

Range and Conditioning – 7 year olds : level 1 and 2 , 8 year old : level 2

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 backwards close to box splits to join together with the arms by the ears. # Push to press up position with toes pointed, pull the feet in to pike fold. Hands on floor behind the feet. HOLD	Position not held Insufficient pike position Legs bent in fold Hands not in correct position	0.1 0.1 0.1	0.3 0.3	VM
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	0.3 0.3	VM
Performing both elements		0.5 Bonus		
Stand 1\2 turn on toes, kneel forwards onto one knee and slide to splits (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

Place one hand on floor ,1\2 turn				
Splits on the other leg. 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	0.2	0.3 0.3	VM
# performing all three splits.		0.5 Bonus		
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 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
Lift one leg and kick out.	Failure in kick over to stand Lack of splits Bent legs	0.1 0.1	0.3 0.3	1.0 Fall 0.5