

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

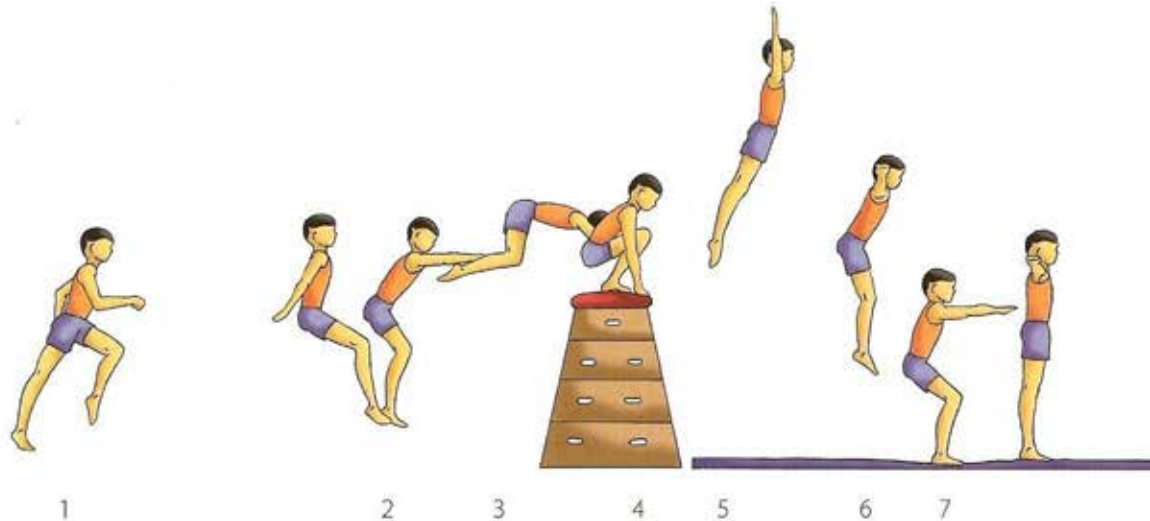
Performer allowed 2 attempts at either (A) or (B) or one of each - Best score to count. It is possible to complete Option A without a springboard and using a low movement table. However, the teacher must be satisfied that (i) the base of support provided by the table is sufficient to ensure stability 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.

(B) Through vault.

(A)

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



(B)

