

## Key Knowledge and Concepts



**bridge**

Start position by laying on the ground. Bend knees and put feet flat on the ground. Place hands by ears. Push up to extend arms and legs.

### Health and safety

When performing a bridge, always lie on back with knees up to chest and rock afterwards.

When using apparatus, only one child at a time should use the equipment.

Dismount areas are indicated with mats.

If mats move once you have dismounted, replace mats.

Dismount apparatus using a straight, tuck or star jump, landing with bent knees.

Only perform skills you feel confident and competent completing.

Word	Definition
Fluent	Smooth and graceful, effortless.
Flowing	Graceful, continuous.
Vault	To jump over something.
Springboard	