

Virtual Primary Gymnastics

Format

To produce a routine of different balances in a timed period.

- Year 1&2 (*40 Seconds*)
 - Year 3&4 (*30 Seconds*)
 - Year 5&6 (*20 Seconds*)
- Each Balance needs to be held for 3 seconds.
 - Different Balances will score different points *based on 4 categories (Easy, Medium, Hard and Challenging)*.

Scoring

All scoring will be based on the selected balances which can be viewed on our website under 4 categories, these are:

- Easy Balance = 1 Point
- Medium Balance = 2 Point
- Hard Balance = 3 Points
- Challenging = 4 points

Scoring Examples: 10 Medium Balances = 20 Points

Bonus Points

- Each school can get 5 bonus points if their teacher uploads a Video of their own routine and scores more than 8 balance points (*15 seconds*).

Health and Safety

- Please make sure all balances are performed in a safe environment.
- You must select the balances you feel are achievable for your age and ability. We would advise everyone to have adult support if attempting the hard and challenging balances.