

Step 3 - How to improve the Floor Exercise

Numbers	Skill	Coaching Points
	Start/End	You could start and end standing, kneeling, lying, etc. Select positions that are imaginative and that you think will appeal to the judge and lead easily into the first move
	Content	Make sure you have included only the six required moves. Where there is a choice, select the activities you perform well and show your best strength or flexibility
	Linking	The sequence should cover as much of the floor area as possible. Perform the moves exactly as shown. 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
1	Round off	The Round off is useful to start backward movements. Stretch arms forward and low going into the round off, turn shoulders and then hips and bring legs together as quickly as possible. Aim to show flight from hands and snap down of legs as confidence grows
2	Side scale towards Y balance	Stand in straight body position. Keep standing leg straight and lift one leg to the side as high as possible, transferring weight over the supporting leg. Keep hips square and arms out to side. Keep both legs equally turned out. Hold for two seconds
3	Backward roll straddle	Roll backwards pushing on floor with hands & straighten arms. Open legs from tucked position to straddle position half way through the roll. Finish in straddle stand
4,5	Full or 1/2 turn jump	Swing arms down and back with slight bend of legs before takeoff, then swing arms forwards and upwards, avoid throwing shoulder backwards, keep body straight and maintain good posture. Fix your eyes on something still and try and get your eyes back to this object quickly when performing a full turn. Turn shoulders as feet leave the floor
6,7	Two cartwheels consecutively or handstand roll	Perform lunge and long smooth cartwheel. Finish on one leg and continue straight into second cartwheel. Show deep lunge between cartwheels to ensure fluidity of sequence. Keep body straight when inverted, no arching so that both cartwheels go along a straight line. For Handstand forward roll ensure the body tilts off balance in a straight position before tucking to roll out. Keep arms straight and chin on chest
8,9,10	Bridge or splits or 1/2 lever	Show still position for 2 seconds. Bridge should start and return to floor. Forward splits or side (box) splits may be performed. Ensure legs are in line with hips and knees are on top in side splits. When performing right or left leg splits ensure the heel of the front leg and knee of the back leg are on the mat. Legs in the half lever should be at least parallel to the floor

Each agility is worth 1.0 mark. - total 6 agilities
(More information in Section 4 Judging & Officiating)

Key Step
Gymnastics

