

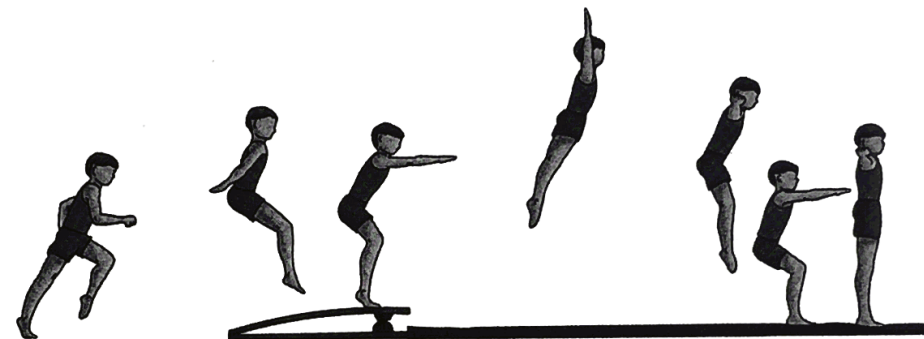
Step 1 - Vault (Key Stage 1 - Years 1 & 2)

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

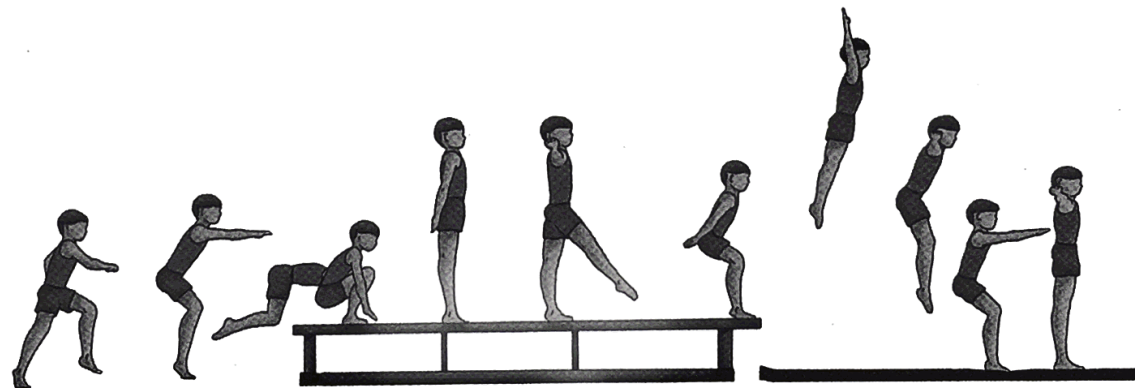
(B) Two or three step approach, squat onto bench. Walk along bench and with feet together at end of bench perform a straight jump off

(A)



1 Approach and hurdle step 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	Step on one foot and push strongly off floor with this 'take-off' foot. Bring feet together in front of body to land with slightly bent knees and feet level, slightly in front of vertical trunk. Keep landing on springboard light. Aim to land with arms behind trunk. In simple terms, step off one foot and land on springboard on two feet ready for the jump. Ensure two feet land in the area of the board which will give the greatest assistance to flight
	Vault B Approach and hurdle step to squat onto bench	Controlled slow approach from two or three steps. Hurdle step feet together as above. Hands placed forward on bench and jump to squat on bench. Stand and walk towards end of bench keeping good posture and stretching feet
3	Take Off	Rebound for jump from springboard must happen immediately. Punch (rebound) with arm swing forward and upward. At same time legs straighten pushing through both feet.
4	Flight	Jump is up and forward making a tall stretched shape, arms and legs straight, body leaning forwards slightly and back straight. Head in neutral position, eyes fixed on point immediately in front. Keep chest up and focus straight ahead. Allow the arm swing to pull you 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 degrees at knee, keep chest up. Lower arms forward and downward. '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 forward instead of up, weight on landing not absorbed, finish off balance and extra steps taken, take off springboard or floor is not immediate (rebound). Both feet are not level on take off. Back is arched in stretch jump