

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



1
Single bounce skips
with ropes x 10



2
Dish



3
Roll to arch and back
to dish



4
Towards half lever



5
Japana



6
Press up



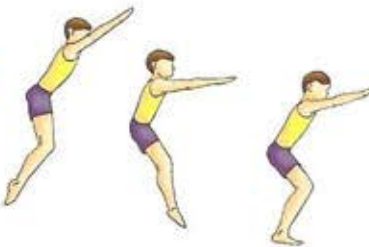
7
Right splits

7
Box splits

7
Left splits



8
Bridge



9
Broad jump