

<b>Woodside One Wheelers - Performance Check List</b>					
<b>Juggling</b>	<b>Date:</b>	<b>Circus Ball</b>	<b>Date:</b>	<b>Beginner Unicycle</b>	<b>Date:</b>
1 Scarf x20		Stand w/ assist 30 sec. x		Safety Fall x3	
2 Scarves x20		Stand w/o assist 30 sec.		Ride 20 ft w/ assist x5	
3 Scarves x20		Mount w/ assist x5		Ride 10 ft w/o assist x5	
		Mount w/o assist x5		Ride 20 ft w/o assist x5	
1 Ball/Bag x20		Move forward 10 feet x5		Ride across gym w/o assist	
2 Ball/Bag x20		Move backward 10 feet x		Ride 10 Minutes w/o assist	
3 Ball/Bag x20		Figure 8 x5		Self Mount x5	
3 Ball/Bag 1 mir		Jump Rope x5			
4 Ball/Bag x20		Hula Hoop 20 sec. x 5		<b>Performance Unicycle</b>	
5 Ball/Bag x10		Ball Jump		2 and 3 person stars	
		Double Ups 10 sec. x5		Stationary Riding - 30 sec.	
1 Ring x20		Triple Ups 10 sec. x 5		Backwards - 30 feet	
2 Rings x 20				Back/Forth 30 feet - 3 time	
3 Rings x 20		<b>Stilts</b>		Wheel walking - 30 feet	
4 Rings x20		walk 50 feet level 4		Peg Legging - 30 feet	
		jump x10		Ride figure 8's x5	
1 Club x20		move left/right/back x10		Ride tight figure 8's x5	
2 Clubs x20					
3 Clubs x20		<b>Plates</b>		<b>Giraffe Unicycle</b>	
4 Clubs x20		Balance for 20 secs.		Stationary 30 sec.	
		Hand Start x5		Juggling 3 balls	
5 Ball Partner x2		Spin Start x 5		Juggling 4 balls	
6 Ball Partner x2		Toss & Catch x5		Juggling 3 clubs	
Stealing x10				Backwards - 30 feet	
				Back/Forth 30 feet - 3 time	