Yrs 1&2 Key Steps Gymnastics

Rules

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 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:

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| 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) | ¾ 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.