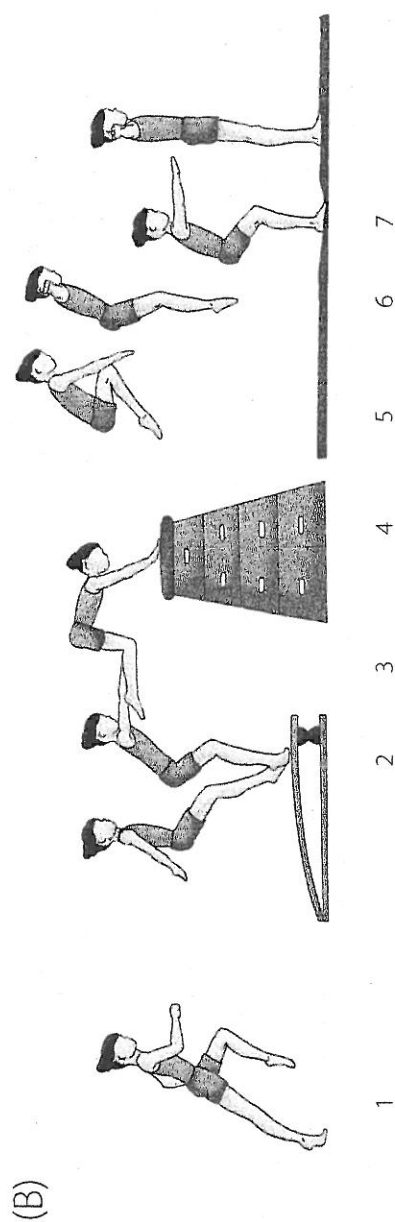
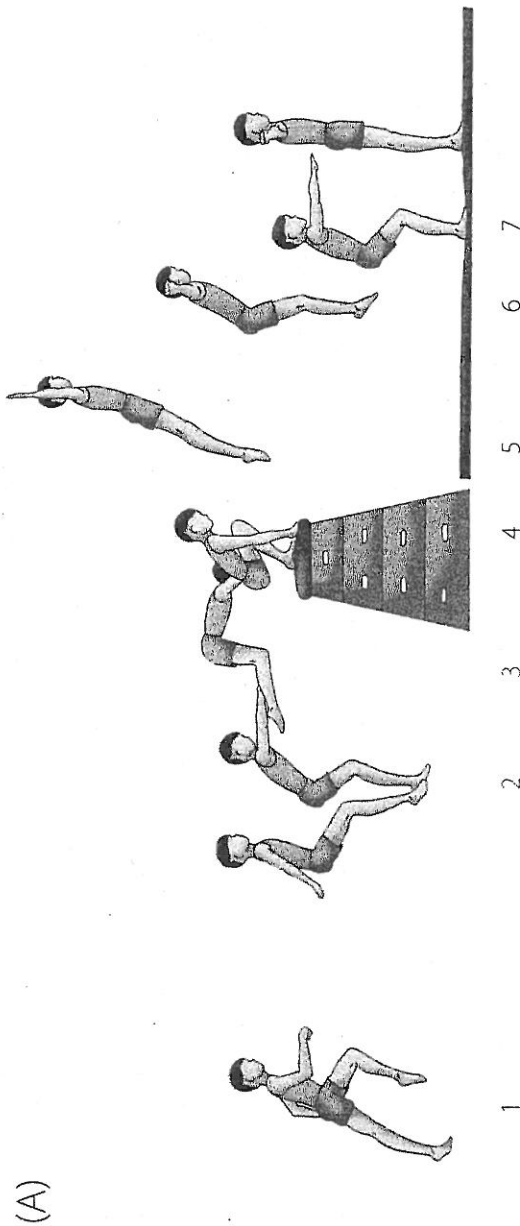


Step 3 - Vault (Upper Key Stage 2 - Years 5 & 6)

Performer allowed 2 attempts at either (A) or (B) or one of each - Best score to count. It is possible to complete Option A without a springboard and using a low movement table. However, the teacher must be satisfied that (i) the base of support provided by the table is sufficient to ensure stability and (ii), the top of the table provides a surface area large enough for a pupil to land comfortably in a crouch position.

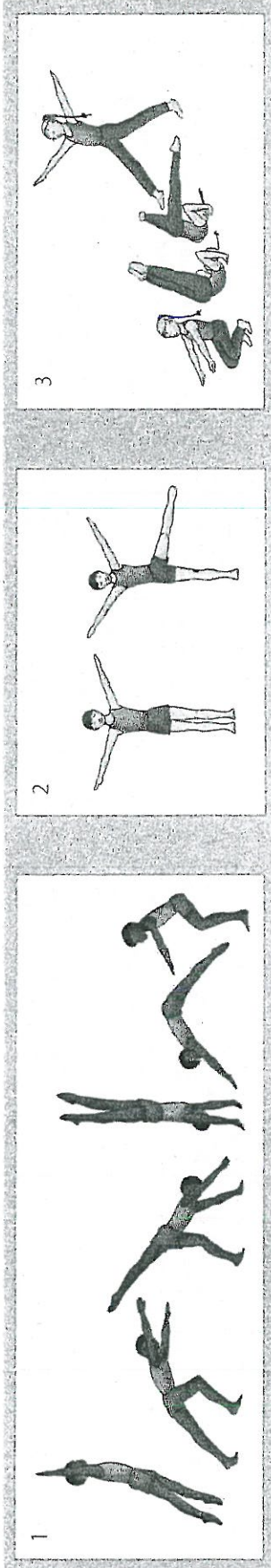
- (A) A few short running steps to take off floor and jump into a squat position on apparatus (height optional to suit performer) followed by an immediate take off into a straight jump to land with control on floor mats. (Mark out of 9.0)
- (B) Through vault. (Mark out of 10)

1. Approach
2. Take off
3. Flight onto apparatus
- 4,5. Rebound and flight off
- 6,7. Landing

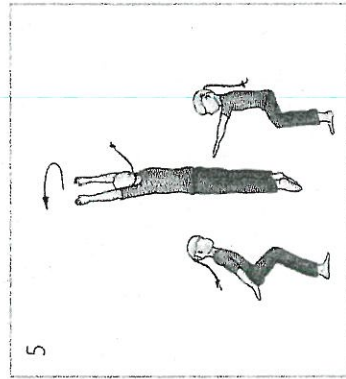
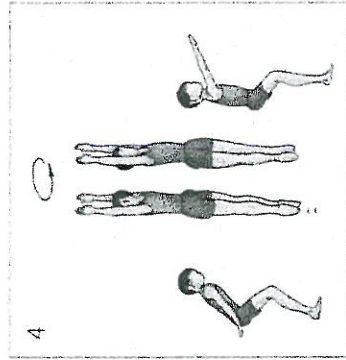


Step 3 - Floor Exercise (Upper Key Stage 2 - Years 5 & 6)

(Sequence performed on a rectangle of mats approximately 8 x 6 metres if possible) - PERFORM 6 SKILLS ONLY IN ANY ORDER

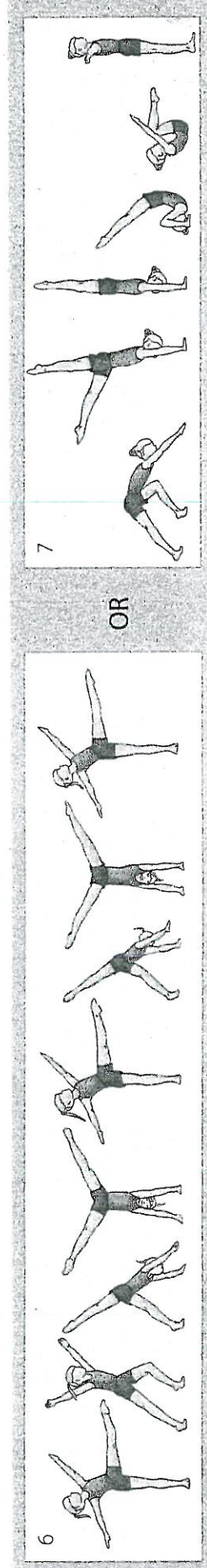


- 1 Round off
- 2 Side scale towards Y balance
- 3 Backward roll straddle (include each of these elements in any order in your sequence)

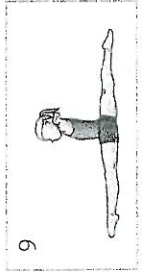
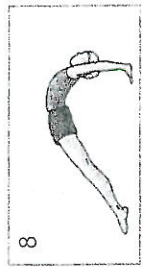


OR

4,5. Full or 1/2 turn jump (choose one between these 2 elements)



- 6 Two cartwheels consecutively or Handstand forward roll
- 7 Bridge or splits or 1/2 lever (choose one between these 3 elements)



OR

OR

8,9,10. Bridge or splits or 1/2 lever (choose one between these 3 elements)

STEP THREE