



Yrs 1&2 Key Steps Gymnastics

Competition Purpose

This is aimed at encouraging more young people to participate and compete in gymnastics and is for beginners or recreational gymnasts doing less than 2 hours gymnastics per week. It is not for gymnasts who are already regularly competing or having training for more than 2 hours per week outside of school

Competition Format and team make up

This competition is made up of 6 pupils from years 1 and 2 and teams are mixed gender. I.e. there must be a minimum of one girl or one boy per team. The ideal make up is 3 girls and 3 boys.

The competition will be made up of the following elements:-

- Body Management / Floor Exercise
- Vault

Details for each element are described below and can be accessed from the KEY STEPS Manual.

This competition is held in School Games hub areas and progresses to the School Games Festival on 4th July 2014 in Bury St Edmunds. There is also a regional final for the winners and runners up of the county event.

Body Management/ Floor Exercise

The routine/sequence must have:

Stretch Jump and Landing (Step 1-Floor exercise No.20-22)
One foot Stand hold for 3seconds (Step 1-Floor exercise No.18-19)
Rocking on back x 3 to Stand (Step 1-Floor exercise No.12-14)
Straddle Sit hold for 3 seconds (Step 1-Body Management No.4)



Then you need to choose 2 from each column

Column A	Column B	Column C
Side to Side Rebound Jumps x 10 (Step 1-Body Management No.1)	Tucked Dish hold for 3 seconds (Step 1-Body Management No.2)	Right Splits, Box Splits or Left Splits hold for 3 seconds (Step 1-Body Management No.7)
Broad Jump (Step 1-Body Management No.9)	Back Support hold for 3 seconds (Step 1-Body Management No.3)	Shoulder Flexibility hold for 3 seconds (Step 1-Body Management No.8)
Step Turn (Step 1-Floor exercise No.15-17)	Arch hold for 3 seconds (Step 1-Body Management No.5)	$\frac{3}{4}$ Forward Roll (Step 1-Floor exercise No.1-5)
	Front Support hold for 3 seconds (Step 1-Body Management No.6)	Teddy Bear Roll (Step 1-Floor exercise No.6-8)

The routine will consist of 10 skills with linking movements between. Make sure to get the children to pause between skills and not rush them too much. The routine must last for between 1-1.5 mins

Vault

Bench

Stand in front of bench, place hands on bench (not too close to edge) and jump feet onto bench without moving hands.

Stand up and walk along on toes to end of bench, stop and place feet together

Straight jump off, swinging arms up to ears then land on floor mat without moving, hold landing shape for 2 seconds and then lift both arms up.

One attempt only

OR

Springboard

Run and take off from one foot to jump onto springboard with two feet, then immediate straight jump off to land on floor mat with two feet, hold landing shape for 2 seconds and then stand and lift arms up to present. Two attempts may be made with the best score counting



Equipment

- For Body Management/ Floor approximately a 5m x 5m matted area will be used. You will need music for the routine
- For Vault a bench with a mat at the end will be used.
- Springboard

Officiating

- Each team will receive a score out of a possible 60 points for their Body Management/ Floor Exercise.
- The routine will be judged on Performance of Skills, use of Music, Variation of Group formation and levels, team synchronization, Use of connecting movements, and overall presentation of routine [stretch and ascetics]
- Each of the 6 team members will receive a score out of a possible 10 points for their Vault. Where 2 vaults are taken, the best score will count.
- Vaulting is judged in 4 phases: flight on, contact with the apparatus, flight off and landing
- All 6 scores will be added to the team total.



Yrs 3&4 Key Steps Gymnastics

Competition Purpose

This is aimed at encouraging more young people to participate and compete in gymnastics and is for beginners or recreational gymnasts doing less than 2 hours gymnastics per week. It is not for gymnasts who are already regularly competing or having training for more than 2 hours per week outside of school.

Competition Format and team make up

This competition is made up of 6 pupils from years 3 and 4 and teams are mixed gender. I.e. there must be a minimum of one girl or one boy per team. The ideal make up is 3 girls and 3 boys.

The competition will be made up of the following elements:-

- Body Management
- Floor Exercise
- Vault

Details for each element are described below and can be accessed from the KEY STEPS Manual.

This competition is held in School Games hub areas and progresses to the School Games Festival on 4th July 2014 in Bury St Edmunds. There is also a regional final for the winners and runners up of the county events.

Floor Routine

3 Pupils for this element who are able to do basic gymnastics skills (i.e. cartwheel, forwards roll and backwards roll). No music is used for this.

The routine needs to be learnt and must be done in the correct order. Use picture resources from Key Steps Manual for them to study at home or in lessons, where they can help each other.

- Stand arms at sides & step forward lifting arms upwards
- Forward Roll to stand
- Three travelling steps (these can be skips, steps)
- Arabesque (balance with back leg extended)
- ½ Jump Turn (legs together and straight)
- Backward roll onto knees
- Front support & press up
- Turn through side support to back support
- Roll back to shoulder stand, then roll to stand
- Turn and Cartwheel
- Join feet



Body Management

3 Pupils for this element who have good core stability and show good flexibility. No music is used for this.

The routine needs to be learnt and must be done in the correct order. Use picture resources from the Key Steps Manual for them to study at home and get them to work in groups to teach and watch each other.

- Single bounce skips with rope x 5 (legs together)
- Tucked dish with one leg extended out and then swap once.
- Sit in pike and lift bottom off leaning forwards (Towards half lever)
- Towards japana (straddle lowering chest towards floor)
- Join feet lie back and roll over into arch on front (arms in front and legs together and straight)
- Front support lower to floor
- Splits forwards, side and forwards (other leg in front)
- Shoulder flexibility (cat stretch)
- Stand and broad jump, forwards and upwards.

Vault

All 6 children do 2 vaults with the best vault to count.

With springboard

A few short running steps to take off springboard and jump to squat on box or table placed lengthways. Stand, walk to end of apparatus and perform straight or tucked jump to land on floor mats holding shape for 2 seconds and then stand and lift arms to present (Step 2 – Vault 'A')

OR

Without Springboard

A few short running steps to take off from one foot to jump onto floor and jump to squat on a box or table placed length ways. Stand, walk to end of apparatus and perform straight or tucked jump to land on floor mats. (Step 2 – Vault 'B')

N.B. Be careful when using springboard with table as they may move with the take off from the springboard.

Equipment

- For Body Management/ Floor approximately a 5m x 5m matted area will be used.
- For Vault a springboard and box / movement table with a mat at the end will be used
- Skipping ropes will be required.



Officiating

- Each of the 6 team members will receive a score out of a possible 10 points for their Vault. All 6 scores will be added to the team total
- Each of the 6 team members will receive a score out of a possible 10 points for their Vault. Where 2 vaults are taken, the best score will count.
- Vaulting is judged in 4 phases: flight on, contact with the apparatus, flight off and landing
- Pupils will be judged as individuals and the score is based on the performance of their skills. E.g., ability to perform the skill, stretch before and after skills, straight legs and pointed toes, height in jumps and how long they hold the skill for.



Yrs 5&6 Key Steps Gymnastics

Competition Purpose – this is aimed at continuing to develop the opportunities for more young people to be able to compete at a schools gymnastics competition. **It is not for gymnasts who are already regularly competing or having training for more than 2 hours per week outside of school**

Competition Format and team make up –

This competition is made up of 6 pupils from years 1 and 2 and teams are mixed gender. I.e. there must be a minimum of one girl or one boy per team. The ideal make up is 3 girls and 3 boys.

The competition will be made up of the following elements:-

- Body Management / Floor Exercise
- Vault

Details for each element are described below and can be accessed from the KEY STEPS Manual.

Floor routines:

All 6 children must do floor. Choose a piece of music 1 to 1.5 minutes long, something like TV themes are a good idea. 6 skills from the list below must be selected for the routine, which they can make up with a starting position, linking skills and an ending position ending with the music. The skills can be performed in any order.

Compulsory Skills

Round off
Side scale towards Y balance
Backward roll to straddle stand

Choose a skill from each column (select a total of 3 skills)

Column A	Column B	Column C
Full turn jump	Two cartwheels consecutively	Bridge
Half turn jump	Handstand forward roll	Splits
		Half lever



Body Management Routine:

All 6 children must perform Body Management routine. This has no music and must be learnt in the correct order.

- Single bounce skips with rope x 10 (feet together)
- Dish
- Roll to arch and back to dish
- Towards half lever (one foot lifted while lifting bottom off floor and leaning forwards)
- Japana (straddle sit and lean forward with straight back)
- Press up
- Splits x 3 (front, middle and other leg forwards – turn hips)
- Bridge (legs together and straight)
- Broad jump (long jump feet together)

Vault:

All 6 children do 2 vaults with the best vault to count.

With or without springboard:

A few short running steps to take off and jump into a squat position on apparatus, followed by an immediate take off into a straight jump to land with control on floor mats holding shape for 2 seconds and then stand and lift arms to present. (Step 3 – Vault 'A')

OR

A few short running steps to take off and perform a through vault holding shape for 2 seconds and then stand and lift arms to present (Step 3 – Vault 'B')

Equipment:

- For Body Management/ Floor approximately a 12m x 12m matted area will be used. You will need music for the routine
- For Vault a bench with a mat at the end will be used.
- Springboard
- Movement table
- Skipping ropes



Officiating:

- Each team will receive a score out of a possible 60 points for their Body Management/ Floor Exercise.
- The routine will be judged on Performance of Skills including ability to perform the skill, stretch before and after skills, straight legs and pointed toes, height in jumps, and the use of music, connecting dance movements and use of the floor space
- Each of the 6 team members will receive a score out of a possible 10 points for their Vault. Where 2 vaults are taken, the best score will count.
- Vaulting is judged in 4 phases: flight on, contact with the apparatus, flight off and landing
- All 6 scores will be added to the team total.