

Step 2 - Body Management (Lower Key Stage 2 - Years 3 & 4)



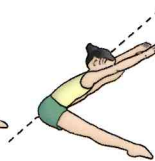
1
Single bounce skips with rope x 5



2
Dish with one leg out at a time



3
Towards half lever



4
Towards japa



5
Arch



6
Front support lower to floor



7
Right splits



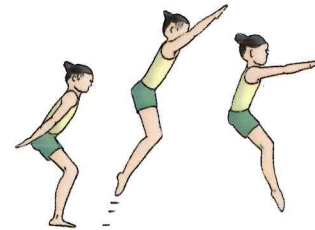
7
Box splits



7
Left splits



8
Shoulder flexibility



9
Broad jump



Step 2 - How to Improve Body Management

Numbers	Skill	Coaching Points
1	Single bounce skips with rope x 5	Try to get a rhythm going. Do not bend knees too much or you will not be able to rebound immediately from the floor. Try to keep the rope taut
2	Dish with one leg out at a time	Keep lower back pressed firmly into the floor, squeeze stomach muscles and keep chin on chest. Keep the straight leg about 10cm from the floor
3	Towards half lever	Push hips up and squeeze bottom tight. Keep fingers facing your toes and head in a neutral position
4	Towards Japana	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. Push your tummy button towards the floor not your shoulders. Aim for legs to be approximately 90 degrees apart
5	Arch	Keep legs together and arms shoulder width apart. Squeeze bottom and keep head in a neutral position
6	Front support lower to floor	Try to make a straight line from head to toes. Ensure arms are supporting vertically under shoulders, fingers facing forwards. Keep head in a neutral position. Maintain straight body line as you lower to the floor (all body parts should touch the floor at the same time)
7	Splits x 3	In right and left leg splits ensure hips and shoulders are square and level. Keep both legs straight, support body weight with arms and ease down into splits as far as you can go
8	Shoulder flexibility	Keep knee joint at 90 degrees. Keep arms shoulder width apart. Push arm- pits down towards the floor. Try not to arch the back
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)