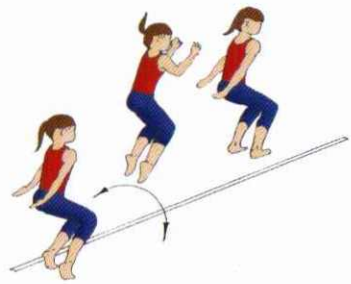


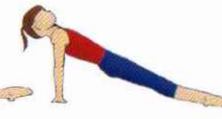
Step 1 - Body Management (Key Stage 1 - Years 1 & 2)



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 1 - How to improve Body Management

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

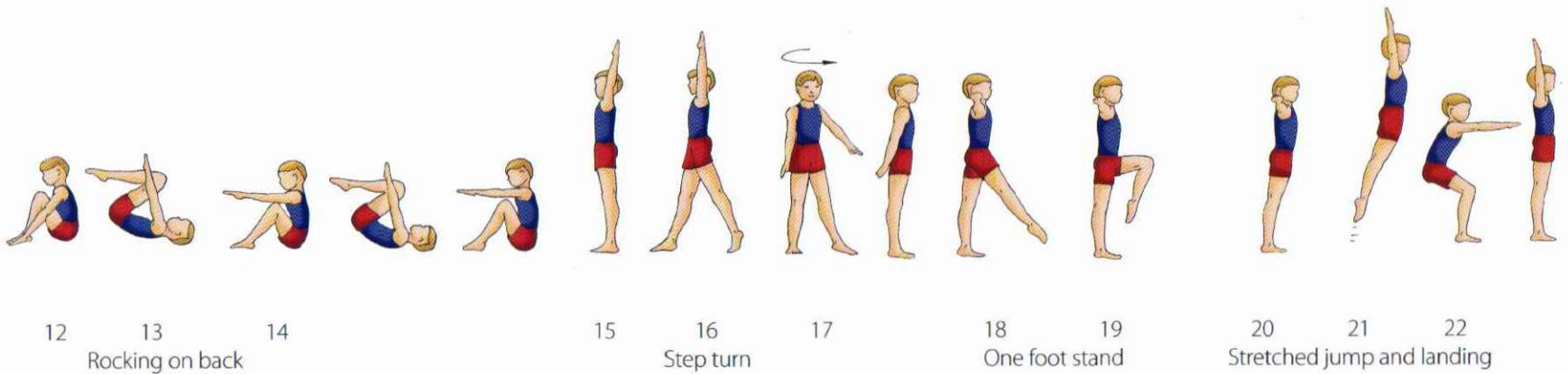
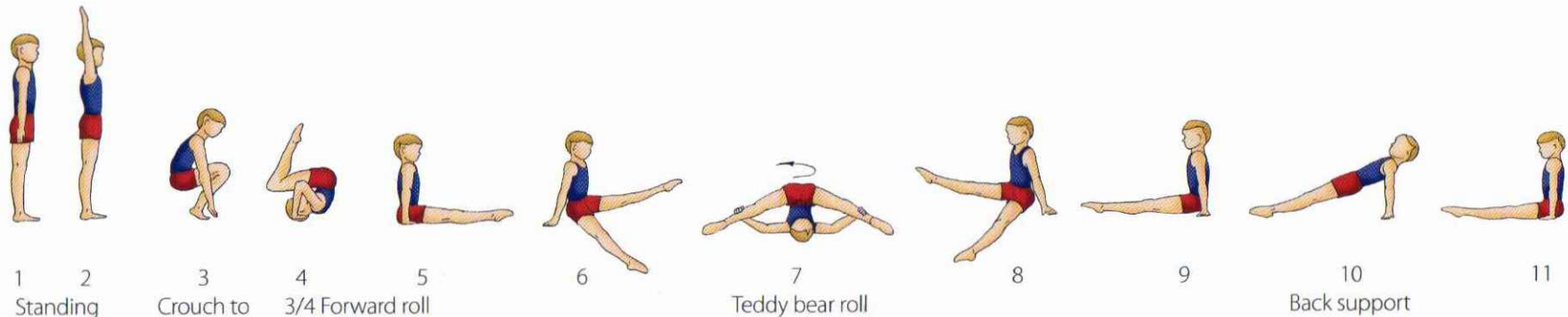
Further information on penalties for poor technique, style etc. can be found in Section 4 on Judging and in appendices H, I, J and K.

Key Step
Gymnastics



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

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



Step 1 - How to improve the Floor Exercise

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

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*Key Step
Gymnastics*



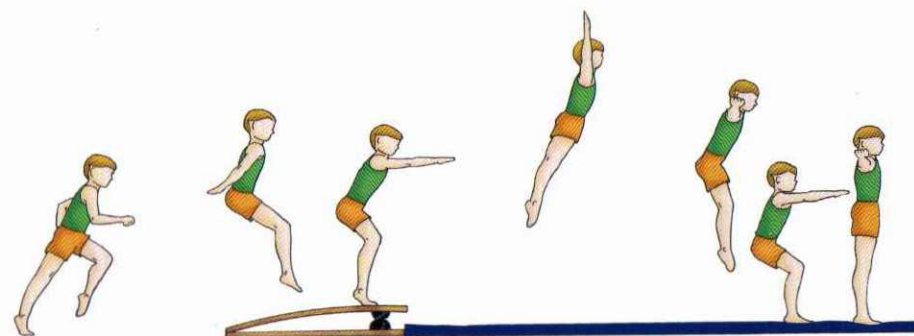
Step 1 - Vault (Key Stage 1 - Years 1 & 2)

The gymnast is allowed 2 attempts at either (A) or (B) or one of each – (Option (B) is provided for schools without a springboard). Highest score to count

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

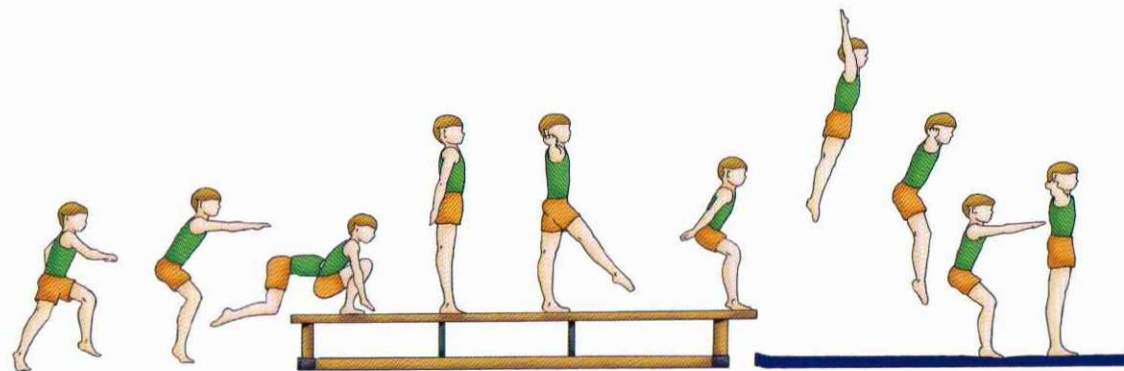
(B) Two or three step approach, squat onto bench. Walk along the bench and with feet together at the end of the bench, perform a straight jump off

(A)



1 Approach and hurdle step onto springboard
2
3 Take off
4 Flight
5 Landing
6 Finish

(B)



1 Approach and hurdle step to squat onto bench
2
3 Take off
4 Flight
5 Landing
6 Finish

Step 1 - How to improve the Vault

Numbers	Skill	Coaching Points
1 & 2	Vault A Approach and hurdle step onto springboard	From 2 or 3 steps, hurdle step and bring the feet together in front to land with slightly bent knees and feet level, slightly in front of an upright body. Aim to land with the arms behind the body. Ensure two feet land in the area of the board which will give the greatest assistance to the flight
	Vault B Approach and hurdle step to squat onto bench	Use a controlled, slow approach from two or three steps. Hurdle step with feet together as above. Place hands forwards on the bench and jump to squat on the bench. Stand and walk towards the end of the bench, keeping good posture and stretching the feet
3	Take off	Rebound for jump from springboard must happen immediately. Punch (rebound), swinging the arms forwards and upwards. At the same time straighten the legs, pushing through both feet
4	Flight	The jump is upwards and forwards making a tall, stretched shape; arms and legs straight, body leaning forwards slightly and back straight, head in a neutral position, eyes fixed on a point immediately in front. Keep the chest up and focus straight ahead. Allow the arm swing to pull the body 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° at the knee, with chest up. Lower the arms forwards and downwards. '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 forwards instead of up, weight on landing not absorbed, finish off-balance and extra steps taken, take off from springboard or floor is not immediate (rebound), both feet are not level on take off, back is arched in stretch jump

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Key Step
Gymnastics

