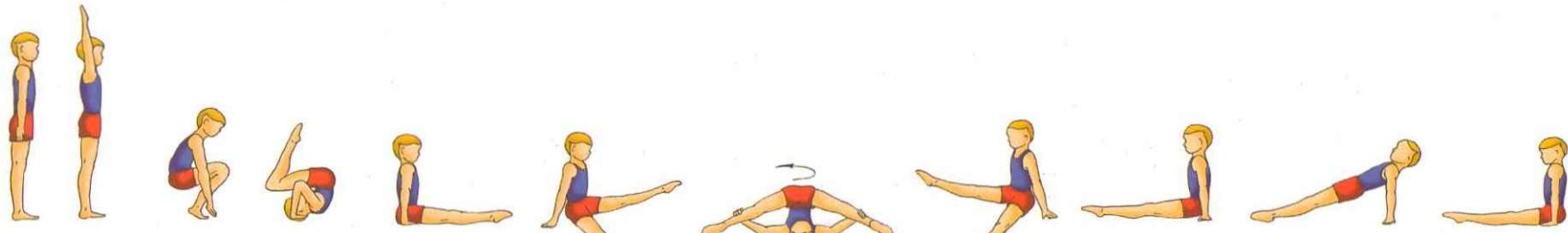


Step 1 - Floor Exercise (Key Stage 1 - Years 1 & 2)

(Sequence performed on a strip of mats approximately 3 x 2 metres)



1 2
Standing

3
Crouch to supported tuck

4
3/4 Forward roll

5
6

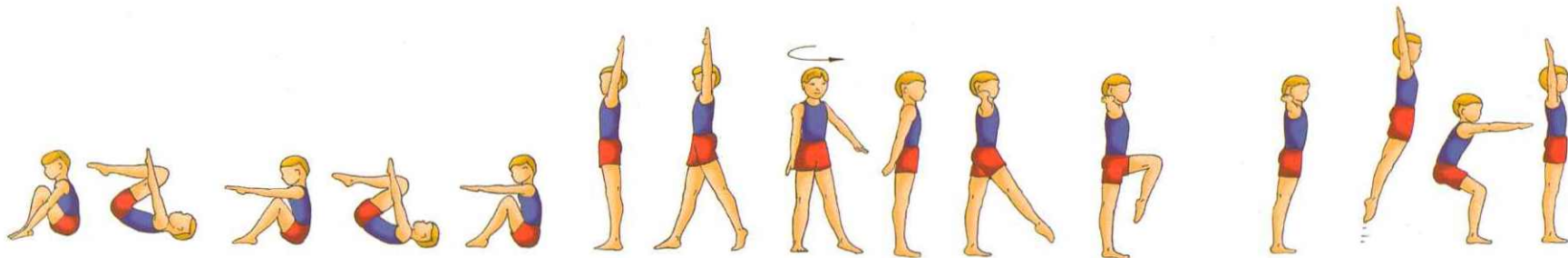
7
Teddy bear roll

8

9

10
Back support

11



12 13
Rocking on back

14
15 16
Step turn

17

18 19
One foot stand

20 21 22
Stretched jump and landing