

KEY STEP GYMNASTICS ROUTINES

KEY STAGE 1 STEP 1 BODY MANAGEMENT

- 1) **Rebound Jumps x 10** (side to side) showing height and extension
- 2) **Tucked dish shape**
- 3) **Back support**
- 4) **Straddle sit**
- 5) **Arch shape**
- 6) **Front support**
- 7) **Working towards splits** (from kneeling, place right leg forward and straight, turn to side 'splits' keeping both legs straight, turn to straight left leg forward,) Ensure hips and shoulders are square and level
- 8) **Shoulder flexibility** – (Maintain good posture with straight back whilst taking arms up to ears. See how far behind ears arms can go, keeping them shoulder width apart.)
- 9) **Broad Jump**

(all static moves should be held for 2 sec)

KEY STAGE 1 STEP 1 FLOOR EXERCISE

- 1) From standing take 1 step forward to 2 feet
- 2) **crouch to support tuck**
- 3) **Forward roll to sit in pike shape**
- 4) Straddle sit
- 5) Teddy Bear Roll
- 6) Push to **back support** position, lower body towards floor
- 7) Crouch, and **Roll back & forwards x 2 to stand**
- 8) ½ turn
- 9) Step forward on either leg to **balance** (2 seconds), lower leg
- 10) **Straight jump forward to land.**

KEY STAGE 1 STEP 1 - VAULT

Performers allowed 2 attempts at either (A) or (B) or one of each – Best score to count.

- (A) 2 or 3 step approach to jump onto / take off springboard into straight jump to land with control.
- (B) 2 or 3 step approach to land 2 feet in front of bench; squat onto bench.
Walk along bench showing good posture, extension and control, finishing with feet together at end of bench. Perform a straight jump off bench onto floor to land with control.

KEY STEP GYMNASTICS ROUTINES

KEY STAGE 2 STEP 2 BODY MANAGEMENT

- 1) **Single bounce skips** with rope x 5
- 2) **Dish shape** with one leg out at a time
- 3) Towards $\frac{1}{2}$ **Lever** support
- 4) Towards **Japan** – (straddle sit, tummy pushing towards floor)
- 5) **Arch shape**
- 6) **Front support, lower to floor.**
- 7) **Working towards Splits** (right leg forward, side splits, left leg forward) Ensure hips and shoulders are square. Support body weight with arms.
- 8) **Shoulder flexibility** – (kneeling, keep knee joint at 90°. Keep arms shoulder width apart. Push arm-pits down towards the floor. Try not to arch back.
- 9) **Broad Jump**

KEY STAGE 2 STEP 2 FLOOR EXERCISE

- 1) From standing in interesting pose position, take 1 step forward to 2 feet,
- 2) **crouch to support tuck**
- 3) **Forward roll to stand**
- 4) **Travel forward using 3 walking or skipping steps**, bring legs together
- 5) Step forward on either leg to **arabesque balance** (2 seconds), lower leg
- 6) $\frac{1}{2}$ **jump turn**
- 7) Crouch, and **backward roll onto knees**
- 8) Push to **front support** position, lower body towards floor, then push up to front support (**press up**)
- 9) turn through **side support** to sit with straight legs
- 10) Roll back into **shoulder stand**, roll out forward to stand
- 11) Step back on 1 leg, pivot and raise other leg to **cartwheel towards starting position**. Finish standing sideways.

KEY STAGE 2 STEP 2 VAULT

Performers allowed 2 attempts at either (A) or (B) – Best score to count

Apparatus height: approximately 90 – 110 cms (3-4 layers of wooden box or medium/large height movement table.)

- (A) A few short running steps to take off springboard and squat on box placed lengthways. Stand, walk to end of box and perform straight or tucked jump to land with control on floor mats.
- (B) As above but using a movement table lengthways and without a springboard.

KEY STEP GYMNASTICS ROUTINES

KEY STAGE 2 STEP 3 BODY MANAGEMENT

- 1) **Single bounce skips** with rope x 10
- 2) **Dish shape**
- 3) **Roll to arch and back to dish**
- 4) Towards $\frac{1}{2}$ **Lever** support (lift each leg off floor at least 10cm)
- 5) **Japana** – (push tummy towards floor, not shoulders)
- 6) **Press up**
- 7) **Splits x 3** (right leg forward, side splits, left leg forward. Ensure hips and shoulders are square.)
- 8) **Bridge**
- 9) **Broad Jump**

KEY STAGE 2 STEP 3 FLOOR EXERCISE

Sequence selected from the skills below (total of 6 skills), performed on a rectangle of mats (approximately 8 x 6m if possible)

Optional starting and finishing position which lead easily to/from first/last skill.

The sequence should cover as much of the floor area as possible. Include the moves in any order and link them together in interesting ways using travelling, spins and leaps. Perform activities using different speeds and move around in different directions.

Include each of these elements in any order in the sequence:

- Round off
- Side scale towards Y balance
- Backward roll to straddle stand

Choose one of these elements:

- $\frac{1}{2}$ Turn jump
- Full turn jump

Choose one of these elements:

- Two cartwheels consecutively
- Handstand forward roll

Choose one of these elements:

- ❖ Bridge
- ❖ Splits
- ❖ $\frac{1}{2}$ Lever

KEY STAGE 2 - STEP 3 VAULT

Performers allowed 2 attempts at either (A) or (B) – Best score to count

Apparatus: optional height approximately 110 cms /4 layers of wooden box or movement table (for option A) only) placed crossways

(A) A few short running steps to take off springboard and squat on apparatus followed by an immediate take off into a straight jump to land with control on landing mats.

(B) Squat through vault.