Yrs 3&4 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 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 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 form 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
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* 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.