

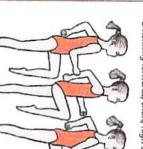
Elbows

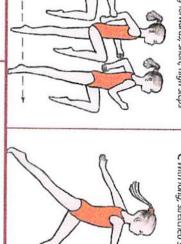
forwards not Lift knees

B Running forwards, short, high steps

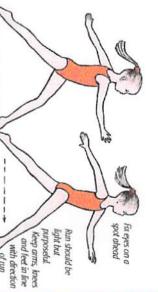
5 Running

A On the spot





C With long, stretched steps



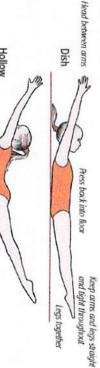
2 Begin to backward roll





before rolling forwards Lift the hips high

3 Show dish and hollow shapes





4 Supports

Front

Legs straight and togethor

Squeeze muscles tight

Shoulders over hands

Sucked in' shape

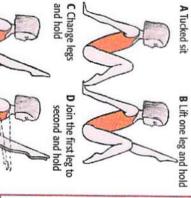
Hold body in straight line

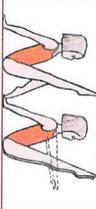
Back

Head in line

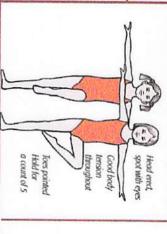
6 V-Sit (with pointed toes)

out to sides



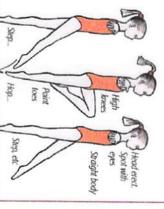


7 Balances (left and right legs)

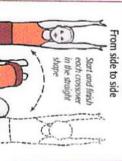


8 Begin to skip





9 Bunny hops



10 Hurdle step tp springboard

Any looseness will cause poor take off action. Show good body tension and posture.

