

PegStilts.com Stilt Walking Levels Sheet

Level 1	Level 3
Drop down to knees (good form & no hands, 5x)	Lunge (2-5 seconds, both legs, 3x)
Get up from floor using partner or prop (good form & no hands, 5x)	Gallop (one foot in front, each leg)
Walk entire length of gym and back (no spotter, with confidence, good form, and no falling)	Kick Forward (5x, good form/posture, no falling)
	Kick Backwards (5x, good form/posture, no falling)
Level 2	Walk backwards the length of the gym (good form, no falling)
Face Sideways - Step Together, Step Together (with each foot leading)	Knee knockers (10 times in a row)
Knees forward high knee marching (30 seconds)	Pirouette Turn 180* (half turn on each foot, forward & backwards, 2 pushes = full 360* turn)
Knees out high knee marching (30 seconds)	
Balance on 2 feet (no stepping, stall 2-5 seconds)	
Turn 5 full turns with one foot planted (Take a step at each of the directional points in order to rotate forward & backward a full 360* rotation, on each foot. 4 pushes = full 360* turn, practicing for pirouette turns, see level 3&4)	Level 4
Flamingo (stand on one leg and balance on each foot 2-5 seconds)	Grapevine the length of the gym (switch front foot each time, good form, no falling)
Make up 3 ways to balance with 1-3 friends (stand as a unit supporting each other, without moving feet)	Pirouette Turn - Full 360* (full turn on each foot, forward & backwards, no stepping. 1 push = full 360 turn)
	Jump using 2 feet (5x in a row, no falling)
	Hop on 1 foot (5x in a row, with each foot, no falling)
	Squat (knees super bent, 2-5 seconds, no falling)
	Skip (across length of gym, no falling)
	Make up 3 of your own ways to walk/move/balance while on stilts (alone or with a partner)
	Use another prop while on stilts like hula hoop, juggling, balancing stick, diablo, etc. (10-30 seconds)
	Create combination of 5-7 ways to move the length of the gym (With 1-3 friends, all must show knowledge of the combination and able to do it successfully)



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