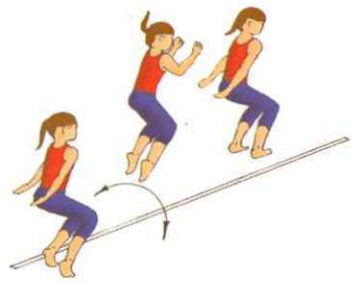


Step 1 - Body Management (Key Stage 1 - Years 1 & 2)



1
Rebound jumps x 10



2
Tucked dish



3
Back support

4
Straddle sit



5
Arch



6
Front support



7
Right splits



7
Box splits



7
Left splits



8
Shoulder flexibility



9
Broad jump