

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 japana



5
Arch

6
Front support lower to floor



7
Right splits

7
Box splits

7
Left splits



8
Shoulder flexibility



9
Broad jump

Step 2 - How to Improve Body Management

Numbers	Skill	Coaching Points
1	Single bounce skips with rope x 5	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 with one leg out at a time	Keep lower back pressed firmly into the floor, squeeze stomach muscles and keep chin on chest. Keep the straight leg about 10cm from the floor
3	Towards half lever	Push hips up and squeeze bottom tight. Keep fingers facing your toes and head in a neutral position
4	Towards Japan	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 button towards the floor not your shoulders. Aim for legs to be approximately 90 degrees apart
5	Arch	Keep legs together and arms shoulder width apart. Squeeze bottom and keep head in a neutral position
6	Front support lower to floor	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 (all body parts should touch the floor at the same time)
7	Splits x 3	In right and left leg splits ensure hips and shoulders are square and level. Keep both legs straight, support body weight with arms and ease down into splits as far as you can go
8	Shoulder flexibility	Keep knee joint at 90 degrees. Keep arms shoulder width apart. Push arm- pits down towards the floor. Try not to arch the back
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)

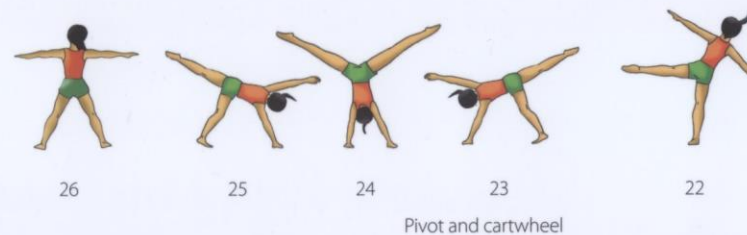
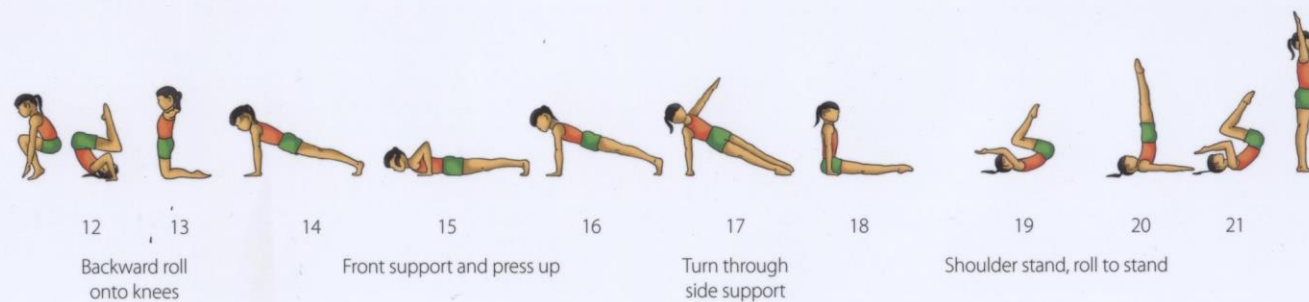
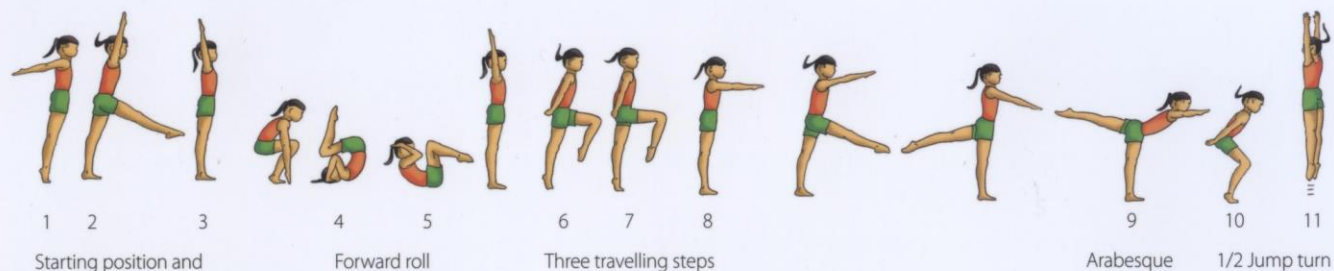
Further information on penalties for poor technique, style etc. can be found in Section 4 on Judging and in appendices H, I, J and K.

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

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



STEP TWO

Step 2 - How to Improve the Floor Exercise

Numbers	Skill	Coaching Points
1,2,3	Starting position & step forward	Create attractive starting position by varying use of arms, head, legs etc. Show straight and extended body with arms straight and shoulder width apart above head when stepping forward. Stretch feet when off the floor
4,5	Forward roll	Bend knees into supported tuck placing hands shoulder width apart. Keep back rounded, lift hips push with legs and put top of back/shoulders on mat between hands. Initially the roll can remain tucked throughout movement, however, work towards extending the legs in the middle of the roll (see DVD). Reach forward coming out of the roll to arrive in standing position with feet and knees together
6,7,8	Three travelling steps	Even steps or skips, interest can be added by varying use of arms. Ensure flow
9	Arabesque	Trunk vertical, back straight. Extend back leg with pointed foot as high as possible before lowering the shoulders. Move arms down to sides at shoulder height to help control the balance (arm positions are optional) Hold for 2 seconds
10,11	1/2 jump turn	Keep body vertical, swing arms up and slightly in the direction of the turn, land on balls of feet first and then heels, bend knees on landing
12,13	Backward roll onto knees	Hands pointing towards the direction of the roll close to shoulders, take weight on hands not on head or neck. To do this push with arms. Chin on chest to round the back. Finish kneeling with straight back & arms to sides at shoulder height
14,15,16	Front support & press up	Lower & raise body almost to floor by bending at elbows. Head still, muscles tight in abdomen and buttocks. Whole body should remain straight throughout the move
17	Turn through side support	Rotate hand before turning to side. Hold side position with straight and tight body forming a downward diagonal from head to feet. Body forms 'T' position
18,19,20,21	Shoulder stand, roll to stand	From sitting shift weight back through tucked position, extend hips and legs vertical with toes pointing to ceiling and hip angle straight. Press on arms to show 'candle' position and then rock forward to stand
22,23,24,25,26	Pivot and cartwheel	Pivot and lift leg to perform lunge and long smooth straight cartwheel. Timing to be equal, hand, hand, foot, foot. Finish facing sideways

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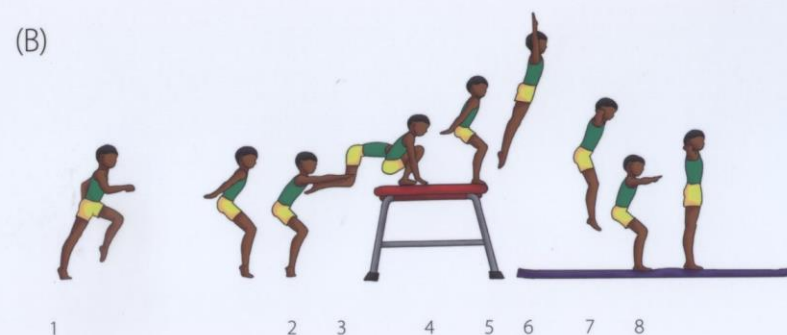
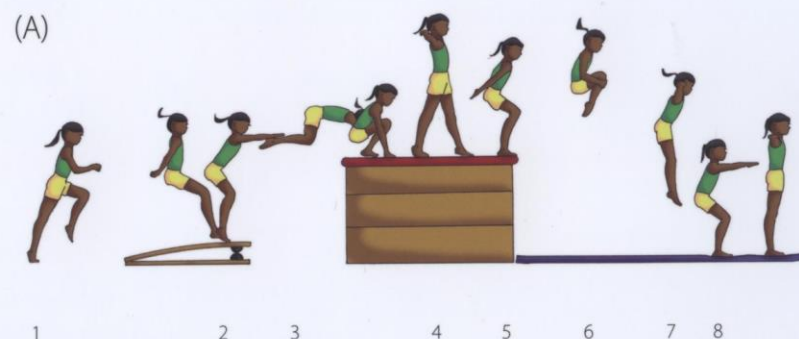
Step 2 - Vault (Lower Key Stage 2 - Years 3 & 4)

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 2 - How to improve the Vault

Numbers	Skill	Coaching Points
1	Approach to vault	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 a quick semicircle so that they are in position to swing forward and upwards on take off
2	Take off (1)	Legs are slightly bent, feet under the body, arms back and chest up, head in neutral position. Immediately push off (quick rebound) with the arms swinging forwards. Push through both feet equally
3	Flight onto apparatus	Avoid looking down, swing arms up and forward towards apparatus keeping legs together and lifting the hips. Land in a crouch position with arms straight. Assist: Stand alongside vault and support upper arm if needed
4	Travel on apparatus	Stand and walk to end of box or table, legs straight feet stretched, shoulders back, arms out to sides
5	Take off (2)	From two feet, swing arms forwards and upwards
6	Stretched or tucked shape in air	Direction should be up from the box not down onto floor. Stretch or tuck shape, 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 body tension throughout the flight
7,8	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
		Common Mistakes: Hips not lifted sufficiently going onto the apparatus, arms bent on contact with vault, arms are not behind body and in position to swing forward at time of take off

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