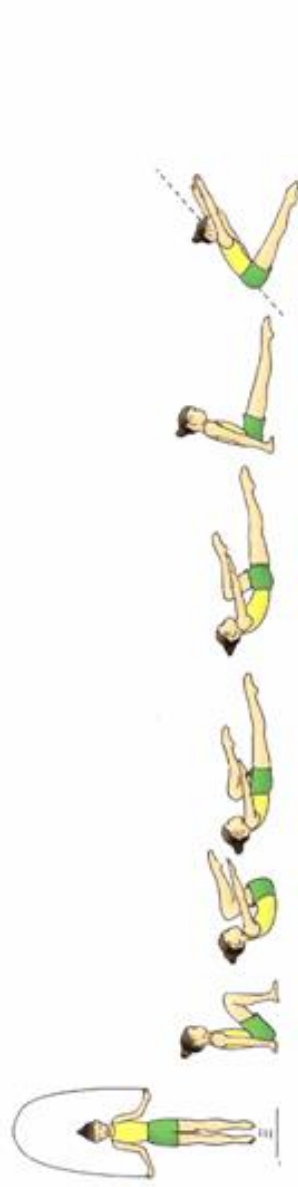


# Step 2 - Body Management (Lower Key Stage 2 - Years 3 & 4)



1  
Single bounce skips with rope x 5



2  
Dish with one leg out at a time



6  
Front support lower to floor



9  
Broad jump

3  
Towards half lever

4  
Towards javana



5  
Arch



7  
Right splits



7  
Box splits



7  
Left splits



8  
Shoulder flexibility



9  
Broad jump



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

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

1 2 Starting position and step forward

3 4 5 6 7 8 Three travelling steps

4 Forward roll

5 6 7 8 Arabesque

9 10 11 1/2 Jump turn

12 Backward roll onto knees

13 14 15 16 17 Turn through side support

14 15 16 17 Front support and press up

18 19 20 21 22 Shoulder stand, roll to stand

23 24 25 26 Pivot and cartwheel