

# 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 Arabesque

10 11 1/2 Jump turn

12 13 Backward roll onto knees

14 15 Front support and press up

16 17 18 Turn through side support

19 20 21 Shoulder stand, roll to stand

22 23 24 25 26 Pivot and cartwheel

# STEP TWO

# Step 2 - How to Improve the Floor Exercise

Numbers	Skill	Coaching Points
1,2,3	Starting position & step forward	Create attractive starting position by varying use of arms, head, legs etc. Show straight and extended body with arms straight and shoulder width apart above head when stepping forward. Stretch feet when off the floor
4,5	Forward roll	Bend knees into supported tuck placing hands shoulder width apart. Keep back rounded, lift hips push with legs and put top of back/shoulders on mat between hands. Initially the roll can remain tucked throughout movement, however, work towards extending the legs in the middle of the roll (see DVD). Reach forward coming out of the roll to arrive in standing position with feet and knees together
6,7,8	Three travelling steps	Even steps or skips, interest can be added by varying use of arms. Ensure flow
9	Arabesque	Trunk vertical, back straight. Extend back leg with pointed foot as high as possible before lowering the shoulders. Move arms down to sides at shoulder height to help control the balance (arm positions are optional) Hold for 2 seconds
10,11	1/2 jump turn	Keep body vertical, swing arms up and slightly in the direction of the turn, land on balls of feet first and then heels, bend knees on landing
12,13	Backward roll onto knees	Hands pointing towards the direction of the roll close to shoulders, take weight on hands not on head or neck. To do this push with arms. Chin on chest to round the back. Finish kneeling with straight back & arms to sides at shoulder height
14,15,16	Front support & press up	Lower & raise body almost to floor by bending at elbows. Head still, muscles tight in abdomen and buttocks. Whole body should remain straight throughout the move
17	Turn through side support	Rotate hand before turning to side. Hold side position with straight and tight body forming a downward diagonal from head to feet. Body forms 'T' position
18,19,20,21	Shoulder stand, roll to stand	From sitting shift weight back through tucked position, extend hips and legs vertical with toes pointing to ceiling and hip angle straight. Press on arms to show 'candle' position and then rock forward to stand
22,23,24,25,26	Pivot and cartwheel	Pivot and lift leg to perform lunge and long smooth straight cartwheel. Timing to be equal, hand, foot, foot. Finish facing sideways

Further information on penalties for poor technique, style etc. can be found in Section 4 on Judging and in appendices H, I, J and K.