

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
Right splits

7
Box splits

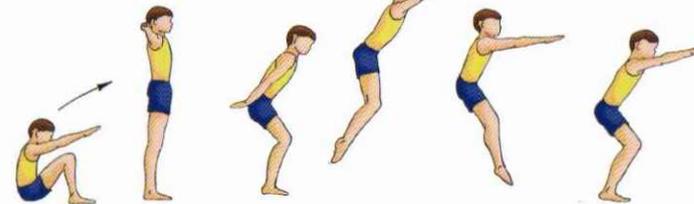
7
Left splits



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. When jumping, do not bend the knees too much in order to rebound immediately from the floor. Try to keep the rope taut
2	Dish	Keep the back pressed firmly into the floor, squeeze the stomach muscles and keep the chin on the chest. Keep the legs about 10cm from the floor. Hold for 2 seconds
3	Roll to arch and back to dish	Keep the arms and legs off the floor throughout the move. Squeeze the stomach in dish and the bottom in the arch shape
4	Towards half lever	Keep the arms level with the thighs and push the bottom off the floor. Keep the fingers facing the toes, hands flat on the floor and the head in a neutral position. Lift each leg off the floor at least 10cm
5	Japana	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. Push the stomach towards the floor, eyes towards the fingers
6	Press up	Try to make a straight line from the head to the toes. Ensure the arms are supporting vertically under the shoulders, fingers facing forwards. Keep the head in a neutral position. Maintain a straight body while lowering to the floor and push up
7	Splits x 3	In right and left leg splits, ensure the hips and shoulders are square and level and keep both legs straight. If the gymnast is all the way down in splits, take the arms off the floor and stretch them
8	Bridge	Keep the 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 the legs straight with the feet flat on the floor
9	Broad jump	Take the arms back behind before take-off to enable them to swing through, giving extra length to the jump. Keep feet shoulder-width apart. Push through the feet and extend legs fully. Try to jump further than last time. Bend the knees on landing (no more than 90°)

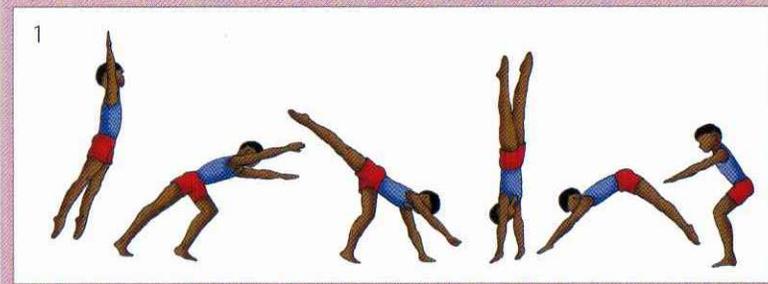
Further information on penalties for poor technique, style etc. can be found in Section 4 on Judging and in appendices H, I, J and K.

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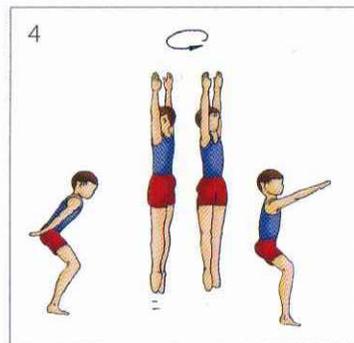
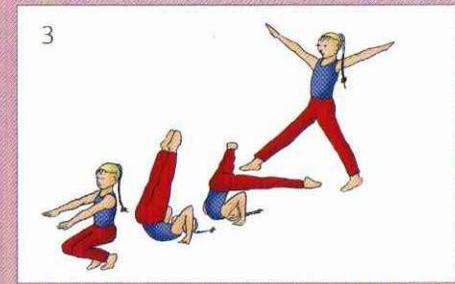
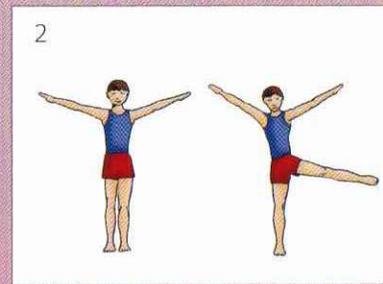


Step 3 - Floor Exercise (Upper Key Stage 2 - Years 5 & 6)

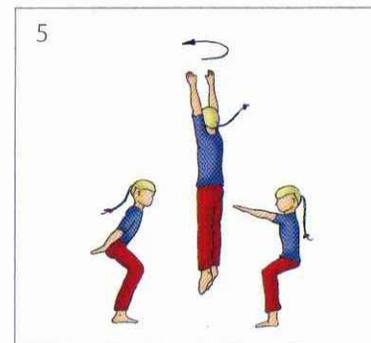
(Sequence performed on a rectangle of mats approximately 8 x 6 metres if possible) - PERFORM 6 SKILLS ONLY IN ANY ORDER



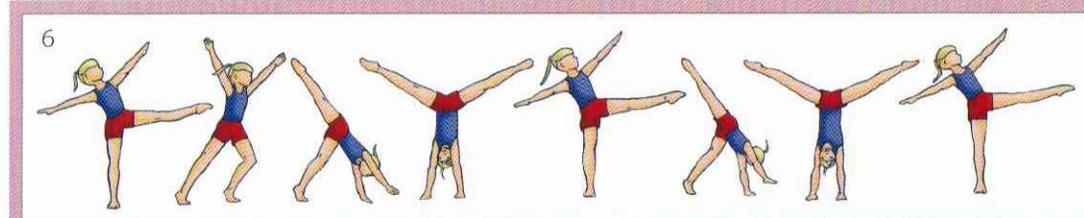
1. Round off
2. Side scale towards Y balance
3. Backward roll straddle
(include each of these elements in any order in your sequence)



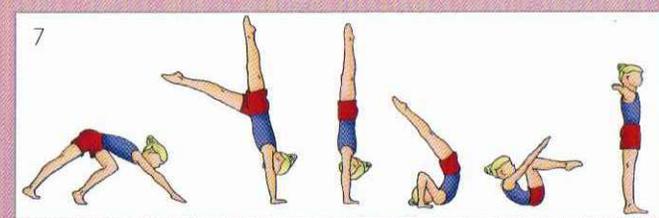
OR



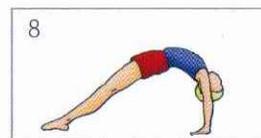
4,5. Full or 1/2 turn jump (choose one between these 2 elements)



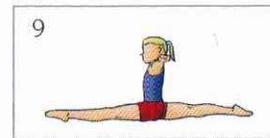
OR



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 3 - How to improve the Floor Exercise

Numbers	Skill	Coaching Points
	Start/End	Select positions that are imaginative and that will appeal to the judge and lead easily into the first move
	Content	Ensure to include only the six required moves. Where there is a choice, select the activities to show the best strength, flexibility and skills
	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 backwards movements. Stretch the arms forwards and low going into the round off, turn the shoulders and then the hips and bring the legs together as quickly as possible. Aim to show flight from the hands and snap down of legs as confidence grows
2	Side scale towards Y balance	Stand in a straight body position. Keep the standing leg straight and lift the other leg to the side as high as possible, transferring weight over the supporting leg. Keep the hips square and arms out to the side. Keep both legs equally turned out. Hold for 2 seconds
3	Backward roll straddle	Roll backwards, pushing on the floor with the hands and then straighten the arms. Open the legs from a tucked position to a straddle position half way through the roll. Finish in straddle stand
4,5	Full or 1/2 turn jump	Swing the arms down and back with a slight bend of the legs before take-off, then swing the arms forwards and upwards, without throwing the shoulder backwards, and keeping the body straight and with good posture. Fix the eyes on a static object and try to return the eyes to this object quickly when performing a full turn. Turn the shoulders as the feet leave the floor
6,7	Two cartwheels consecutively or handstand roll	Perform a lunge and a long, smooth cartwheel. Finish on one leg and continue straight into a second cartwheel. Show a deep lunge between cartwheels to ensure a smooth sequence. Keep the body straight when inverted, without arching, so that both cartwheels are in a straight line. For Handstand forward roll, ensure the body tilts off balance in a straight position before tucking to roll out. Keep the arms straight and the chin on the chest
8,9,10	Bridge or splits or 1/2 lever	Show a still position for 2 seconds. The bridge should start and return to the floor. Forward splits or side (box) splits may be performed. Ensure the legs are in line with the hips and the 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

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.

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

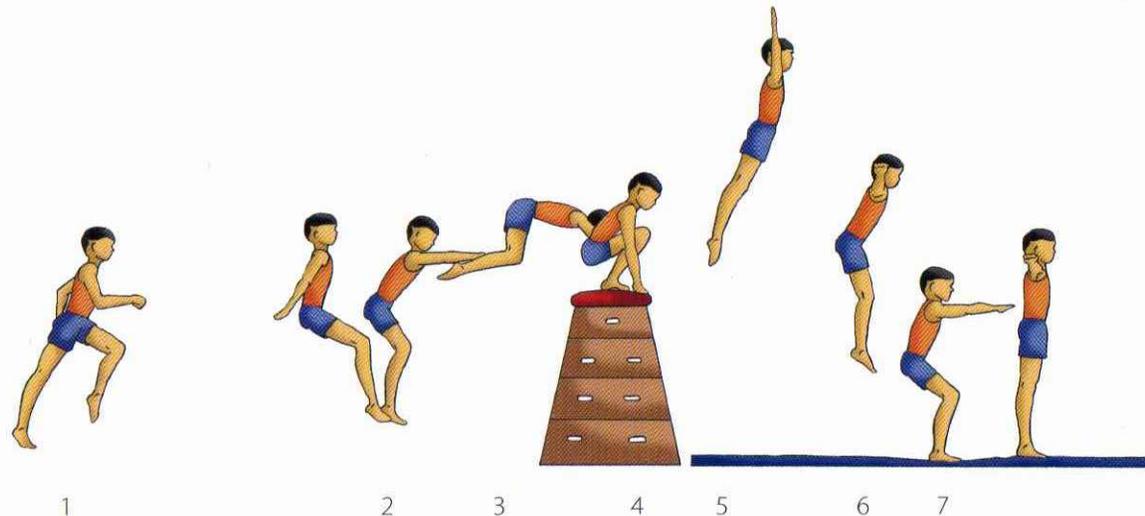
The gymnast is allowed 2 attempts at either (A) or (B) or one of each. Highest score to count. It is possible to complete Option A without a springboard and using a low movement table. However, the teacher must be satisfied that (i) the base of support provided by the table is sufficient to ensure stability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

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

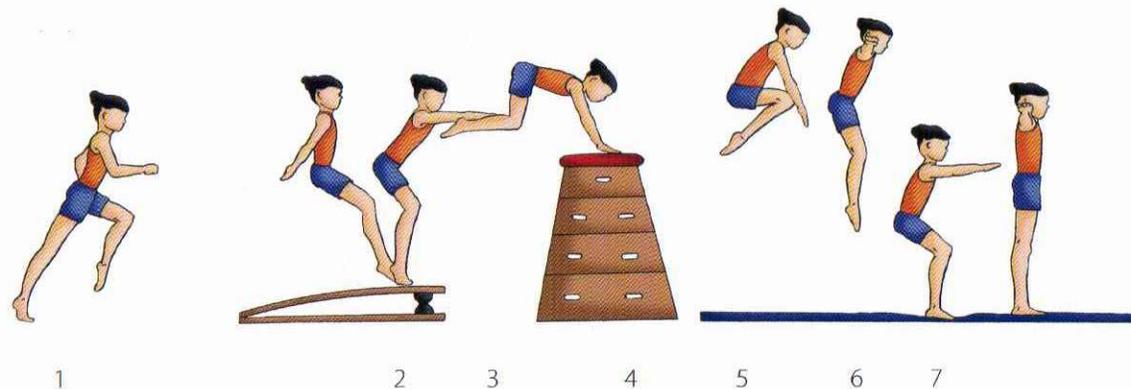
(B) Through vault. (Mark out of 10)

(A)

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



(B)



Step 3 - How to improve the Vault

Numbers	Skill	Coaching Points
1	Approach	Start slowly and build up the speed, keep the eyes fixed on a target. On the last running stride, hurdle step with a two footed landing. When running, the arms should be bent and move in opposition to the legs. Teach a good running technique before including the springboard and vault. It is important that the arms do a quick semi-circle so they are in position to swing forwards and upwards on take-off
2	Take off	With legs slightly bent, feet under the body, arms back and chest up, head in neutral position, immediately push off and swing arms forwards (quick rebound). Push equally through both feet
3	Flight onto apparatus	Place the hands shoulder-width apart and straight on top of the vault. Aim to stretch the legs back to achieve a 'lay-out' position before bringing the knees in quickly under the body to squat on top or to clear vault for 'through vault'. The position should be practised on the floor (front support jump to crouch). A helper may assist with upper arm support to prevent forwards rotation
4 & 5	Rebound & flight off	Push down and forwards with the arms; feel the feet stretched. Lift the body and the arms up out of tuck and feel push away with the hands from the box
6 & 7	Landing	Straighten the 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 forwards causing rotation and fall, the arm push is weak, reaction is weak, the legs not stretched backwards on take-off. Head looking down and not forwards

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