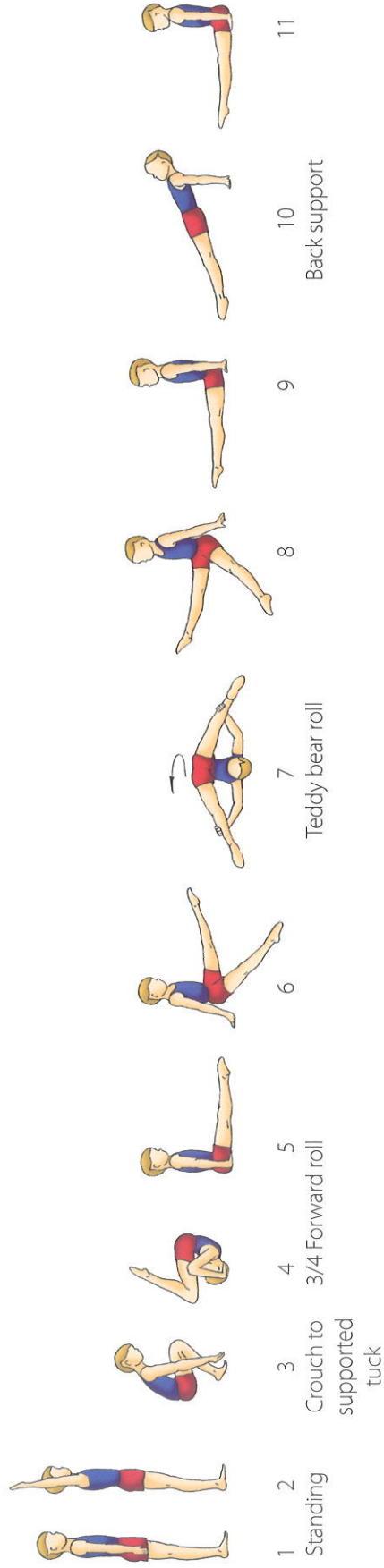
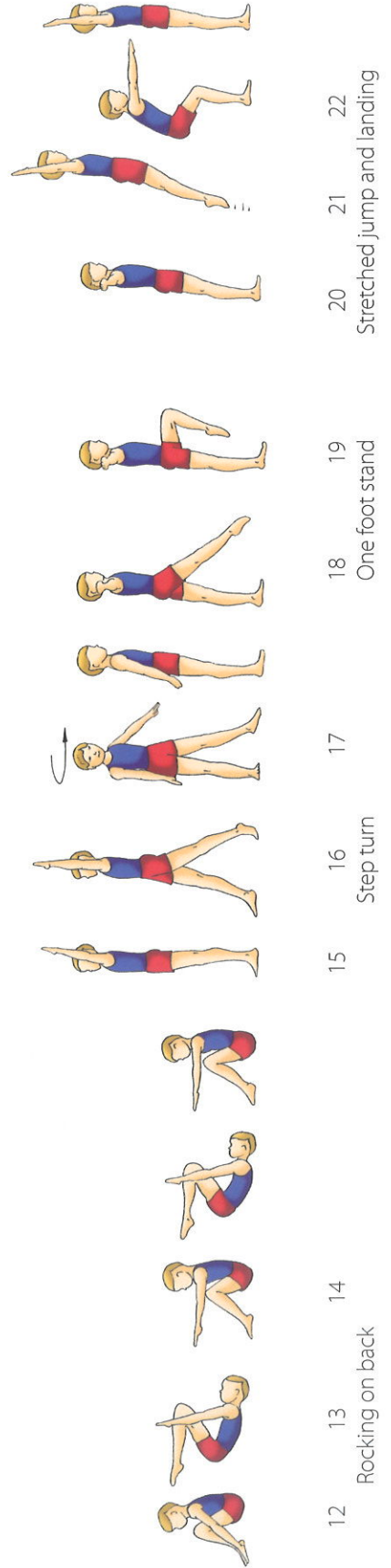


Step 1 - Floor Exercise (Key Stage 1 - Years 1 & 2)

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



STEP ONE



Step 1 - How to improve the Floor Exercise

Numbers	Skill	Coaching Points
1,2	Standing	Show good posture, abdomen tight, rib cage lifted. Legs straight and together
3	Crouch to supported tuck	Keep legs together, weight equally on hands and feet, back rounded
4,5	3/4 Forward roll	Bring chin to chest and round spine, use hands to support the body, lift hips up by straightening the legs to begin the forward rotation. Make floor contact with shoulders/top of the back not the head/neck, roll progressively through the spine
6,7,8	Teddy bear roll	Legs straight and apart, reach forward, hands may grasp calves, feet turned out and pointed. Little toe, nearest the floor, roll sideways onto one shoulder, then roll across back and onto the other shoulder and return to identical sitting position (facing the opposite direction) with straight back
9,10,11	Back support	Arms shoulder width apart, fingers facing forward towards toes, push hips up and tighten bottom, create upward diagonal line from toes to head, keep arms perpendicular to floor, squeeze straight legs together
12,13,14	Rocking on back	Tuck in tight, hands can be used to hold knees to chest when learning rocking skill. Keep back rounded. Take arms forward and up when rocking to stand without putting them on the floor
15,16,17	Step turn	Keep body vertical, step back in line and bring arms down simultaneously. Maintain good posture
18,19	One foot stand	Transfer weight onto supporting leg before lifting the other leg up. Keep weight over front of supporting foot, toes of lifted leg level with knee so that upper leg is at least horizontal and toes pointed, keep arms straight at shoulder height and parallel to floor, maintain upper body posture with head up, hold 2 seconds
20,21,22	Stretched jump and landing	Swing arms forwards and upwards overhead, push through feet to extend entire body in air, land on both feet in plié with a bend to cushion landing, keep the chest held high and relax shoulders, hold the landing position still before standing to finish

Further information on penalties for poor technique, style etc. can be found in Section 4 on Judging and in appendices H, I, J and K.

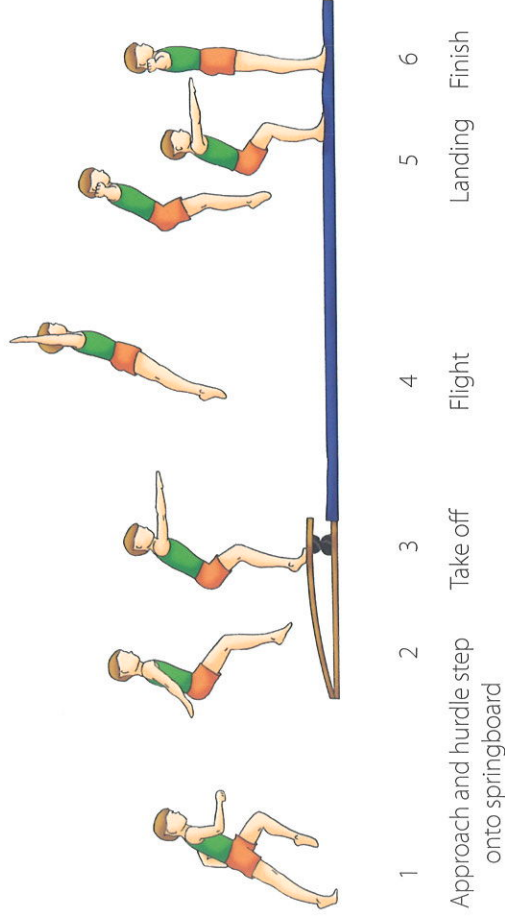
Step 1 - Vault (Key Stage 1 - Years 1 & 2)

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.

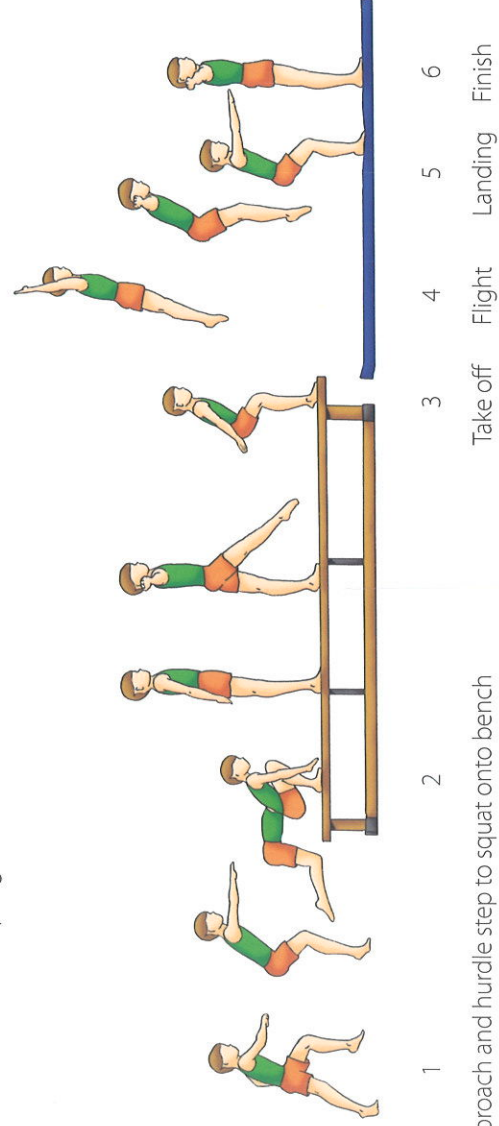
(A) Two or three step approach, take off springboard, straight jump to land with control

(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)

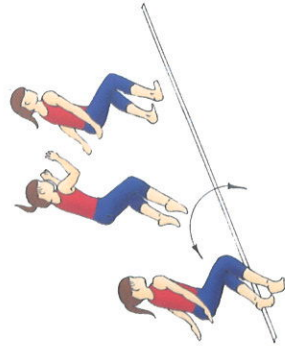


Step 1 - How to improve the Vault

Numbers	Skill	Coaching Points
1 & 2	Vault A Approach and hurdle step onto springboard	Step on one foot and push strongly off floor with this 'take-off' foot. Bring feet together in front of body to land with slightly bent knees and feet level, slightly in front of vertical trunk. Keep landing on springboard light. Aim to land with arms behind trunk. In simple terms, step off one foot and land on springboard on two feet ready for the jump. Ensure two feet land in the area of the board which will give the greatest assistance to flight
	Vault B Approach and hurdle step to squat onto bench	Controlled slow approach from two or three steps. Hurdle step feet together as above. Hands placed forward on bench and jump to squat on bench. Stand and walk towards end of bench keeping good posture and stretching feet
3	Take Off	Rebound for jump from springboard must happen immediately. Punch (rebound) with arm swing forward and upward. At same time legs straighten pushing through both feet.
4	Flight	Jump is up and forward making a tall stretched shape, arms and legs straight, body leaning forwards slightly and back straight. Head in neutral position, eyes fixed on point immediately in front. Keep chest up and focus straight ahead. Allow the arm swing to pull you up into the air. Show good tension throughout the body
5	Landing	Land on both feet with hip and knee flexion but not more than 90 degrees at knee, keep chest up. Lower arms forward and downward. 'Stick' the landing keeping the heels down – no additional steps to gain control. Adjust arms to maintain balance
6	Finish	Stand straight, step to the side and present to the judge
		Common Mistakes: Leg push weak, body loose, arms not used quickly enough to create momentum, full body not stretched, jump not completed before landing, jump directed forward instead of up, weight on landing not absorbed, finish off balance and extra steps taken, take off springboard or floor is not immediate (rebound). Both feet are not level on take off. Back is arched in stretch jump

Further information on penalties for poor technique, style etc. can be found in Section 4 on Judging and in appendices H, I, J and K.

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



1

Rebound jumps x 10



4

Straddle sit



3

Back support



2

Tucked dish



6

Front support



5

Arch



7

Right splits



7

Box splits



7

Left splits



8

Shoulder flexibility



9

Broad jump

Step 1 - How to improve Body Management

Numbers	Skill	Coaching Points
1	Rebound jumps x 10	Try to get a rhythm going. Do not bend knees too much or you will not be able to rebound immediately from the floor and this will result in 10 separate jumps rather than continuous rebound jumps. Keep feet together and do not travel forwards
2	Tucked dish	Keep lower back pressed firmly into the floor, squeeze stomach muscles and keep chin on chest
3	Back support	Push hips up and squeeze bottom tightly. Keep fingers facing your toes and head in a neutral position
4	Straddle sit	Back straight, toes pointed, knees pressed into the floor. Aim your little toes towards the floor not your big toes. Keep your knees facing up towards the ceiling
5	Arch	Keep legs together and arms shoulder width apart. Squeeze bottom and keep head in a neutral position
6	Front support	Try to make a straight line from head to toes. Ensure arms are supporting the body vertically under shoulders, fingers facing forwards. Keep head in a neutral position. Squeeze stomach and bottom muscles
7	Splits x 3	In right and left leg splits ensure hips and shoulders are square and level, keep front leg straight. Keep both legs straight in side (box) splits
8	Shoulder flexibility	Maintain good body posture with straight back whilst taking arms up to ears. See how far behind your ears you can take your arms keeping them shoulder width apart
9	Broad jump	Take arms back behind you before take off to enable them to swing through giving extra length to your jump. Keep feet shoulder width apart. Push through feet and extend legs fully. See how far you can jump. Bend knees on landing (no more than 90 degrees)

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