



Skill Levels – Pois

Pre-skills break down the skills for pois into smaller bite sizes.

Home of Poi is great for clips of pois moves.

<https://www.homeofpoi.com/en/lessons/teach/>

Tick if child passes level.

Pre-Skills

P 1	Forward parallel circles	
P 2	Backward parallel circles	
P 3	Split time forward circles (as above but stagger the timing)	
P 4	Forward parallel circles and one cross over	
P 5	Side by side circles in front of the body with both hands	

Basic

B1	You can do parallel circles, forwards and backwards, and so two handed crossover 10 times	
----	-------------------------------------------------------------------------------------------	--

Intermediate

I 1	You can do butterfly 10 times	
I 2	You can do staggered weave (2 point weave)	
I 3	Learn 3 other tricks	

Advanced

I 1	One trick from Butterfly	
I 2	3 point weave	
I 3	Teach someone a poi trick.	
I 4	Explain risks of fire poi.	
I 5	Perform a routine on your own or with someone else using at least 5 moves.	