**General Rules**

* Teams of 6 for all age groups
* Minimum of 1 boy or girl in each team
* Gymnasts who attend a community club for more than 2 hours per week are **not eligible** to take part

**Key Steps 1 - Years 1 & 2**

**Floor Routine**

* 6m x 6m floor area
* Music 1 min max, can have words
* **All 6 team members** take part in the group floor routine together and must each perform all 10 skills made up of 4 compulsory skills and a further 6 skills selected from group A, B & C (see below)

**Compulsory skills are:** (see handbook poster)

|  |
| --- |
| 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) |

**Choose 2 skills from each column (select a total of 6 skills)** (see handbook poster)

|  |  |  |
| --- | --- | --- |
| **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 is marked out of 60 points.

**Vaulting for Key Stage 1 (Key Step 1)** (see handbook poster)

Bench: *(Pupils will be allowed only 1 attempt at this vault)*

* Two or three step approach towards 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 stand and lift arms up to present.

## OR

## Springboard: *(Pupils will be allowed 2 attempts at this vault & and the highest score will count)*

* 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.

**Key Steps 2 - Years 3 & 4**

**Floor & Body Management Routine**

* 1m x 6m floor area
* No music required

**For Floor, choose 3 team members** who are able to do basic gymnastics skills (i.e. cartwheel, forwards roll and backwards roll) to take part in this event

**For Body Management, choose 3 team members** who have good co-ordination, good core stability and show good flexibility

* Pupils may be judge one at a time
* The routine need to be learnt and must be performed in the correct order with no prompting. Use picture resources for them for them to study at home or in lessons.
* A skipping rope will be required for body management (this should ideally be double the length from hip to foot.)
* Pupils are judge as individuals so the team will receive a mark out of a possible 30 points based on each performer being judge out of 10 points. This score is based on the performance of their skills e.g. ability to perform the skill, stretch before & after skills, straight legs & pointed toes, height in jumps, how long they hold the skill for etc.

**Compulsory skills for floor routine are** (see handbook poster):

* 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

**Compulsory skills for body management routine are** (see handbook poster):

* 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.
* Present

**Vaulting** (see handbook poster)

*Pupils will be allowed 2 attempts at the vault of their choice and the best one will count,* *if the pupil approaches the vault and does not touch it they will be given a 3rd attempt.*

# With vaulting box and springboard (Step 2 – Vault ‘A’)

Run and take off from one foot to jump onto springboard with two feet and immediately jump to squat onto vaulting box placed lengthways. Stand, walk to end of apparatus and perform straight or tucked jump to land on floor mat with two feet, hold landing shape for 2 seconds and then stand and lift arms up to present

## OR

# With vaulting table and no springboard (Step 2 – Vault ‘B’)

Run and take off from one foot to jump onto floor with two feet and immediately jump to squat onto vaulting table placed lengthways. Stand, walk to end of apparatus and perform straight or tucked jump to land on floor mat with two feet, hold landing shape for 2 seconds and then stand and lift arms up to present

**Key Steps 3 - Years 5 & 6**

**Floor Routine**

* 12m x 12m floor area
* Music maximum length 1min, may contain vocals
* **All 6 team members** should perform this routine individually and must each perform 6 skills made up of 3 compulsory skills and a further 3 skills selected from group A,B & C
* Pupils are judge as individuals so the team will receive a mark out of a possible 60 points based on each performer being judge out of 10 points. This score is based on the performance of their skills e.g. ability to perform the skill, stretch before & after skills, straight legs & pointed toes, height in jumps etc. and the use of the music, connecting dance movements, use of the floor space & levels

**Compulsory skills are:** (see handbook poster)

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

Choose 1 skill from each column (select a total of 3 skills) (see handbook poster)

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

**Body Management**

* 1m x 6m
* No music
* **All 6 team members** must complete the body management routine.
* The routine need to be learnt and must be performed in the correct order with no prompting. Use picture resources for them for them to study at home or in lessons.
* Pupils are judge as individuals so the team will receive a mark out of a possible 60 points based on each performer being judge out of 10 points. This score is based on the performance of their skills e.g. ability to perform the skill, stretch before & after skills, straight legs & pointed toes, flexibility, body shape, how long they hold the skill for etc.

**Routine** (see handbook poster)

* Single bounce skips with rope x 10
* Dish
* Roll to arch and back to dish
* Towards half lever
* Japana
* Press up
* Splits x 3
* Bridge
* Broad jump
* Present

**Vaulting** (see handbook poster)

*Pupils will be allowed 2 attempts and the best one will count, if the pupil approaches the vault and does not touch it they will be given a 2nd attempt.*

# With vaulting box with or without springboard (Step 3 – Vault ‘A’)

Run and take off from one foot to jump onto floor or springboard with two feet, squat onto vaulting box placed sideways and immediate straight jump, hold landing shape for 2 seconds and then stand and lift arms up to present

## OR

# With vaulting box with or without springboard (Step 3 – Vault ‘B’)

Run and take off from one foot to jump onto floor or springboard with two feet to perform a through vault, hold landing shape for 2 seconds and then stand and lift arms up to present