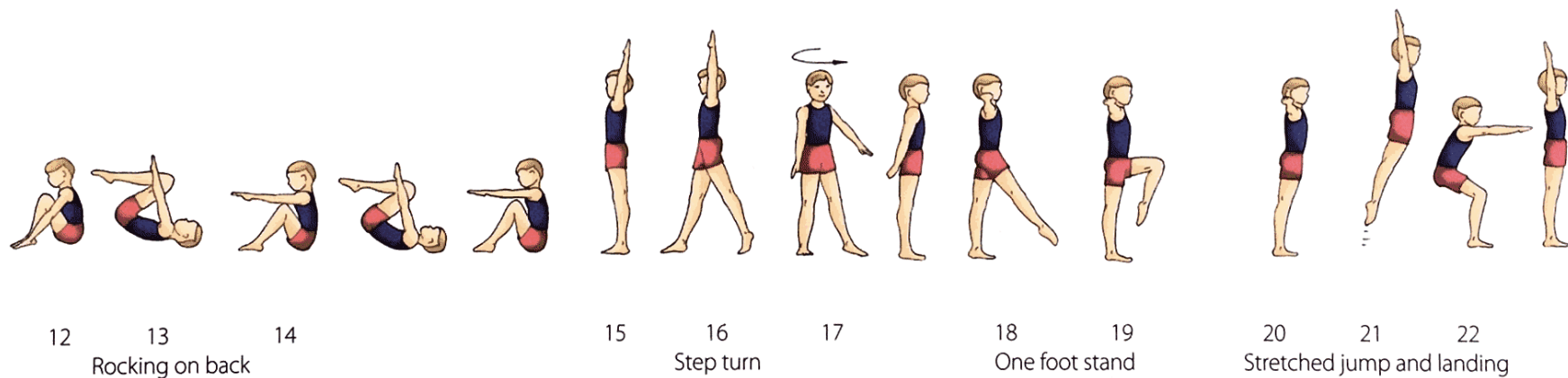
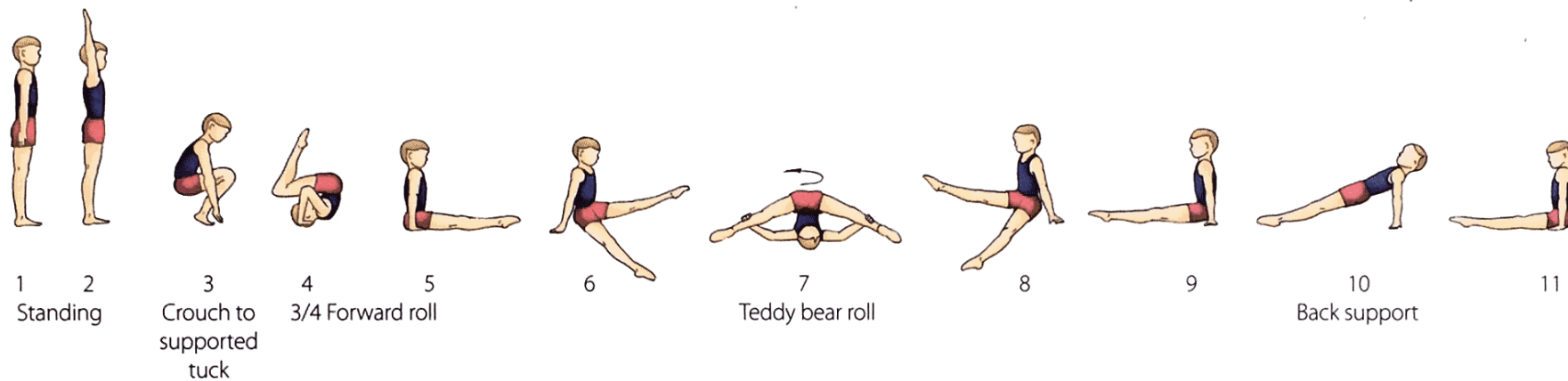


# Step 1 - Floor Exercise (Key Stage 1 - Years 1 & 2)

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



# Step 1 - How to improve the Floor Exercise

Numbers	Skill	Coaching Points
1,2	Standing	Show good posture, abdomen tight, rib cage lifted. Legs straight and together
3	Crouch to supported tuck	Keep legs together, weight equally on hands and feet, back rounded
4,5	3/4 Forward roll	Bring chin to chest and round spine, use hands to support the body, lift hips up by straightening the legs to begin the forward rotation. Make floor contact with shoulders/top of the back not the head/neck, roll progressively through the spine
6,7,8	Teddy bear roll	Legs straight and apart, reach forward, hands may grasp calves, feet turned out and pointed. Little toe, nearest the floor, roll sideways onto one shoulder, then roll across back and onto the other shoulder and return to identical sitting position (facing the opposite direction) with straight back
9,10,11	Back support	Arms shoulder width apart, fingers facing forward towards toes, push hips up and tighten bottom, create upward diagonal line from toes to head, keep arms perpendicular to floor, squeeze straight legs together
12,13,14	Rocking on back	Tuck in tight, hands can be used to hold knees to chest when learning rocking skill. Keep back rounded. Take arms forward and up when rocking to stand without putting them on the floor
15,16,17	Step turn	Keep body vertical, step back in line and bring arms down simultaneously. Maintain good posture
18,19	One foot stand	Transfer weight onto supporting leg before lifting the other leg up. Keep weight over front of supporting foot, toes of lifted leg level with knee so that upper leg is at least horizontal and toes pointed, keep arms straight at shoulder height and parallel to floor, maintain upper body posture with head up, hold 2 seconds
20,21,22	Stretched jump and landing	Swing arms forwards and upwards overhead, push through feet to extend entire body in air, land on both feet in plié with a bend to cushion landing, keep the chest held high and relax shoulders, hold the landing position still before standing to finish

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