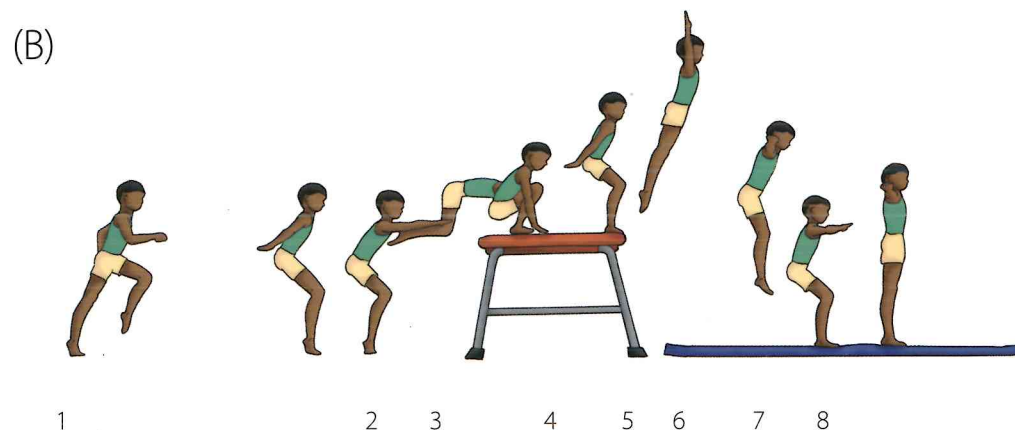
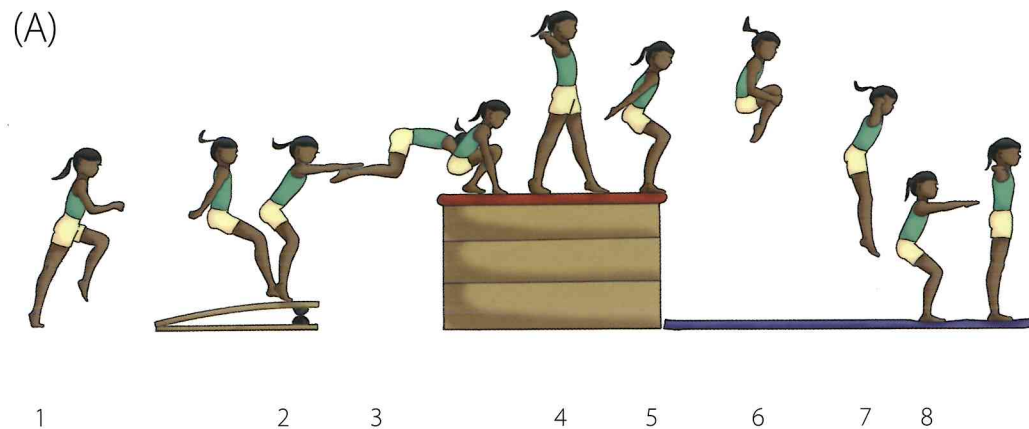


## Step 2 - Vault (Lower Key Stage 2 - Years 3 & 4)

Performer allowed 2 attempts at either (A) or (B) or one of each – (Option (B) provided for schools without a springboard or box). - Best score to count.

(A) A few short running steps to take off springboard and jump to squat on box placed lengthways. (Height optional to suit performers) Stand, walk to end of apparatus and perform straight or tucked jump to land on floor mats.

(B) As above but without springboard and using a movement table lengthways instead of box. N.B. Do not use a springboard to vault over a movement table.



# Step 2 - How to improve the Vault

| Numbers | Skill                            | Coaching Points  |
|---------|----------------------------------|--|
| 1       | Approach to vault                | Start slowly and build up the speed, keep eyes fixed on target. On last running stride, hurdle step with two foot landing. When running arms should be bent and move in opposition to legs. Teach good running technique before including springboard and vault. Important that arms do a quick semicircle so that they are in position to swing forward and upwards on take off |
| 2       | Take off (1)                     | Legs are slightly bent, feet under the body, arms back and chest up, head in neutral position. Immediately push off (quick rebound) with the arms swinging forwards. Push through both feet equally  |
| 3       | Flight onto apparatus            | Avoid looking down, swing arms up and forward towards apparatus keeping legs together and lifting the hips. Land in a crouch position with arms straight. Assist: Stand alongside vault and support upper arm if needed  |
| 4       | Travel on apparatus              | Stand and walk to end of box or table, legs straight feet stretched, shoulders back, arms out to sides   |
| 5       | Take off (2)                     | From two feet, swing arms forwards and upwards   |
| 6       | Stretched or tucked shape in air | Direction should be up from the box not down onto floor. Stretch or tuck shape, head in neutral position, eyes fixed on point immediately in front. Keep chest up and focus straight ahead. Allow the arm swing to pull you up into the air. Show good body tension throughout the flight  |
| 7,8     | Landing                          | Land on both feet with hip and knee flexion but not more than 90 degrees at knee, keep chest up. Lower arms forward and downward. 'Stick' the landing keeping the heels down – no additional steps to gain control   |
|         |                                  | <b>Common Mistakes:</b> Hips not lifted sufficiently going onto the apparatus, arms bent on contact with vault, arms are not behind body and in position to swing forward at time of take off  |