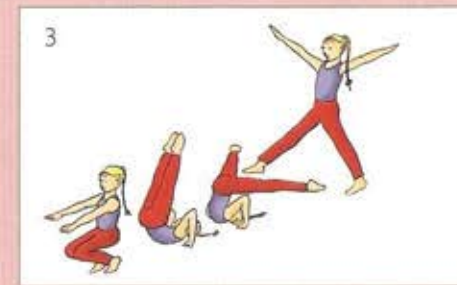
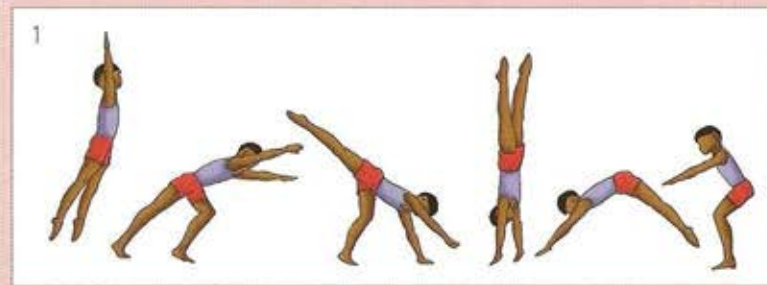
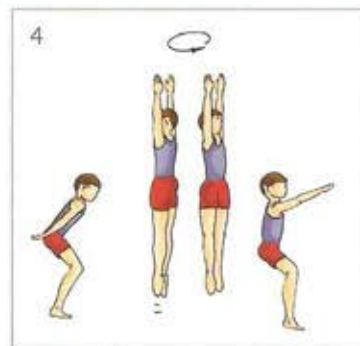


Step 3 - Floor Exercise (Upper Key Stage 2 - Years 5 & 6)

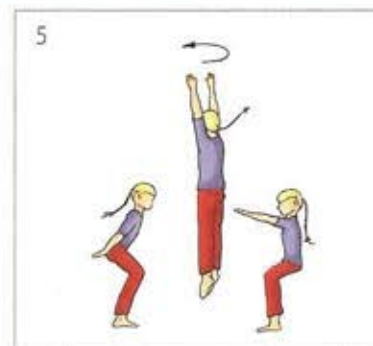
(Sequence performed on a rectangle of mats approximately 8 x 6 metres if possible) - PERFORM 6 SKILLS ONLY IN ANY ORDER



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)



OR



6. Two cartwheels consecutively or
7. Handstand forward roll



OR



OR



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