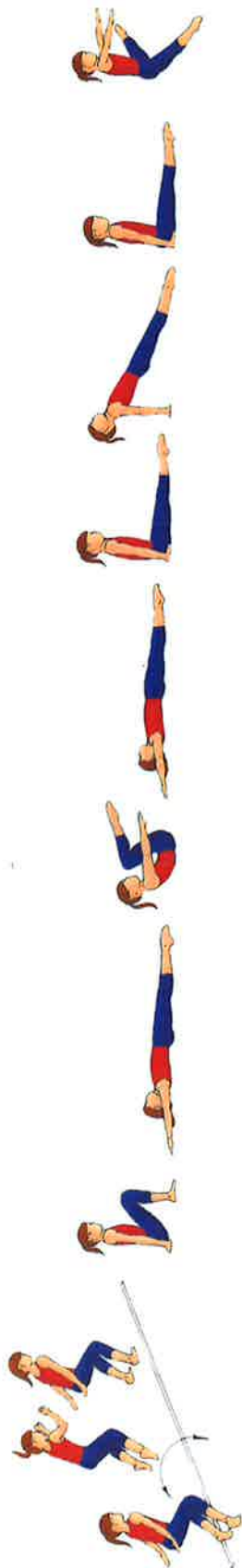
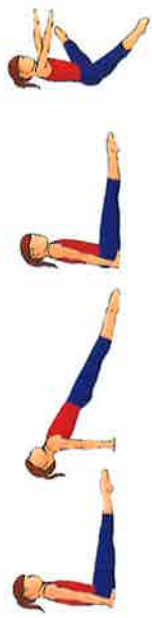


Step 1 - Body Management (Key Stage 1 - Years 1 & 2)



1 Rebound jumps x 10



2 Tucked dish



3 Back support



4 Straddle sit



5 Arch



6 Front support



7 Right splits



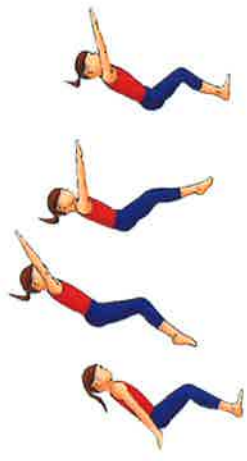
7 Box splits



7 Left splits



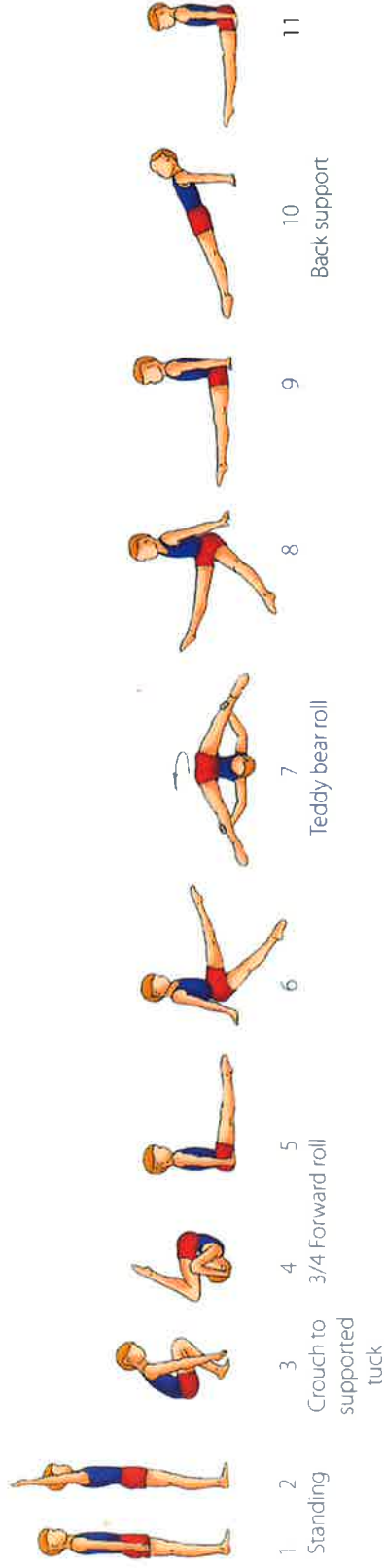
8 Shoulder flexibility



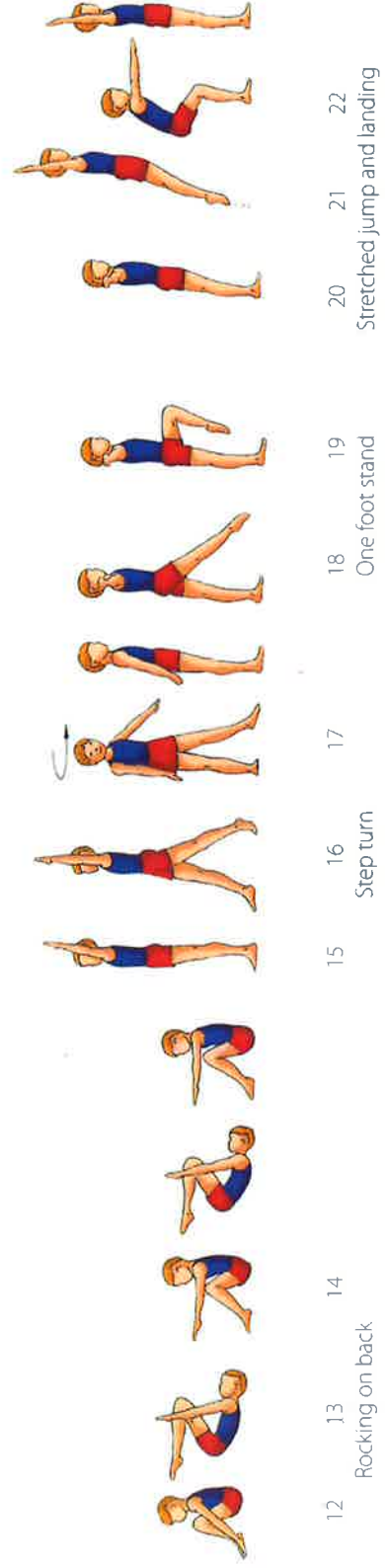
9 Broad jump

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

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



STEP ONE



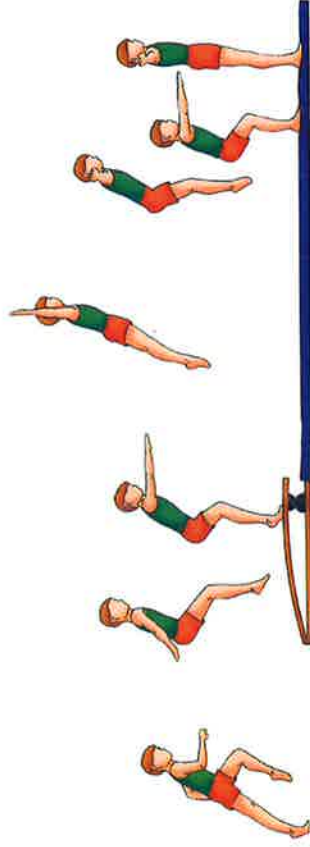
Step 1 - Vault (Key Stage 1 - Years 1 & 2)

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

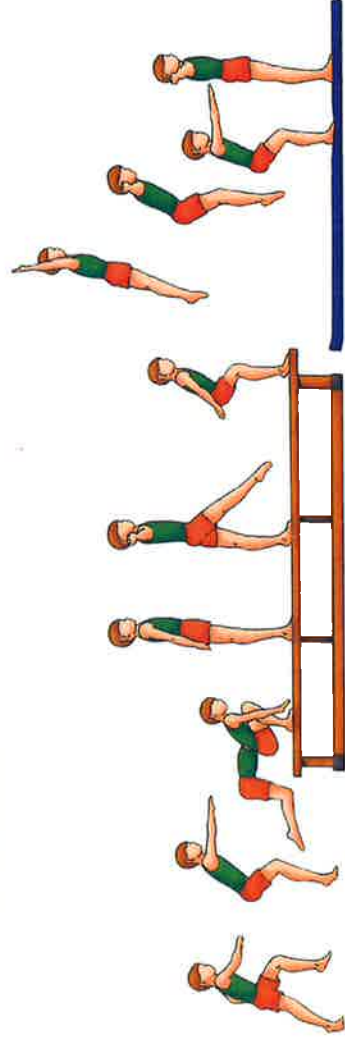
(B) Two or three step approach, squat onto bench, Walk along bench and with feet together at end of bench perform a straight jump off

(A)



1 Approach and hurdle step
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