

# Step 2 - Body Management (Lower Key Stage 2 - Years 3 & 4)



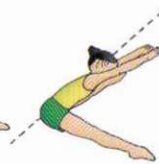
1  
Single bounce skips with rope x 5



2  
Dish with one leg out at a time



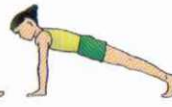
3  
Towards half lever



4  
Towards jupana



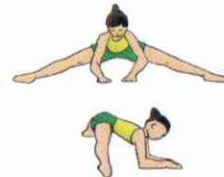
5  
Arch



6  
Front support lower to floor



7  
Right splits



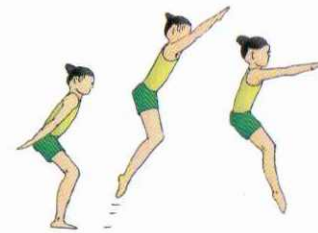
7  
Box splits



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. 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 with one leg out at a time	Keep the lower back pressed firmly into the floor, squeeze the stomach muscles, and keep the chin on the chest. Keep the straight leg about 10cm from the floor
3	Towards half lever	Push the hips up and squeeze the bottom tight. Keep the fingers facing the toes and head in a neutral position
4	Towards Japana	The back should be straight, toes pointed and 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, not the shoulders. Aim for the legs to be approximately 90° apart
5	Arch	Keep the legs together and the arms shoulder-width apart. Squeeze the bottom and keep the head in a neutral position
6	Front support lower to floor	Try to make a straight line from head to toes. Ensure the arms are supporting vertically under the shoulders, with fingers facing forwards, and keep the head in a neutral position. Maintain a straight body line while lowering 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 the hips and shoulders are square and level. Keep both legs straight, support the body weight with the arms and ease down into splits as far as possible
8	Shoulder flexibility	Keeping the knee bent at 90°, with arms shoulder-width apart, push arm-pits down towards the floor. Try not to arch the back
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. 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.

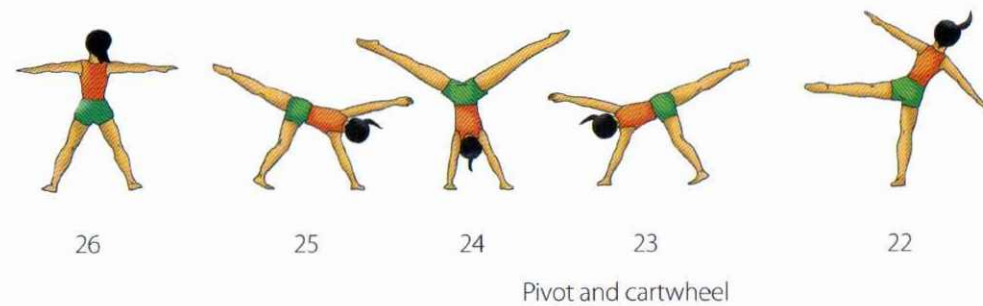
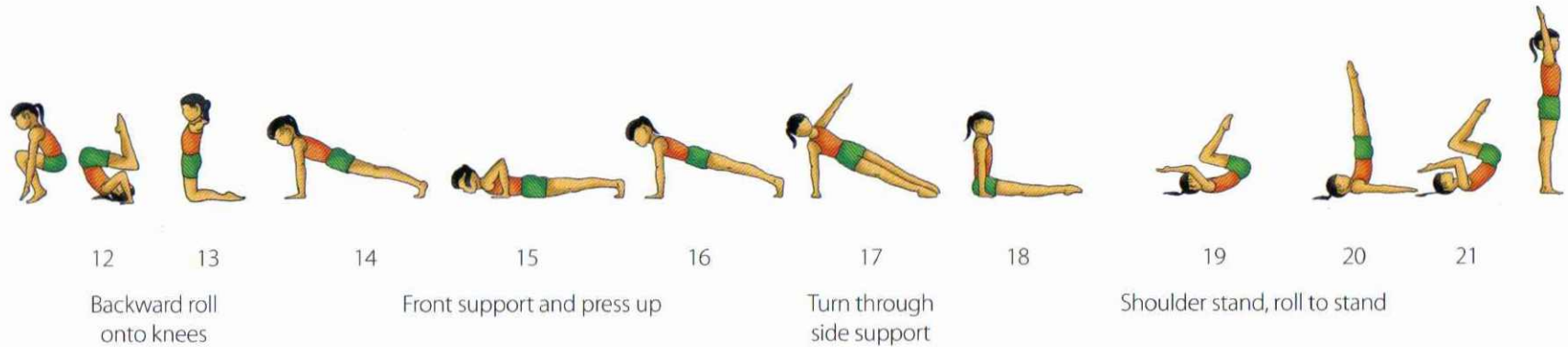
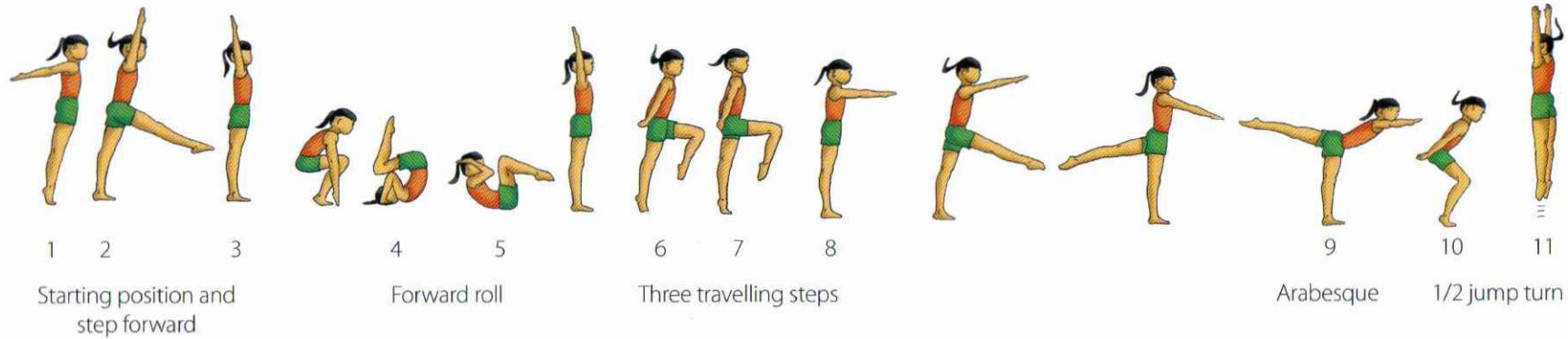
Key Step  
Gymnastics





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

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





## Step 2 - How to Improve the Floor Exercise

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

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Key Step  
Gymnastics





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

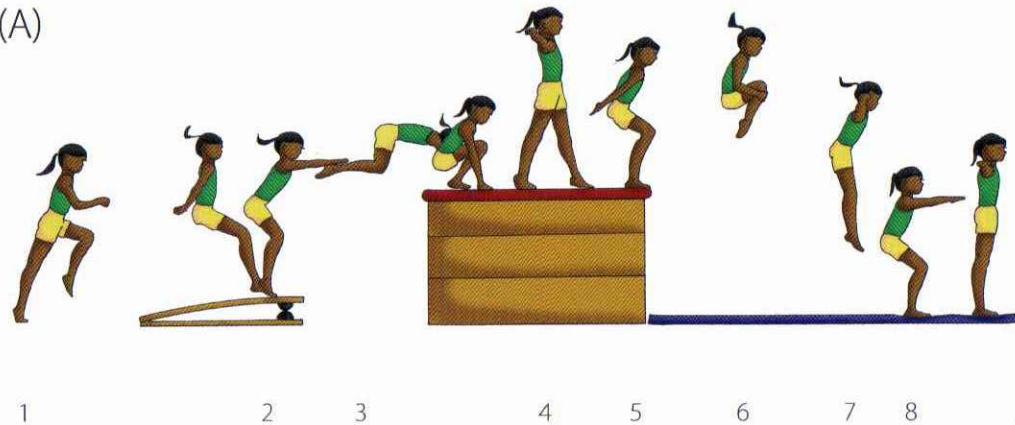
The gymnast is allowed 2 attempts at either (A) or (B) or one of each – (Option (B) is provided for schools without a springboard or box). Highest score to count

(A) A few short running steps to take off springboard and jump to squat on box placed lengthways (height optional to suit gymnasts). Stand, walk to end of apparatus and perform straight or tucked jump to land on floor mats

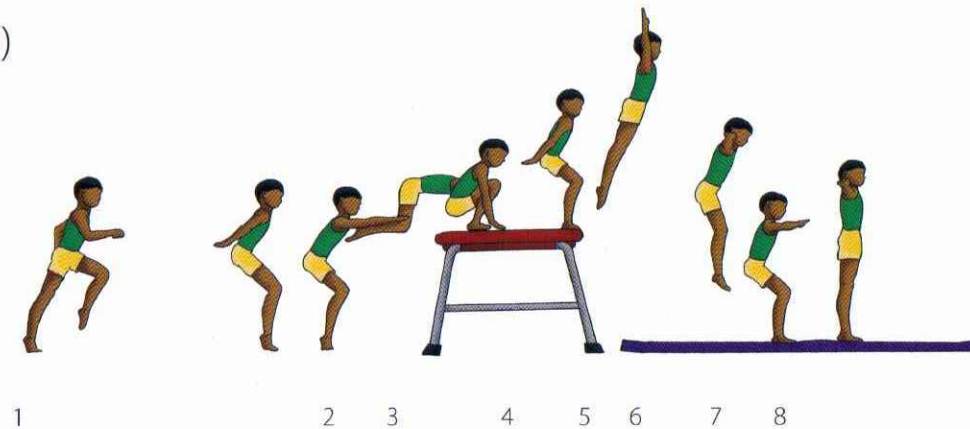
(B) As above but without springboard and using a movement table lengthways instead of box. N.B. Do not use a springboard to vault over a movement table

(A)

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



(B)





# Step 2 - How to improve the Vault

Numbers	Skill	Coaching Points
1	Approach to vault	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, 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 (1)	With legs slightly bent, feet under the body, arms back and chest up, head in a neutral position, immediately push off (quick rebound) with the arms swinging forwards. Push equally through both feet
3	Flight onto apparatus	Looking up, swing the arms up and forwards towards the apparatus, keeping the legs together and lifting the hips. Land in a crouch position with arms straight. A helper may stand alongside the vault and support the upper arm if needed
4	Travel on apparatus	Stand and walk to the end of a box or table, legs straight and feet stretched, shoulders back, arms out to the sides
5	Take off (2)	From two feet, swing the arms forwards and upwards
6	Stretched or tucked shape in air	The direction should be up from the box not down onto the floor, in a stretch or tuck shape, head in neutral position, eyes fixed on a point immediately in front. Keep the chest up and repeat, allow the arm swing to pull the body 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° at the knee, and keep the chest up. Lower the arms forwards and downwards. 'Stick' the landing, keeping the heels down – no additional steps to gain control
		<b>Common Mistakes:</b> Hips not lifted sufficiently going onto the apparatus, arms bent on contact with the vault, arms are not behind the body and in position to swing forwards at time of take-off

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