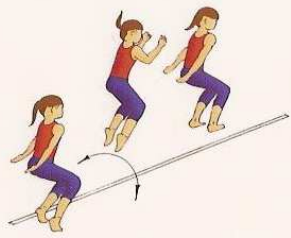


Step 1 - Body Management (Key Stage 1 - Years 1 & 2)



1
Rebound jumps x 10



2
Tucked dish



3
Back support



4
Straddle sit



5
Arch



6
Front support



7
Right splits



7
Box splits



7
Left splits



8
Shoulder flexibility



9
Broad jump

Step 2 - Body Management (Lower Key Stage 2 - Years 3 & 4)



1
Single bounce skips with rope x 5



2
Dish with one leg out at a time



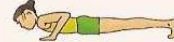
3
Towards half lever



4
Towards japa



5
Arch



6
Front support lower to floor



7
Right splits



7
Box splits



7
Left splits



8
Shoulder flexibility



9
Broad jump

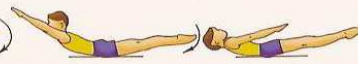
Step 3 - Body Management (Upper Key Stage 2 - Years 5 & 6)



1
Single bounce skips
with ropes x 10



2
Dish



3
Roll to arch and back
to dish



4
Towards half lever



5
Japana



6
Press up



7
Left splits

7
Box splits

7
Right splits



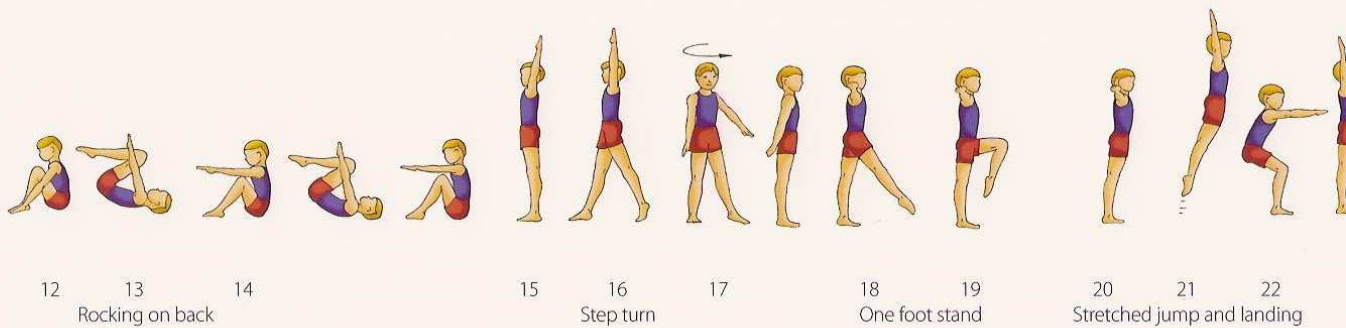
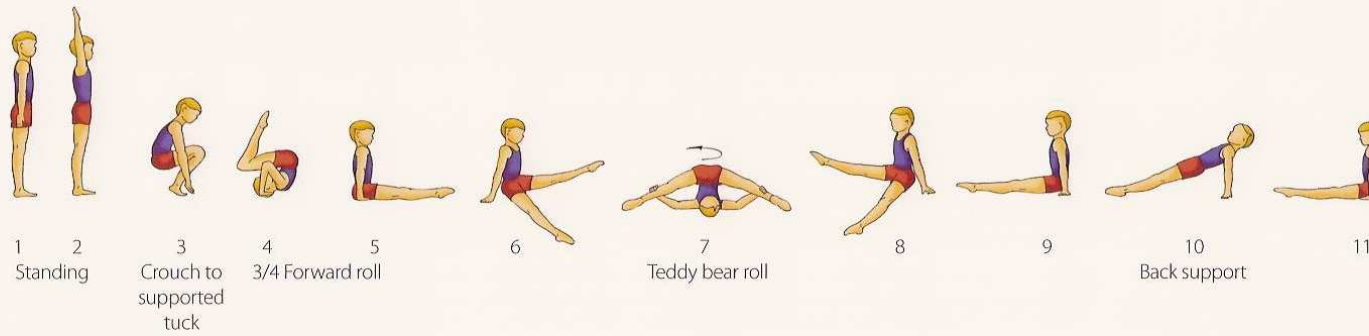
8
Bridge



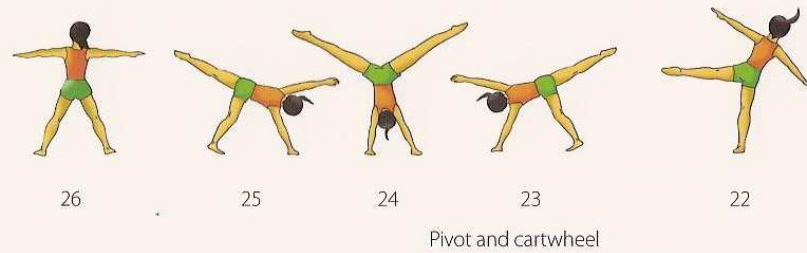
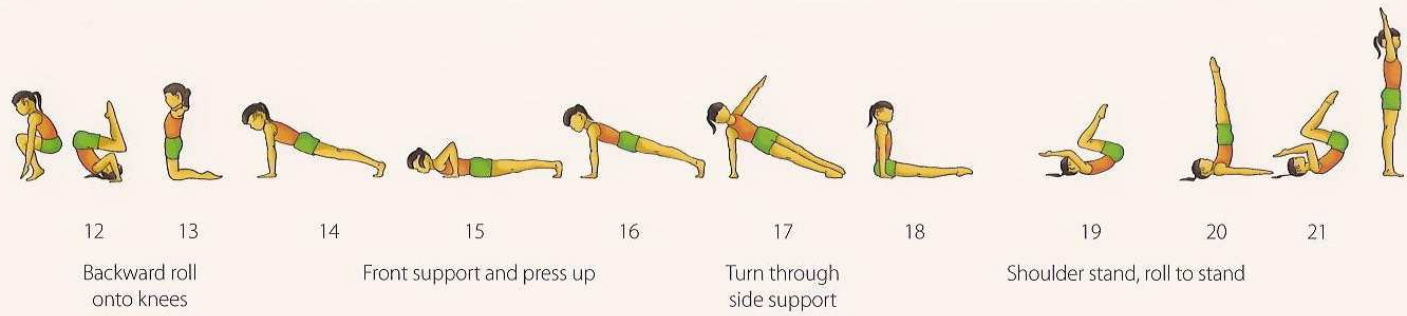
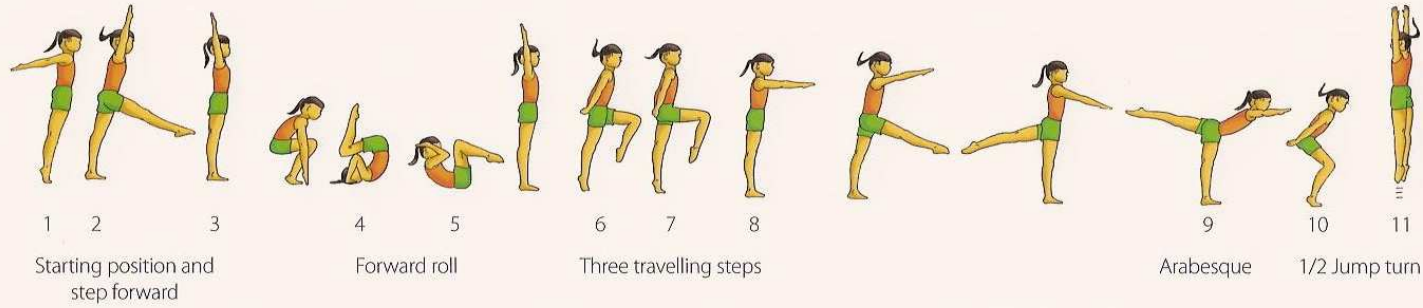
9
Broad jump

Step 1 - Floor Exercise (Key Stage 1 - Years 1 & 2)

(Sequence performed on a strip of mats approximately 3 x 2 metres)

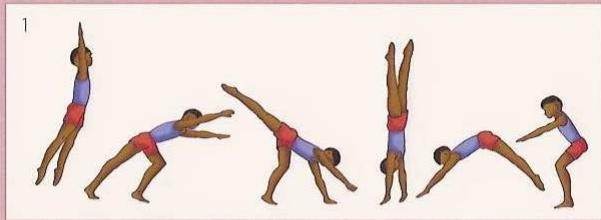


(Sequence performed on a strip of mats approximately 6 x 1 metres)

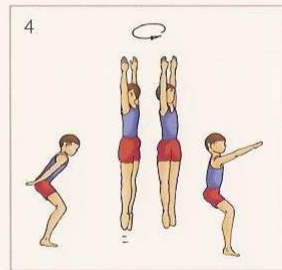
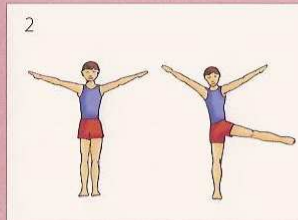


Step 3 - Floor Exercise (Upper Key Stage 2 - Years 5 & 6)

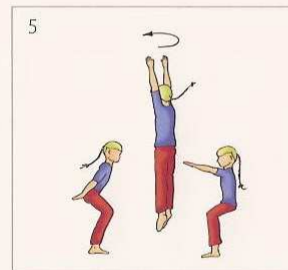
(Sequence performed on a rectangle of mats approximately 8 x 6 metres if possible) - PERFORM 6 SKILLS ONLY IN ANY ORDER



1. Round off
2. Side scale towards Y balance
3. Backward roll straddle
(include each of these elements in any order in your sequence)



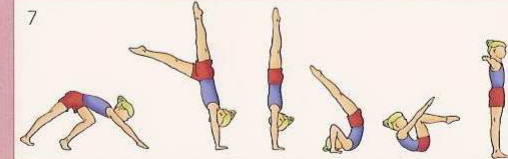
OR



4,5. Full or 1/2 turn jump (choose one between these 2 elements)



OR



6. Two cartwheels consecutively or
7. Handstand forward roll



OR



OR



8,9,10. Bridge or splits or 1/2 lever
(choose one between these 3 elements)

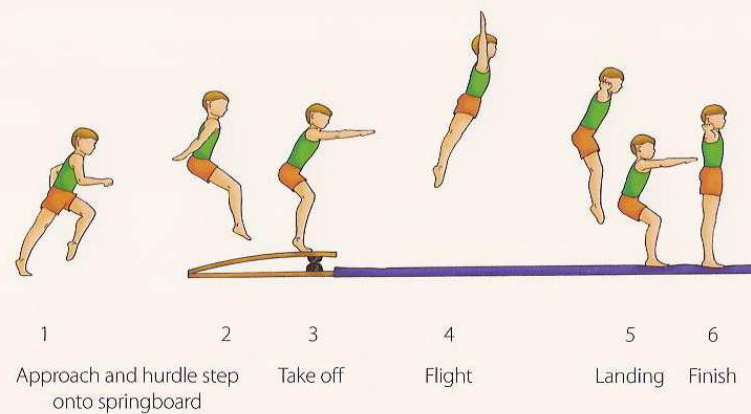
Step 1 - Vault (Key Stage 1 - Years 1 & 2)

Performer allowed 2 attempts at either (A) or (B) or one of each – (Option (B) provided for schools without a springboard). - Best score to count.

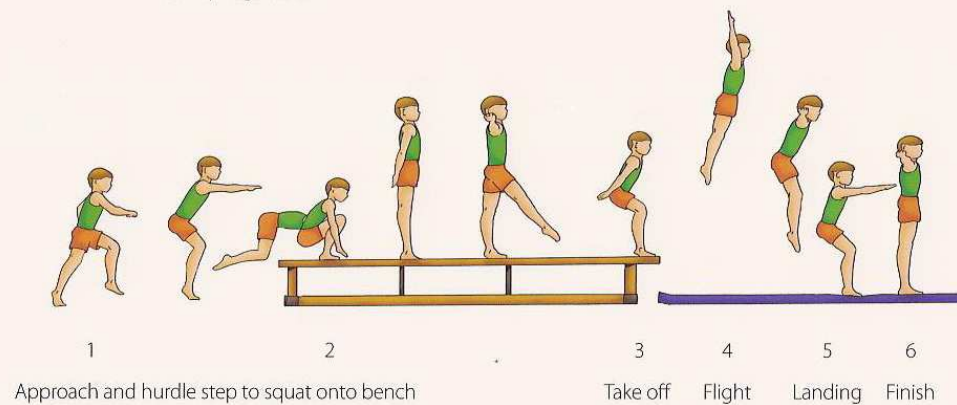
(A) Two or three step approach, take off springboard, straight jump to land with control

(B) Two or three step approach, squat onto bench. Walk along bench and with feet together at end of bench perform a straight jump off

(A)



(B)



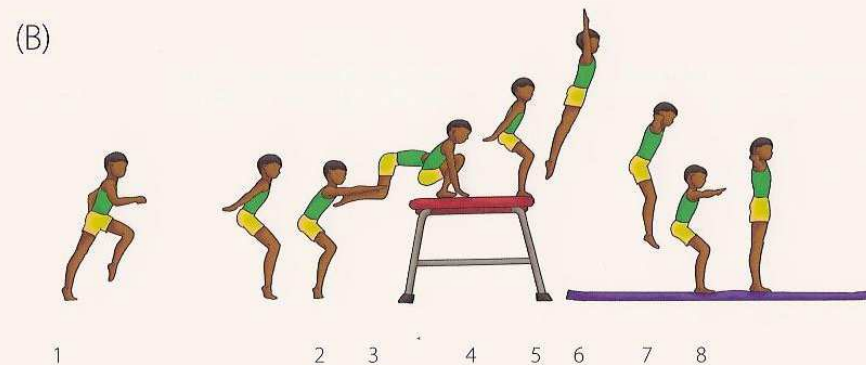
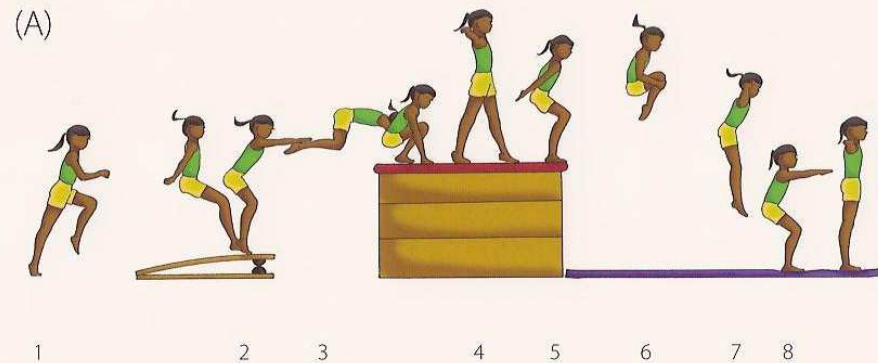
Step 2 - Vault (Lower Key Stage 2 - Years 3 & 4)

Performer allowed 2 attempts at either (A) or (B) or one of each – (Option (B) provided for schools without a springboard or box). - Best score to count.

(A) A few short running steps to take off springboard and jump to squat on box placed lengthways. (Height optional to suit performers) Stand, walk to end of apparatus and perform straight or tucked jump to land on floor mats.

(B) As above but without springboard and using a movement table lengthways instead of box. N.B. Do not use a springboard to vault over a movement table.

1. Approach to vault
2. Take off (1)
3. Flight onto apparatus
4. Travel on apparatus
5. Take off (2)
6. Stretched or tucked shape in air
- 7,8. Landing



Step 3 - Vault (Upper Key Stage 2 - Years 5 & 6)

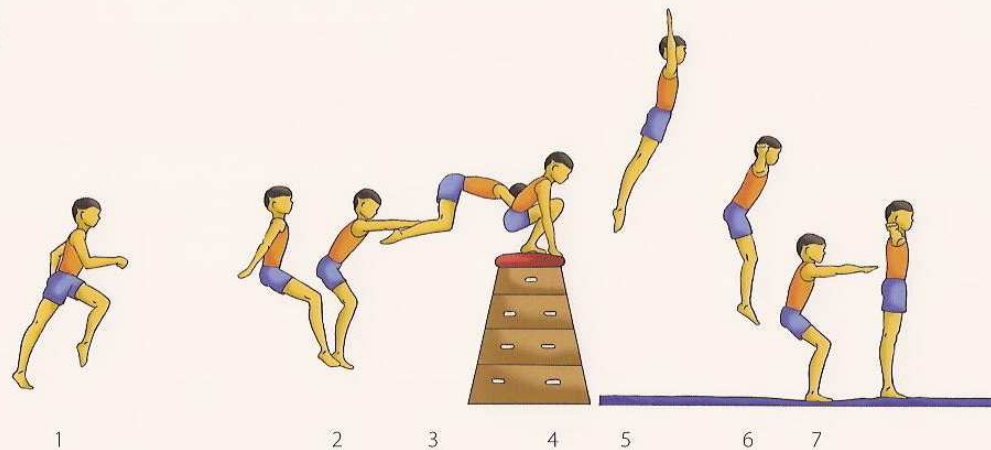
Performer allowed 2 attempts at either (A) or (B) or one of each - Best score to count. It is possible to complete Option A without a springboard and using a low movement table. However, the teacher must be satisfied that (i) the base of support provided by the table is sufficient to ensure stability and (ii), the top of the table provides a surface area large enough for a pupil to land comfortably in a crouch position.

(A) A few short running steps to take off floor and jump into a squat position on apparatus (height optional to suit performer) followed by an immediate take off into a straight jump to land with control on floor mats. (Mark out of 9.0)

(B) Through vault. (Mark out of 10)

(A)

1. Approach
2. Take off
3. Flight onto apparatus
- 4,5. Rebound and flight off
- 6,7. Landing



(B)

