

## Pyramid Routine

EMERGING  1	<ul style="list-style-type: none"> <li>• Two person base is unstable and/or unsafe</li> <li>• Cannot hold balance for minimum three seconds</li> <li>• All movements are hurried and/or unsafe</li> <li>• Very little or no body control</li> </ul>
ADEQUATE  2	<ul style="list-style-type: none"> <li>• Two person base, on person standing on top of them</li> <li>• Base is moving</li> <li>• Feet are placed on the middle or higher back</li> <li>• Needs to be spotted when going up, to stay in balance and to go down</li> <li>• Steps quickly down or jumps off</li> </ul>
VERY GOOD  3	<ul style="list-style-type: none"> <li>• Two person base, on person standing on top of them</li> <li>• Base is stable and on hands and knees next to each other</li> <li>• Person on top places feet on the lower back of the persons who are the base</li> <li>• Needs a to be spotted when going up</li> <li>• Stays in balance for ten seconds</li> <li>• Needs to be spotted when going back down.</li> <li>• Goes slowly down not to hurt the persons who are the base</li> </ul>
EXCELLENT  4	<ul style="list-style-type: none"> <li>• Two person base, on person standing on top of them</li> <li>• Base is stable on hands and knees next to each other</li> <li>• Person on top places feet on the lower back of the person who are the base</li> <li>• Steps up with complete body control and stays in balance for ten seconds</li> <li>• Goes slowly down, being in control of the body and the movements.</li> <li>• Goes slowly down not to hurt the persons who are the base</li> </ul>