

Range and Conditioning – 6 year olds

Start in crouch, forward roll to long sitting with legs together, Keeping back vertical and straight with arms out sideways, press knees into the floor, lift the heels off the floor. HOLD	Not starting in crouch position Heels not lifting off the floor Hands touching the floor in held position Position not held for 2 secs	0.1 0.1	0.3 0.3	0.5 VM
Straddle the legs and fold forward to lie flat. HOLD	Bent legs in straddle Body not touching the floor Position not held for 2 secs	0.1 0.1	0.3 0.3	VM
Take the legs bwds to join together with the arms by the ears.				VM
Legs going through box split		0.5 bonus		
Push to press up position with toes pointed. HOLD	Position not held			VM
Squat the feet in and stand; if using the parettes walk to them. If not work from where you are.				
Perch balance. HOLD OR	Balance not held for 2 secs Taking the feet off the floor one foot at a time Knees not held into the chest in hold Back below horizontal in hold	0.1 0.1	0.3	VM
Straddle lever. HOLD	Balance not held for 2 secs Taking the feet off the floor one foot at a time Legs held at horizontal Legs below horizontal Legs bent in hold	0.1 0.1 0.1	0.3 0.3 0.3	VM
Stand 1\2 turn on toes. *kneel forwards onto one knee and slide to splits on either leg (may use the hands in the slide). Take hands off the floor. HOLD with arms sideways at horizontal	Splits not held for 2 secs Lack of flexibility in splits Hands touching the floor in held position	0.1	0.3 0.3	VM
Bring the back leg forward to long sit with legs together. Lift the arms to the ears and pike fold hands on the floor either side of the feet. HOLD	Pike fold position not held for 2 secs Insufficient pike position Hands not in correct position Legs bent in pike fold	0.1 0.1 0.1	0.3	VM

Sit up and lie down onto back. Push up to bridge. HOLD	Bridge not held Insufficient shoulder extension Knees bent Feet apart	0.1 0.1 0.1	0.3 0.3 VM
Lie down, sit up roll to shoulder stand and stand up .			
Kick out of bridge position *if you choose this option at this point you must take steps away from the parettes.	Deductions must be taken for faults : legs, feet split position	0.5 Bonus	