

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 3 - How to Improve Body Management

Numbers	Skill	Coaching Points
1	Single bounce skips with rope 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. Try to keep the rope taut.
2	Dish	Keep back pressed firmly into the floor, squeeze stomach muscles and keep chin on chest. Keep legs about 10cm from the floor. Hold for 2 seconds.
3	Roll to arch and back to dish	Keep arms and legs off the floor throughout the move. Squeeze stomach in dish and bottom in the arch shape
4	Towards half lever	Keep arms level with your thighs. Push your bottom off the floor. Keep fingers facing your toes, hands flat on the floor and head in a neutral position. Lift each leg off the floor at least 10cm
5	Japanna	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. Push your tummy/buttock towards the floor not your shoulders. Look at your fingers
6	Press up	Try to make a straight line from head to toes. Ensure arms are supporting vertically under shoulders, fingers facing forwards. Keep head in a neutral position. Maintain straight body line as you lower to the floor and push up
7	Splits x 3	In right and left leg splits ensure hips and shoulders are square and level. Keep both legs straight. If you are all the way down in splits, take arms off the floor and stretch them
8	Bridge	Keep arms shoulder width apart. A good bridge is achieved with good shoulder flexibility, not by over-arching the back, so push through the shoulders and try to press your legs straight with feet flat on the floor
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 if you can go further than you did last time. Bend knees on landing (no more than 90 degrees)

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

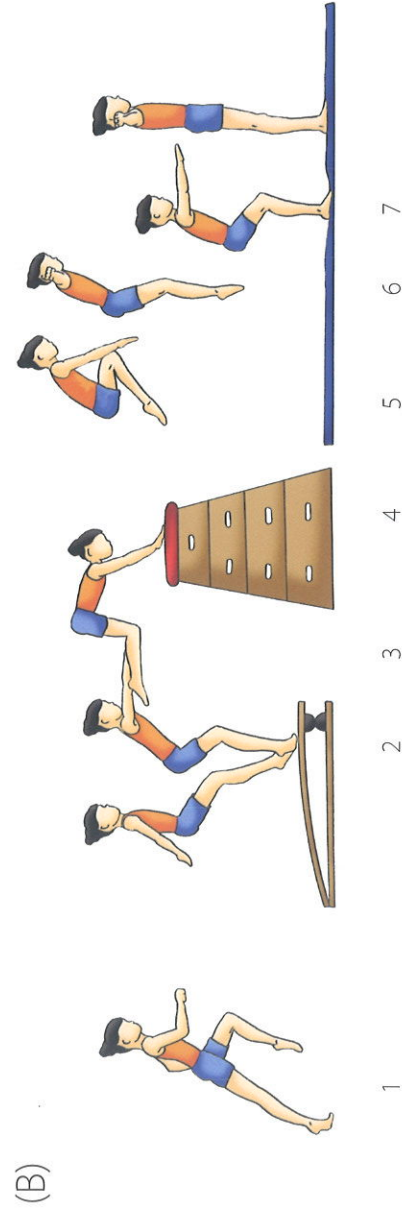
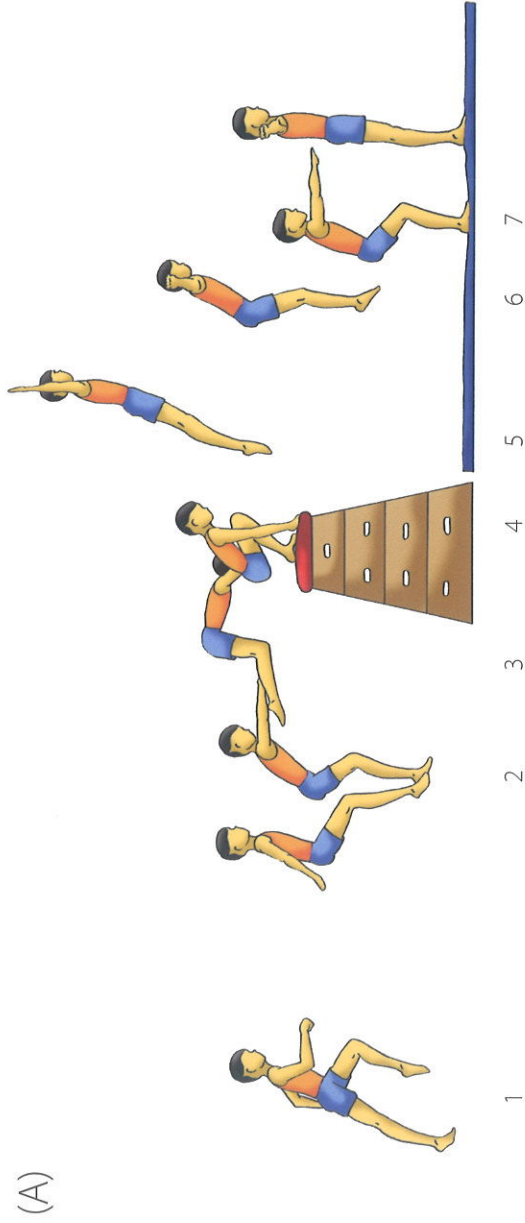
Step 3 - Vault (Upper Key Stage 2 - Years 5 & 6)

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)

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



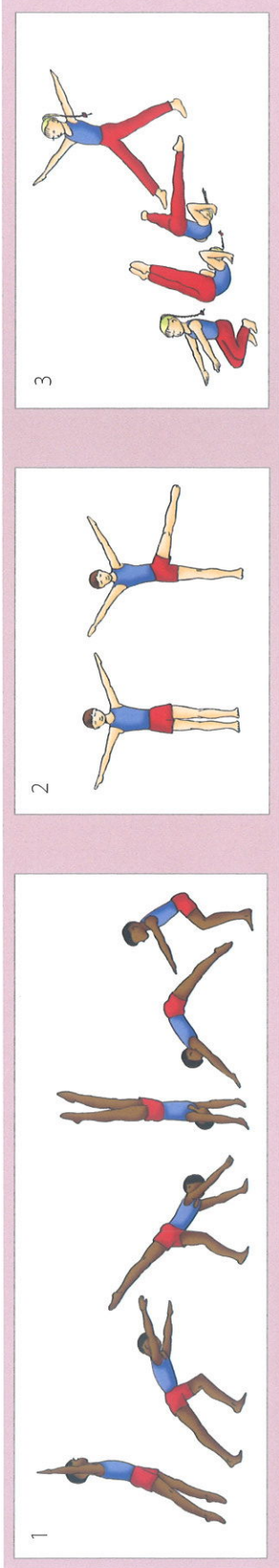
Step 3 - How to improve the Vault

Numbers	Skill	Coaching Points
1	Approach	Start slowly and build up the speed, keep eyes fixed on target. On last running stride, hurdle step with two foot landing. When running arms should be bent and move in opposition to legs. Teach good running technique before including springboard and vault. Important that arms do quick semicircle so that they are in position to swing forward and upwards on take off
2	Take off	Legs are slightly bent, feet under the body, arms back and chest up, head in neutral position. Immediately push off and swing arms forward (quick rebound). Push through both feet equally
3	Flight onto apparatus	Place hands shoulder width apart and straight on top of vault. Aim to stretch legs back to achieve a 'lay-out' position before bringing knees in quickly under body to squat on top or to clear vault for 'through vault'. (Position should be rehearsed on floor, (front support jump to crouch). Assist: Upper arm support to prevent forward rotation
4 & 5	Rebound & Flight off	Push down and forwards with arms; feel feet stretched. Lift body and arms up out of tuck and feel push away with hands from box
6 & 7	Landing	Straighten legs before landing and aim to land well clear of the apparatus. 'Stick' the landing – no additional steps to gain control
		Common Mistakes: Shoulders and weight move forward causing rotation & fall, arm push weak, repulsion is weak, legs not stretched backwards on take off. Head looking down not forward

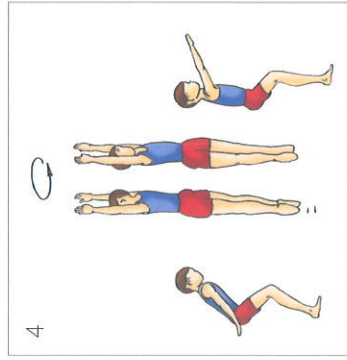
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Step 3 - Floor Exercise (Upper Key Stage 2 - Years 5 & 6)

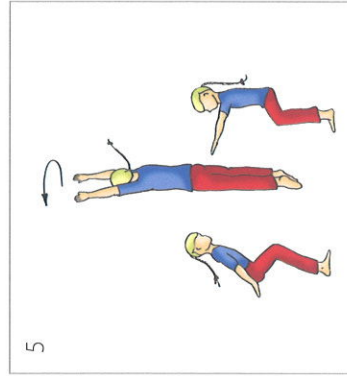
(Sequence performed on a rectangle of mats approximately 8 x 6 metres if possible) - PERFORM 6 SKILLS ONLY IN ANY ORDER



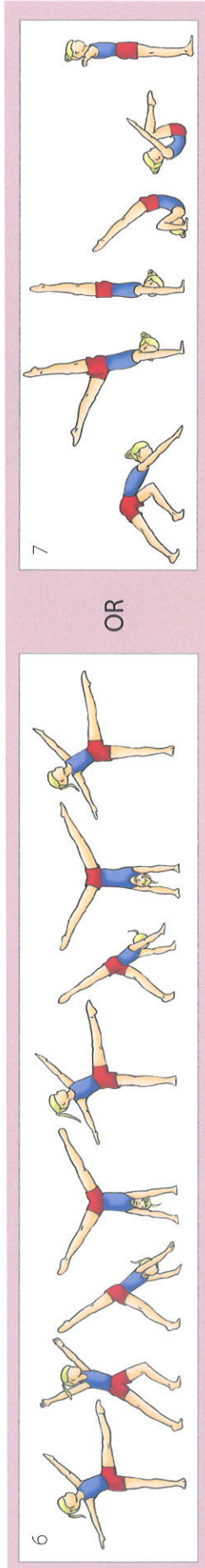
1. Round off
2. Side scale towards Y balance
3. Backward roll straddle
(include each of these elements in any order in your sequence)



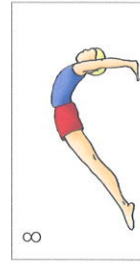
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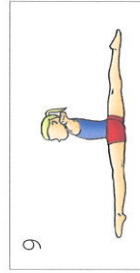
- 4.5. Full or 1/2 turn jump (choose one between these 2 elements)



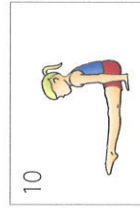
6. Two cartwheels consecutively or
7. Handstand forward roll



OR



OR



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

Step 3 - How to improve the Floor Exercise

Numbers	Skill	Coaching Points
	Start/End	You could start and end standing, kneeling, lying, etc. Select positions that are imaginative and that you think will appeal to the judge and lead easily into the first move
	Content	Make sure you have included only the six required moves. Where there is a choice, select the activities you perform well and show your best strength or flexibility
	Linking	The sequence should cover as much of the floor area as possible. Perform the moves exactly as shown. Include the moves in any order and link them together in interesting ways using travelling, spins and leaps. Perform activities using different speeds and move around in different directions
1	Round off	The Round off is useful to start backward movements. Stretch arms forward and low going into the round off, turn shoulders and then hips and bring legs together as quickly as possible. Aim to show flight from hands and snap down of legs as confidence grows
2	Side scale towards Y balance	Stand in straight body position. Keep standing leg straight and lift one leg to the side as high as possible, transferring weight over the supporting leg. Keep hips square and arms out to side. Keep both legs equally turned out. Hold for two seconds
3	Backward roll straddle	Roll backwards pushing on floor with hands & straighten arms. Open legs from tucked position to straddle position half way through the roll. Finish in straddle stand
4,5	Full or 1/2 turn jump	Swing arms down and back with slight bend of legs before takeoff, then swing arms forwards and upwards, avoid throwing shoulder backwards; keep body straight and maintain good posture. Fix your eyes on something still and try and get your eyes back to this object quickly when performing a full turn. Turn shoulders as feet leave the floor
6,7	Two cartwheels consecutively or handstand roll	Perform lunge and long smooth cartwheel. Finish on one leg and continue straight into second cartwheel. Show deep lunge between cartwheels to ensure fluidity of sequence. Keep body straight when inverted, no arching so that both cartwheels go along a straight line. For Handstand forward roll ensure the body tilts off balance in a straight position before tucking to roll out. Keep arms straight and chin on chest
8,9,10	Bridge or splits or 1/2 lever	Show still position for 2 seconds. Bridge should start and return to floor. Forward splits or side (box) splits may be performed. Ensure legs are in line with hips and knees are on top in side splits. When performing right or left leg splits ensure the heel of the front leg and knee of the back leg are on the mat. Legs in the half lever should be at least parallel to the floor

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