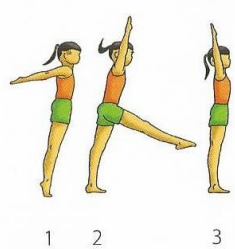


Step 2 - Floor Exercise (Lower Key Stage 2 - Years 3 & 4)

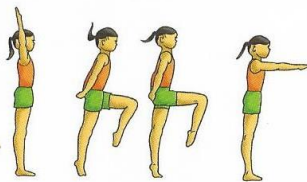
(Sequence performed on a strip of mats approximately 6 x 1 metres)



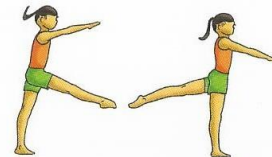
1 2 3
Starting position and
step forward



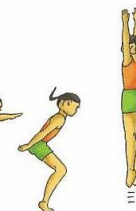
4 5
Forward roll



6 7 8
Three travelling steps



9 10
Arabesque



11
1/2 Jump turn



12 13
Backward roll
onto knees



14



15



16



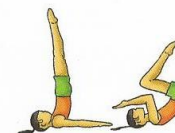
17



18



19

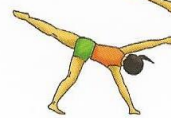


20

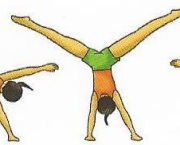
21



26



25



24



23



22

Pivot and cartwheel



STEP TWO

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

Performer allowed 2 attempts at either (A) or (B) or one of each – (Option B) provided for schools without a springboard or box). - Best score to count.

(A) A few short running steps to take off springboard and jump to squat on box placed lengthways. (Height optional to suit performers) Stand, walk to end of apparatus and perform straight or tucked jump to land on floor mats.

(B) As above but without springboard and using a movement table lengthways instead of box. N.B. Do not use a springboard to vault over a movement table.

1. Approach to vault
2. Take off (1)
3. Flight onto apparatus
4. Travel on apparatus
5. Take off (2)
6. Stretched or tucked shape in air
- 7,8. Landing

