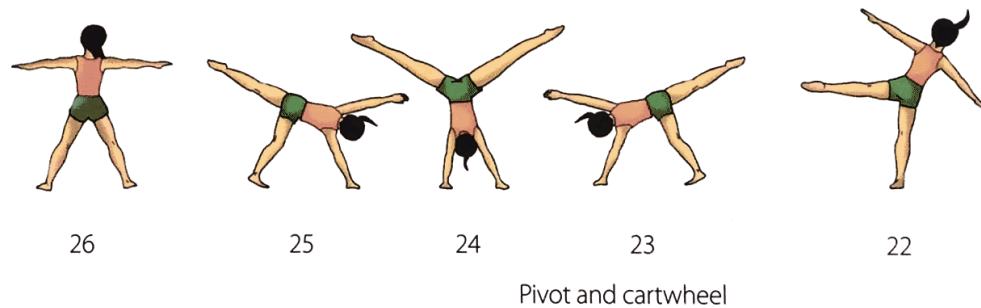
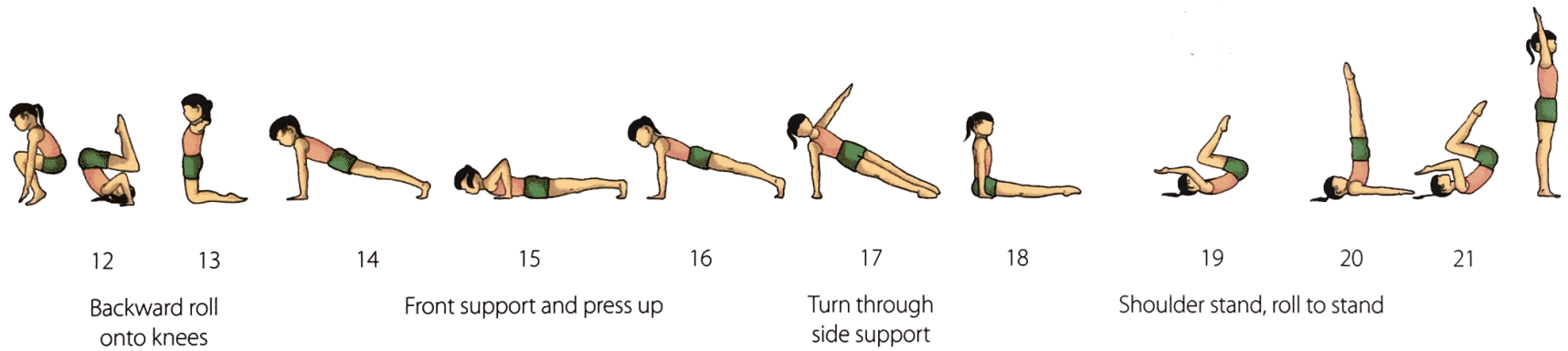
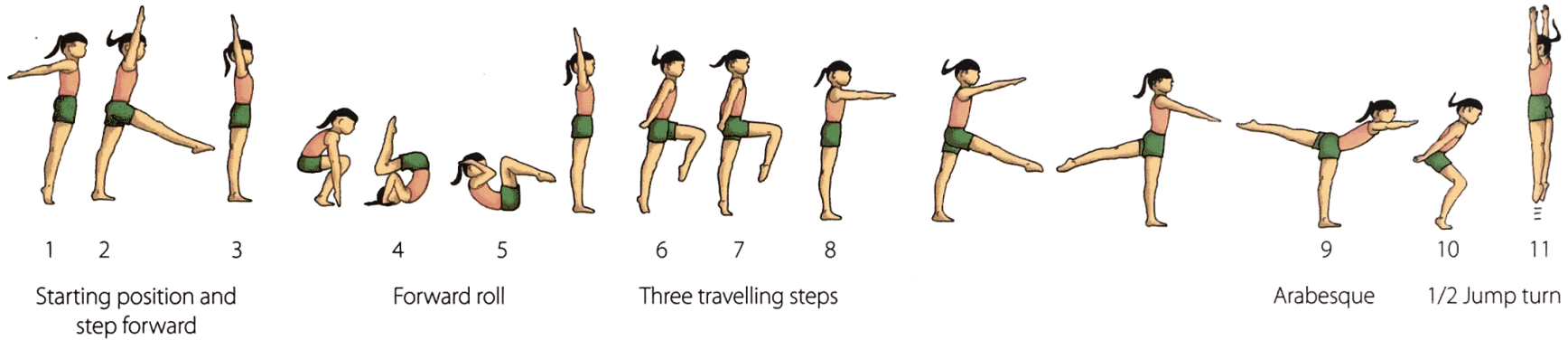


Step 2 - Floor Exercise (Lower Key Stage 2 - Years 3 & 4)

(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 |

Each of the agilities marked in black is worth 1.0 mark. (More information in Section 4 Judging & Officiating)