

KEY H&K = Hands & Knees FTO = forward turn over B= Back S = Seat	1. Tuck Jump	2. Pike Jump	3. Straddle	4. Half twist	5. Full Twist	6. Seat Landing	7. Front Landing	8. Back Landing	9. H&K FTOB	10. H&K FTOS	11. ¾ FTOB	12. Forward Somersault	13. Backward Somersault
A. Tuck jump													
B. Pike jump													
C. Straddle													
D. Half Twist													
E. Full Twist													
F. Seat Landing													
G. Front Landing													
H. Back Landing													
I. H&K FTOB													
J. H&K FTOS													
K. ¾ FTOB													
L. Forward Somersault													
M. Backward Somersault													

Follow the grid to perform the skills initially one linked after the other eg, A1 tuck jump to feet, tuck jump, or G3 Front landing to feet, Straddle jump. Some skills can be linked together to create a new skill eg, G6 Front to Seat Landing. Make sure the learning process is supported and the skills attempted are safe. Add the date in each linking square to confirm when a pupil can successfully complete the linked skill unaided. Keep a copy to chart progress and evidence pupils' ability from session to session.