Jumps (3 in a row)
7. Frog Jumps (5 in a row)
8. Crab Walk (5 feet)
9. Hops on Right and Left Foot (5 in a row)
10. Bridge (hold for 20 seconds)
11. Pike Handstand (Hold for 10 seconds)

Balancing

1. Right foot Passe (Hold for 5 seconds)
2. Left Foot Passe (Hold for 5 seconds)
3. Rise on demi pointe (hold for 5 seconds)
4. Baby Scorpion (Hold for 5 seconds right and left)
5. Teddy Bear Stand (hold for 5 seconds)
6. Seated Double Leg Hold (hold for 5 seconds)



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Limbering

1. Ball pose
2. Pike position
3. Tuck position
4. Straddle position
5. Articulate stretch and flex feet
6. Baby Bridge
7. Tendu devant starting position, arms forward (right and left)
8. Jazz second starting position (arms forward)
9. Tendu to second ending position with transfer of weight
10. Walk down the wall to ½ bridge and walk back up the wall to standing
11. Down to bridge (with spot)
12. Bridge retire (right and left)
13. Bridge waving (right and left)

Tumbling

1. Hollow position
2. Gallops (side)
3. Gallops (front)
4. Skipping
5. Somersault
6. 2 consecutive straddle rolls
7. Pre-cartwheel (right and left)
8. Cartwheel (right OR left)
9. Log rolls
10. Rock and Roll to standing (tuck and candle)
11. L handstand (right and left)
12. Pre handstand (right and left)
13. Forward Pike Roll (ends in pike)
14. Straight Handstand (with a spot) (right and left)



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Acro 1

1 hour class | *Intended Age: 7+*

Each movement needs to be done with proper alignment and hand/foot placement. Based off of Acrobatic Arts Syllabus Levels 3-5. Students must be able to perform all skills from lower level class.

Movement goals for the level:

Flexibility

1. Pre- Splits right, left and center (4-6 inches)
2. Pre-toes to head (4-6 inches)
3. Pre-Forward bend (4-2 inches)
4. Shoulder Stretch (touching)

Strength

1. Plank (30-50 seconds)
2. Superman (30 -50 seconds)
3. Table top (50 seconds)
4. V sit (30-50 seconds)
5. Upper body lifts (20-30 consecutive)
6. Bridge (30 seconds)
7. Wall sit (30 seconds)
8. Handstand pike (20 seconds)
9. Handstand against the wall (kick-up or walk in) (30 seconds)
10. Handstand shoulder shrugs (10 consecutive)

Balancing Skills

1. Half Scorpion right and left (5 seconds)
2. Headstand tuck (10-15 seconds)
3. Headstand (press straddle to straight) (5 seconds)
4. Seated double leg hold (10 seconds)
5. Chest stand (Legs straight) (5 seconds)
6. Forearm stand (legs optional) (5 seconds)

Limbering Skills

1. Bridge Recover
2. Walk Down the Wall to bridge and back up to standing
3. Bridge Kick and a Jump (Right and Left)
4. Inside out bridge
5. Bridge walking



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6. Bridge kick over (start with a stack)
7. Bridge retire developpe (Right and Left)
8. Bridge prances
9. Bridge with straight arms and legs
10. Handstand to chest roll
11. Handstand to bridge (Right and Left)

Tumbling Skills

1. Backwards roll
2. Cartwheel (Right and Left)
3. Cartwheel from knee (Right and Left)
4. Straight Handstand (Right and Left)
5. Handstand to forward roll
6. One hand, close hand cartwheel (Right and Left)
7. Dive forward roll
8. Chasse step hop retire cartwheel (Right and Left)