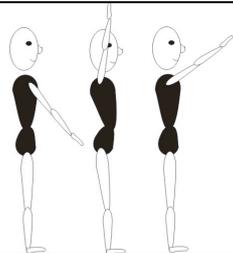
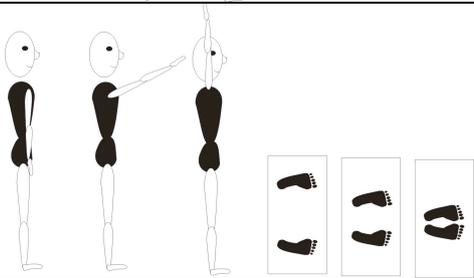
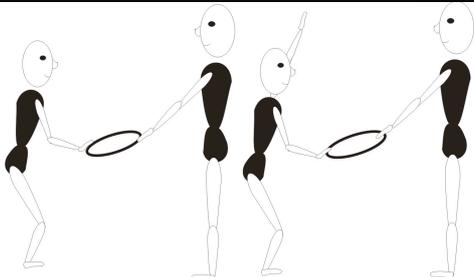
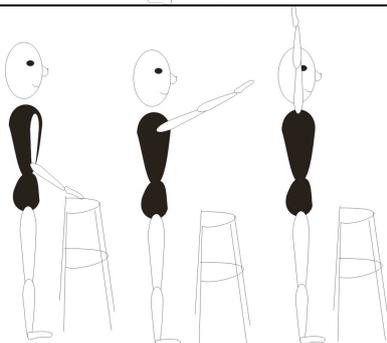
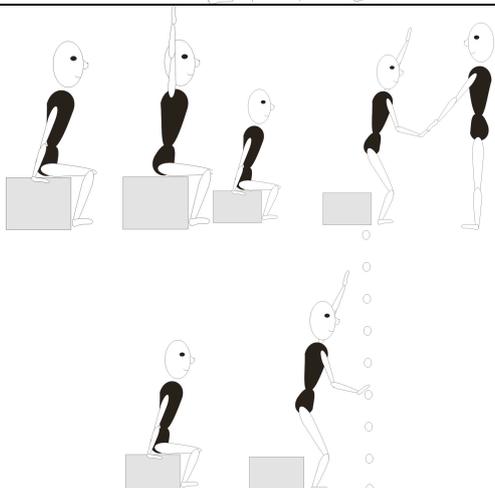
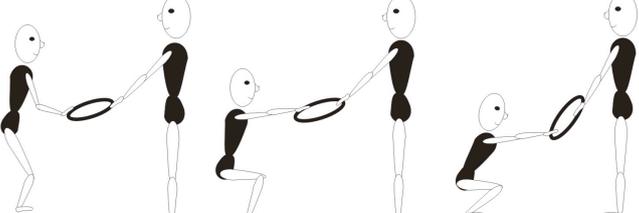
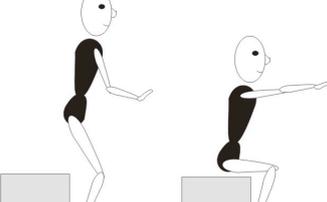
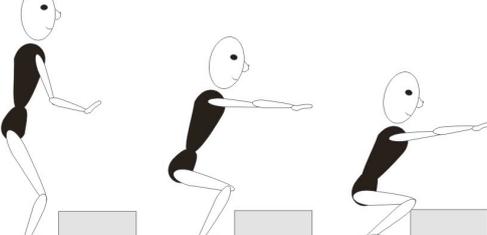
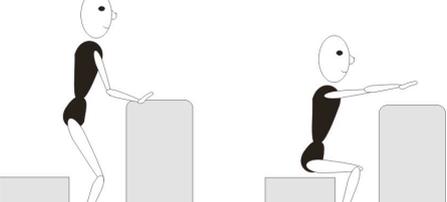
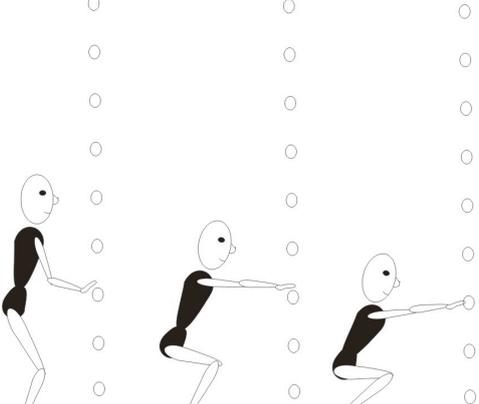
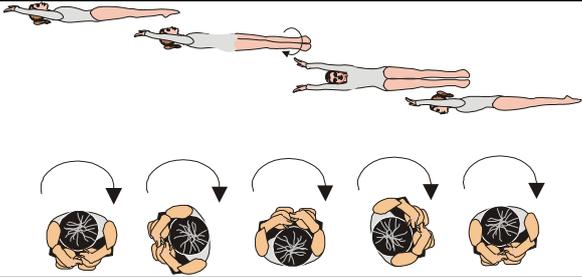
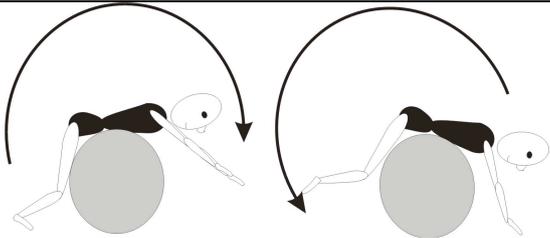


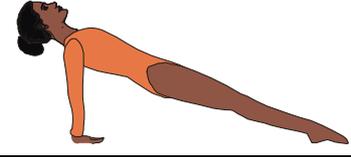
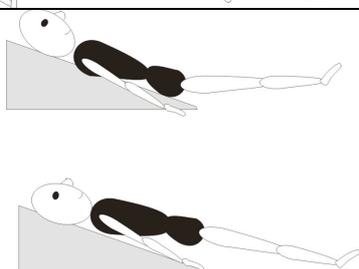
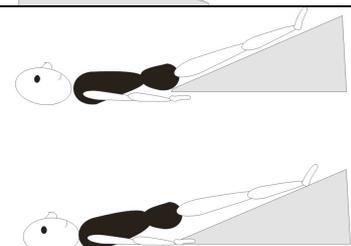
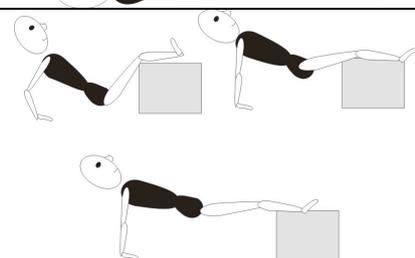
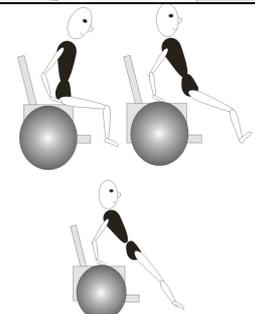
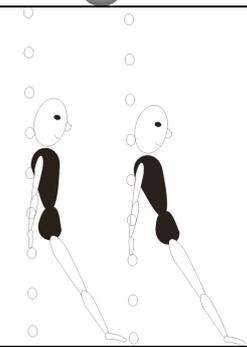
Floor Skill Adaptations with diagrams.

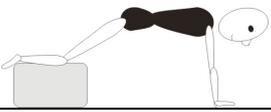
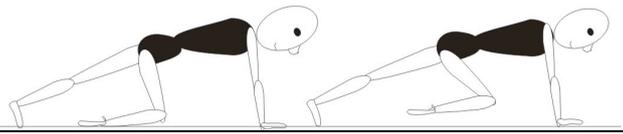
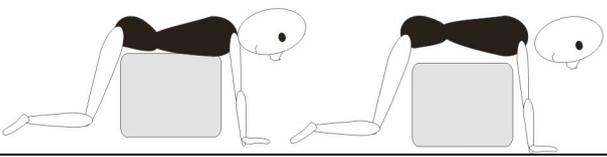
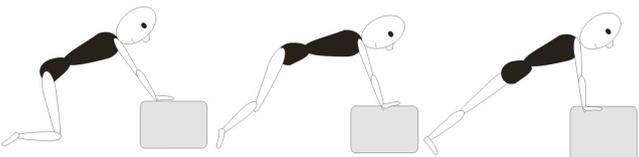
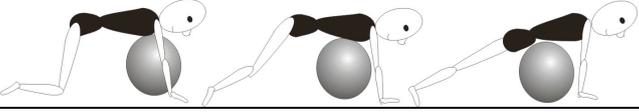
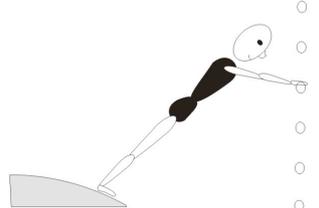
Stand	Illustration
<p>Walk to starting position on the mat and stand still with feet together and arms by the side. From standing position, lift arms above the head to show straight position with good posture.</p>	
<p>From standing position lift arms towards the overhead position until there is a loss of correct posture; then return arms to lowered position where correct posture can once again be achieved.</p>	
<p>Walk to the starting position, but stand with wider position of feet for stability. Over time reduce width between feet towards feet together.</p>	
<p>Walk towards the start position with two people supporting (teacher/coach/buddy.) Continuation of support throughout stretch arms overhead with good posture. This can be with a stick or hoop.</p>	
<p>Walk to the start position using a walking frame (or other walking aid), using light contact on the frame. Using wall bars for support stand still with good posture (either facing or side on). Use tape, ribbon or visual mark on the wall bars to record progress. Work towards light contact with the wall bars.</p>	
<p>From sitting position on a raised surface (stool, wheelchair, box top etc.), raise straight arms overhead showing good posture. Lower arms back to the surface and using the hands press forwards to stand and take the weight on the feet. This can also be done with assistance of wall bars, walking frame or coach/teacher/ buddy.</p>	

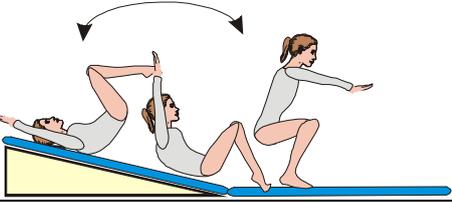
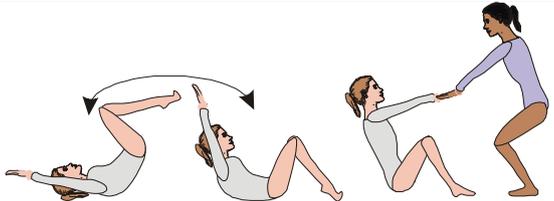
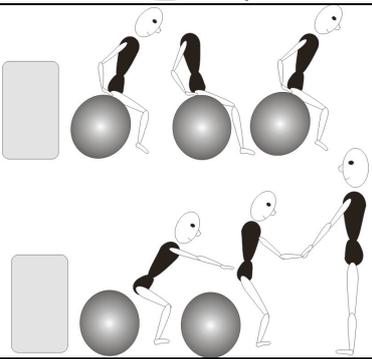
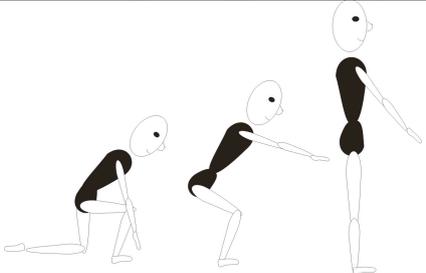
<p>Crouch</p>	
<p>From standing position, bend knees and lower to crouch position.</p>	
<p>With assistance using a hoop or stick to help to control lowering to crouch.</p>	
<p>Lowering with control to sit on a raised surface like a box top or foam wedge. Height of wedge can be reduced to follow progression.</p>	
<p>Lowering with control to place hands and /or knees on a foam wedge placed in front.</p>	
<p>From standing in front of a raised surface or foam wedge, with another raised surface in front for hand support. Using hands to increase support and control for the lower to crouch or raised surface. Increase amount of time without hand assistance.</p>	
<p>Crouch as low as possible increasing the lower over time, record progress.</p>	
<p>Using assistance from a teacher/coach/buddy or wall bars.</p>	

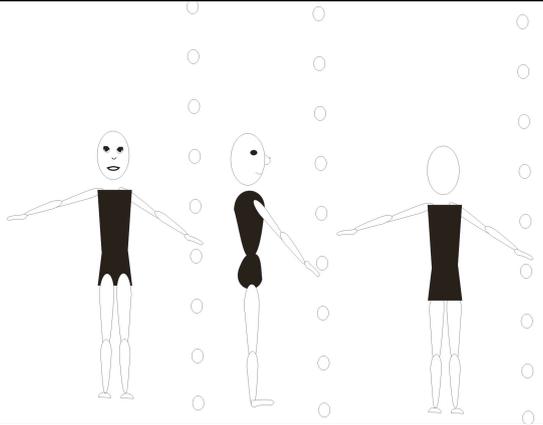
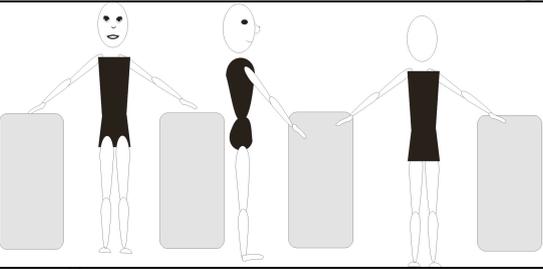
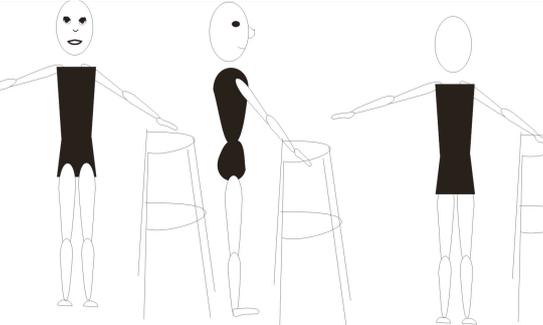
<p>$\frac{3}{4}$ roll</p> <p>From crouch, place hands on the floor and perform a controlled $\frac{3}{4}$ forward roll to finish in piked sitting position (long sit.)</p>	
<p>Consider a different roll: Log roll, using hands to action the roll. Egg roll, half of the difficulty is keeping the tucked shape.</p>	
<p>From the crouch position, rock backwards on a foam wedge and then rock forward to a piked sitting position. Progressions would be to rock back without holding legs or reduce steepness of the slope.</p>	
<p>Lying forwards on the front of the body on a foam cylinder or Swiss ball and teacher assistance, rock forwards pushing off the feet until the hands meet the floor. Push back off the hands to roll back to starting position.</p>	

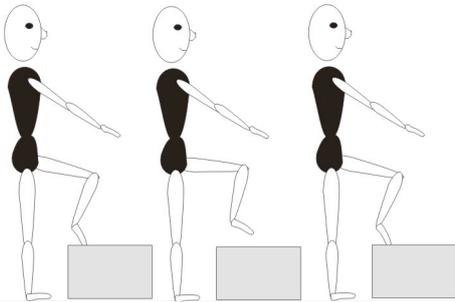
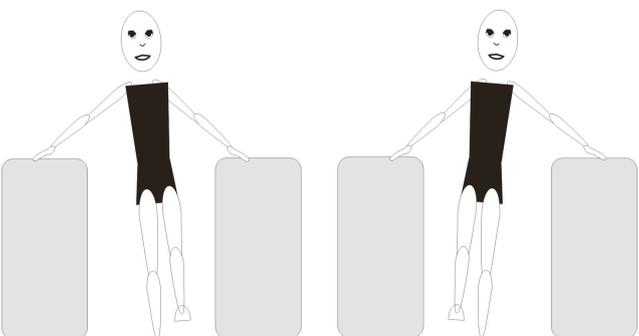
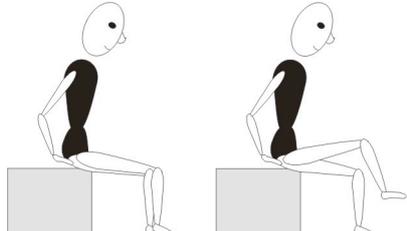
<p>Teddy Bear roll</p>	
<p>Widen legs and arms into a Straddle sit Teddy Roll to face opposite direction</p>	
<p>Show each phase as separate elements: Straddle sit Lie in straddle on one side Lie in straddle on the back, Lie in straddle on the other side Sit back in straddle. Progression is shown through improved shape and less bent legs and arms.</p>	
<p>In straddle sit, leaning one side, take the weight on one hand attempt to lift the alternate leg off the floor. Rock to opposite side transferring the weight to the opposite hand and lifting the opposite leg.</p> <p>Progression will be to achieving full side straddle position shown.</p>	
<p>Lying on the back in straddle position, rock from side to side without losing the straddle shape.</p>	

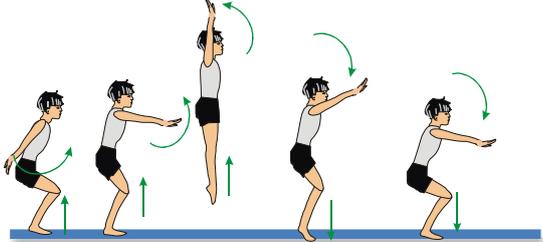
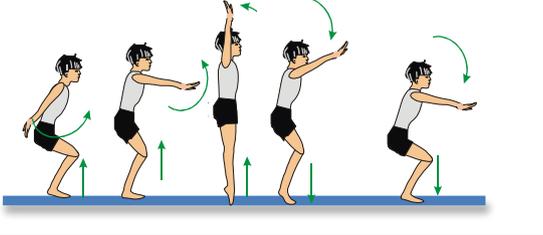
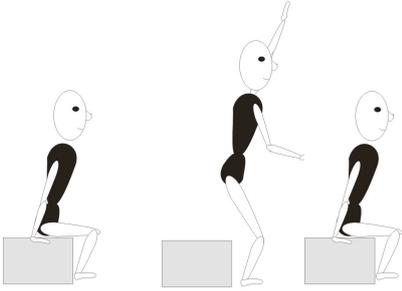
<p>Back Support</p>	
<p>Bring legs back together into piked sit. Place hands on floor just behind the bottom. Lift into a Back support position (body in straight line from shoulders to toes (Hold for count of 3) Lower back into long sit</p>	
<p>Sitting on the floor in tucked shape and with hand support. Lift hips off the floor. Progress to reduce the amount of tucked shape towards straight.</p>	
<p>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.)</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>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>From sitting on a raised surface (stool, wheelchair, box top), show back support with body as straight as possible.</p>	
<p>From standing with the back against a wall and feet a little way from the wall, lift hips away from the wall so that support against the wall is by hand support and the shoulder contact with the wall.</p>	
<p>Back support can be replaced by front support. See additional sheet.</p>	

<p>Front Support (Can be used instead of back support)</p>	
<p>Front Support: Hands shoulder width apart, arms straight, shoulders over hands and body straight, no sagging in the middle or rising in the middle, head neutral.</p>	
<p>Box Shape – with tummy pulled in and no sagging of the back.</p>	
<p>Box shape can be performed with additional support under the knees or torso.</p>	
<p>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.</p>	
<p>Box shape, gradually increase the distance between the feet and hands, and time in front support towards 2 seconds.</p>	
<p>Front support over padded box, pressing to take the weight off the box and building towards a 2 second balance.</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.</p>	
<p>Front support using Swiss ball for torso support, roll forward to achieve front support.</p>	
<p>Front support using wall bars. A springboard may be used to reduce the angle of the ankle.</p>	

<p>Rock & roll</p>	
<p>Bring knees to a tucked position (hands free) Rock forwards and backwards twice, exiting the second roll forwards standing without the hands touching the floor and feet remaining together</p>	
<p>The rock back and forward twice, and stand can be performed with use of the hands to hold the tuck shape and/or to help the gymnast to achieve the standing position.</p>	
<p>Perform the rock and stand using a slope to assist the gymnast with the rock forwards and stand. Again hands can be used to hold the tuck position.</p>	
<p>Perform the double rock with or without the slope, but with a reach forwards to grasp the teacher's hands or a hoop for assistance with the rise to stand.</p>	
<p>Instead of using a slope, use a Swiss ball or foam cylinder. With the teacher's assistance perform two rocks to finish in a standing position.</p>	
<p>To assist with the rise to stand, gymnasts may place one knee on the floor to help by stepping up to stand.</p>	

<p>Half turn to feet</p> <p>Step one foot back, rise onto toes and pivot turn to face opposite direction</p>	
<p>Half a turn using the wall bars for support. Starting position with the side of the body to the wall bars, one hand for support, gymnast turns towards the wall bars using both hands in the middle of the turn, then completing the half turn to finish facing the opposite way, side to the wall and one hand for support.</p>	
<p>Perform the turn with the assistance of two stable supporting surfaces, for example two vaulting blocks/boxes.</p>	
<p>Perform the half turn using a walking frame for support</p>	

<p>Balance on one leg</p> <p>Arms to side horizontal and perform a one-foot balance – base leg straight, free leg optional. Hold for 3 secs</p>	
<p>Balance on one foot less than 3 seconds, showing correct position</p>	<p>As above</p>
<p>Balance on one foot with the other foot lifted off the floor with assistance from wall bars, walking frame or other stable support. Work towards letting go of the support and then building up the unsupported time to 2 seconds.</p>	
<p>Use a raised surface (e.g. a bench) to rest the raised foot upon for support. Work towards reducing time raised foot is in support, or reduce the height of the support.</p>	
<p>Lean or rest hips against a raised surface, lift one leg off the floor and hold the balance.</p> <p>Increase difficulty by using a higher surface, working towards leaning against the wall or wall bars.</p> <p>These can be performed with or without hand support.</p>	
<p>From a stable standing position transfer weight from one foot to the other, either side to side or front to back. Progress by increasing the amount of time balancing in best position.</p> <p>This can be done between two blocks for additional support if necessary, progress towards performing the balances without the blocks.</p>	
<p>In sitting or lying position, lift one leg and hold the balance.</p>	

<p>Straight jump</p> <p>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 into stretch jump, land safely and securely.</p>	
<p>From a stable standing position, swing arms backwards and bend knees. Swing arms forwards and upwards and at the same time straighten legs to push upwards into stretched position, immediately return to a bent leg position with arms lowered to a position in front of the body for stability.</p>	
<p>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.</p>	
<p>An attempt at a jump with or without arm swing. Feet do not necessarily leave the floor or land at the same time, but must be safe to perform and land.</p>	