

Key Step Inclusion Body Management Routine

- Children and Young people are working towards the Key Step level 1 routines. The sequence of skills is below, with possible alternatives for each skill. Ideally, the performer will be aiming at the highest within their ability for each skill section of the routine.

Rebound jumps	Tucked Dish	Back Support	Straddle Sit	Arch	Front Support	3 way lunge/split position	Shoulder flexibility	Broad jump
10 rebound jumps from side to side over a line or skipping rope	Sit down into tuck shape with hand support Lie flat on back, arms back by the ears, legs straight, arms to the side, lift head and shoulders off the floor and then bend the knees to a tucked position. Return to lie flat as before.	Sit back up into piked sit (or long sit). Place hands on floor just behind the bottom. Lift into a Back support position (body in straight line from shoulders to toes (Hold for count of 2) Lower back into long sit	Widen legs and arms into a straddle sit with straight back, arms and legs, legs should show a 90 degree angle	Lie down flat as before Roll over onto the stomach Lift arms, head, chest and legs off the floor into an arch position (hold for 2) then lower to floor.	Push up on hands into a box position (on hands and knees – back straight) Straighten legs into a Front Support position, body in straight line Jump the feet in between the hands to a tucked crouch position on the toes	Kneel on left leg and extend the right forwards, place hands on the floor either side of the straight leg into right leg splits (as far as possible) Turn body to the side straightening both legs as wide as possible or box splits (hands support on the floor) Turn body another ¼ to kneel on right knee, extend left leg forwards into left leg splits.	Bend front leg into kneel, arms front horizontal Stand up, raising the arms by the ears, and press the straight arms as far behind the head as possible showing good range of flexibility in the shoulders, without arching through the back.	Stand with feet together, swing arms backwards and bend knees. Swing arms forwards and upwards and at the same time straighten legs dynamically to push upwards and forwards into broad jump, land safely and securely.
Attempt to jump, or step side to side over a line or skipping rope. Feet need not necessarily leave the floor and land at the	Tucked dish position can be shown lying on the back or on the side of the body.		Attempt to sit in straddle with legs bent, progression showing straighter legs each time.	From lying on the back, roll over onto the tummy with assistance from the teacher/coach/buddy.	Show box Shape – with tummy pulled in and no sagging of the back. Bring knees in to crouch position, (one at a time if	Show any one or two of the three positions to achieve this element.	From standing position lift arms towards the overhead position until there is a loss of correct posture; then return arms	An attempt at a jump forward with or without arm swing. Also feet need not be co-ordinated to leave the floor and/or land

same time, as long as it is safe.			Also, distance between the legs can be built up to 90 degrees over time.	Attempt the arch for less than 2 seconds.	necessary.) Alternatively legs can be brought into a kneeling position.		to lowered position where correct posture can once again be achieved.	together, providing the jump and landing is done safely.
Jump on the spot. Again feet need not necessarily leave and arrive at the same time.	Show tucked position with shoulders remaining on the floor and just the legs tucking in to the chest.	Sitting on the floor in tucked shape and with hand support. Lift hips off the floor. Progress to reduce the amount of tucked shape towards straight.	Show a straddle sit position with straight or bent legs, with back support from an assistant.	From lying on the back, roll over onto the tummy with assistance from the teacher/coach/ buddy. Show arch shape with the upper body, arms and head, then lower and show the arch shape with the lower body, legs and feet.	Box shape can be performed with additional support under the knees or torso.		Using wall bars for support stand still with good posture (either facing or side on). The open should position can be shown one arm at a time so that contact with the support can remain.	From a sitting position with arms lowered. Swing arms forwards and upwards and at the same time straighten legs to push upwards into standing stretched position, immediately return to a sitting position with arms lowered in front of the body for stability.
Rebound or step side to side with the support of a frame, wall bar or assistance from a teacher.	Show the tucked position with the upper body supported by a foam wedge. Progress to attempts to lift shoulders and head off the wedge.	From lying on the back on a slope, with head at the higher end, hips at the bottom of the slope. Using hands for support and assistance, lift hips to get body as straight as possible. (Shoulders remain on the slope.)		Assistance can be given for the roll to tummy and upper body arch with the use of a hoop held in the hands.	Box shape with one leg extended; take the weight of the knee and pause, then change sides. Increase the amount of time with weight off the knee. Bring the feet into crouch or knees into a kneeling position one at a time.		From sitting position on a raised surface (stool, wheelchair, box top etc.), raise straight arms overhead and press shoulder angle open, still showing good posture in the back.	Place two gymnastics blocks side by side with enough room to allow the gymnast to stand between and use the blocks for hand support. Gymnast reaches the hands forwards and then attempts to move the feet and body forwards (feet together) to come to a safe supported standing position.

<p>In a seated position move legs side to side over a line.</p>	<p>Sitting on a bench or box top, show tucked position by lowering chest to knees and tucking the knees in.</p>	<p>Lying on the back with legs pointing upwards on a slope, lift the hips off the floor towards straight shape. (Shoulders remain in contact with the floor.)</p>			<p>Box shape, gradually increase the distance between the feet and hands, and time in front support towards 2 seconds. (Crouchkneel as previous adaptation.)</p>			
<p>In a seated position using hands to lift the bottom off the floor and move to the side, return to the starting position.</p>		<p>It may help a gymnast to have their lower legs raised on a bench. Progression can be shown by improving the straightness of the body or by putting less of the weight (i.e. legs) on the bench.</p>			<p>Front support over padded box, pressing to take the weight off the box and building towards a 2 second balance. (Crouch/kneel position as previous adaptations.)</p>			
		<p>From sitting on a raised surface (stool, wheelchair, box top), show back support with body as straight as possible.</p>			<p>Front support using a higher surface (e.g. box top) to reduce weight on the arms. Progressions from box shape: gradually moving the feet further away until front support is achieved. (Crouch/kneel as before.)</p>			
		<p>From standing with the back against a wall and feet a little way from the</p>			<p>Front support using Swiss ball for torso support, roll forward to achieve front</p>			

		wall, lift hips away from the wall so that support against the wall is by hand support and the shoulder contact with the wall.			support. Crouch/kneel as before.)			
		Back support can be replaced by front support. See additional sheet.			Front support using wall bars. A springboard may be used to reduce the angle of the ankle.			