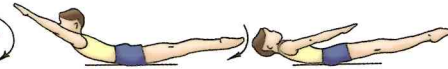# Step 3 - Body Management (Upper Key Stage 2 - Years 5 & 6)
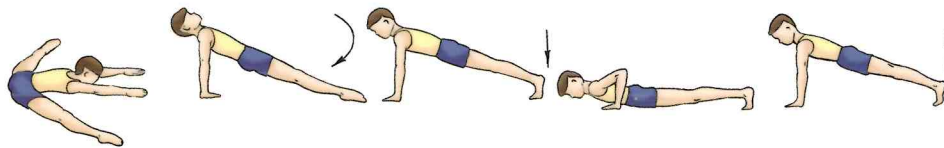
1
Single bounce skips
with ropes x 10

2
Dish

3
Roll to arch and back
to dish

4
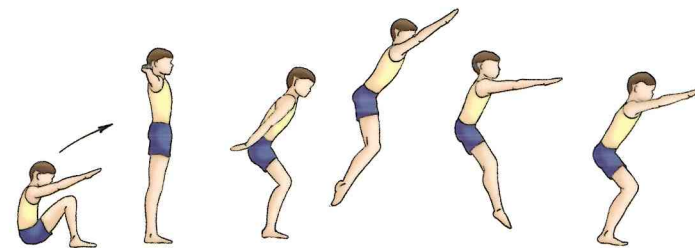Towards half lever

5
Japana

6
Press up

7
Right splits

7
Box splits

7
Left splits

8
Bridge

9
Broad jump

Step 3 - How to Improve Body Management

Numbers	Skill	Coaching Points
1	Single bounce skips with rope 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. Try to keep the rope taut
2	Dish	Keep back pressed firmly into the floor, squeeze stomach muscles and keep chin on chest. Keep legs about 10cm from the floor. Hold for 2 seconds.
3	Roll to arch and back to dish	Keep arms and legs off the floor throughout the move. Squeeze stomach in dish and bottom in the arch shape
4	Towards half lever	Keep arms level with your thighs. Push your bottom off the floor. Keep fingers facing your toes, hands flat on the floor and head in a neutral position. Lift each leg off the floor at least 10cm
5	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. Look at your fingers
6	Press up	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 and push up
7	Splits x 3	In right and left leg splits ensure hips and shoulders are square and level. Keep both legs straight. If you are all the way down in splits, take arms off the floor and stretch them
8	Bridge	Keep arms shoulder width apart. A good bridge is achieved with good shoulder flexibility, not by over-arching the back, so push through the shoulders and try to press your legs straight with feet flat on the floor
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 if you can go further than you did last time. Bend knees on landing (no more than 90 degrees)

Key Step Gymnastics

English Gymnastics Schools