

Acro

PRACTICE CARD

Fill this sheet out at the end of the week to see how many items you were able to complete!

FOR ACRO, I...

Stretched for at least five days this week

Held a position my dance teacher assigned to me

Had a family member help me with a pose or stretch

Held a plank for 30 seconds

THIS WEEK, I...

Took a Private Lesson at the studio

Asked a question in class

Heard a song I've danced to on the radio

Practiced a combination from class

Felt proud of myself

Remembered something from last practice

