

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
Box splits

7
Left splits

7
Right 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)

1 Standing

2 Crouch to supported tuck

3 3/4 Forward roll

4 Forward roll

5 Teddy bear roll

6 Back support

7 Stretched jump and landing

8 One foot stand

9 Step turn

10 Rocking on back

11 Rocking on back

12 Rocking on back

13 Rocking on back

14 Rocking on back

15 Step turn

16 Step turn

17 One foot stand

18 One foot stand

19 One foot stand

20 Stretched jump and landing

21 Stretched jump and landing

22 Stretched jump and landing