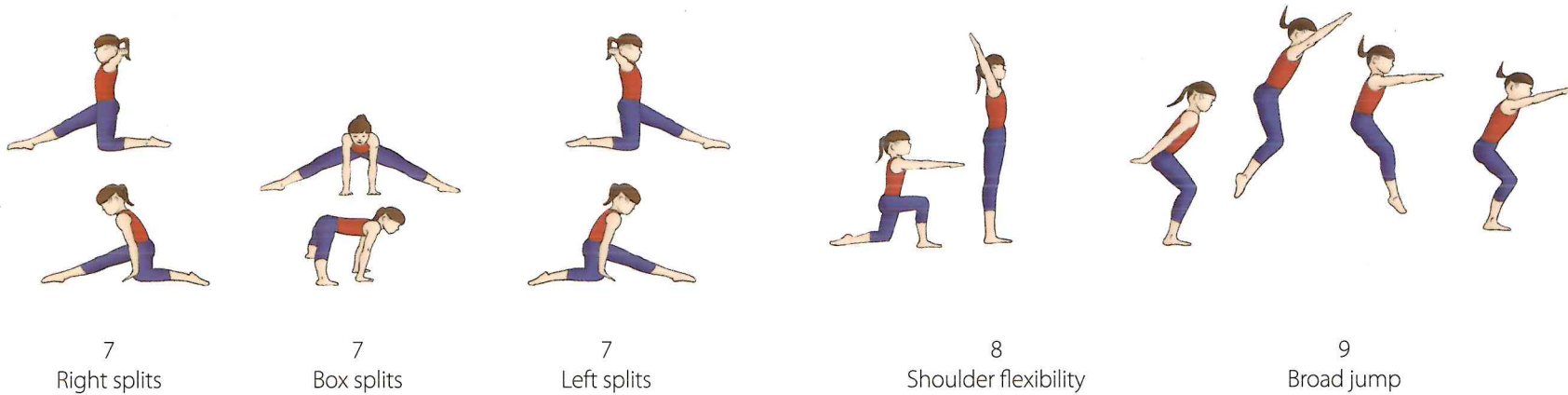
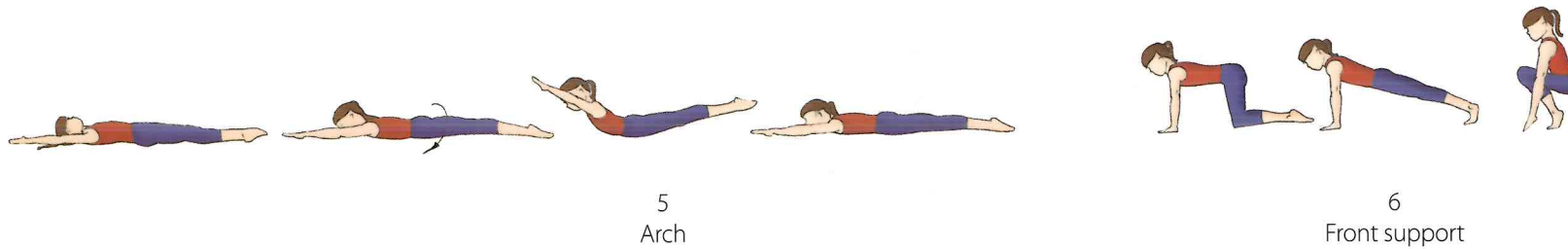
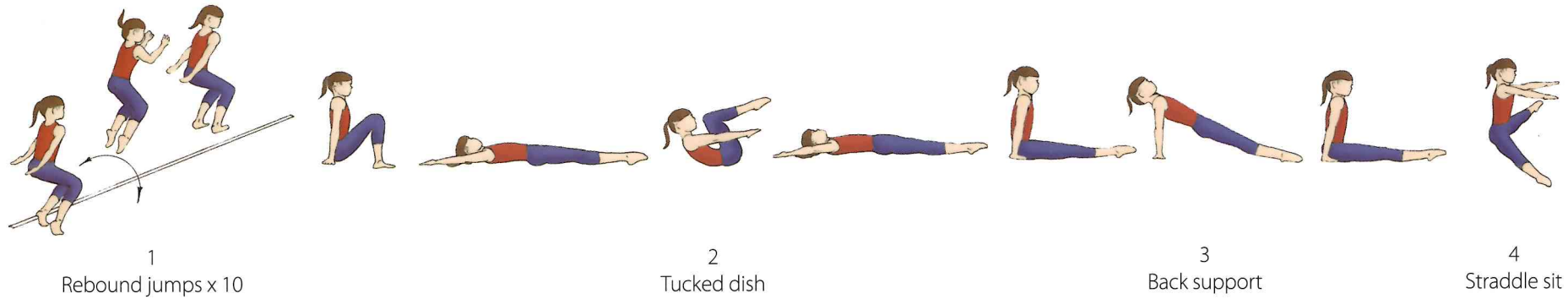


Step 1 - Body Management (Key Stage 1 - Years 1 & 2)



Step 1 - How to improve Body Management

| Numbers | Skill | Coaching Points |
|---------|----------------------|--|
| 1 | Rebound jumps x 10 | Try to get a rhythm going. Do not bend knees too much or you will not be able to rebound immediately from the floor and this will result in 10 separate jumps rather than continuous rebound jumps. Keep feet together and do not travel forwards |
| 2 | Tucked dish | Keep lower back pressed firmly into the floor, squeeze stomach muscles and keep chin on chest |
| 3 | Back support | Push hips up and squeeze bottom tightly. Keep fingers facing your toes and head in a neutral position |
| 4 | Straddle sit | Back straight, toes pointed, knees pressed into the floor. Aim your little toes towards the floor not your big toes. Keep your knees facing up towards the ceiling |
| 5 | Arch | Keep legs together and arms shoulder width apart. Squeeze bottom and keep head in a neutral position |
| 6 | Front support | Try to make a straight line from head to toes. Ensure arms are supporting the body vertically under shoulders, fingers facing forwards. Keep head in a neutral position. Squeeze stomach and bottom muscles |
| 7 | Splits x 3 | In right and left leg splits ensure hips and shoulders are square and level, keep front leg straight. Keep both legs straight in side (box) splits |
| 8 | Shoulder flexibility | Maintain good body posture with straight back whilst taking arms up to ears. See how far behind your ears you can take your arms keeping them shoulder width apart |
| 9 | Broad jump | Take arms back behind you before take off to enable them to swing through giving extra length to your jump. Keep feet shoulder width apart. Push through feet and extend legs fully. See how far you can jump. Bend knees on landing (no more than 90 degrees) |