

# Acro Kats

- Become comfortable walking on high beam by themselves
- Learn to do a pullover on bars
- Gain strength to hold their own weight up in a front support and forward roll down
- Perform backwards roll to their feet on flat floor
- Do bridges with straight arms on a flat floor surface
- Learn basic lever mechanics
- Perform cartwheel starting and finishing in lunge position and correct order of hands and feet on floor
- Learn how to run and punch the spring board with two feet