

KEY STEPS GYMNASTICS COMPETITIONS (KS1)

Key stage 1 has the following rules:

- Six children from KS1 to perform a floor routine together (the body management cards show some skills that can be chosen for the floor routine. Body management is not a separate exercise) There must be at least 1 male and 1 female in the team.
- No more than 6 children can compete, however less than 6 can compete but obviously the score will be lower due to less numbers.
- Teams should be dressed in similar kit. PE kit is fine, or leotards
- Music is allowed and may contain voice however it is recommended to have no voice. Theme songs tend to be a good choice or something the children are familiar with which has an easy beat to follow.
- Music should be between 1-1.5 mins. The routine will be marked on its creativity, transition, flow, synchronisation and general presentation. Each of the criteria is given a mark out of 10. Use simple dance steps and try to use different patterns across the floor area.
- All 6 children perform as a group
- 10 skills must be performed; 4 compulsory and 6 chosen elements. 2 skills from column A, B & C must be chosen when selecting your 6.

COMPULSORY ELEMENTS:
Stretch Jump and Landing
One foot Stand, hold for 3 seconds
Rocking on back x 3 to Stand
Straddle Sit, hold for 3 seconds

OPTIONAL ELEMENTS (You must choose 2 elements from each column):		
Side to Side Rebound Jumps	Tucked Dish, hold for 3 seconds	Left or Right Splits, or Box Splits
Broad Jump	Back Support, hold for 3 seconds	Shoulder Flexibility, hold for 3 secs
Step Turn	Arch, hold for 3 seconds	$\frac{3}{4}$ Forward Roll
	Front support, hold for 3 seconds	Teddy Bear Roll

All 6 children complete the vault using a springboard or a bench (**we suggest bench!**) Each child has 2 attempts and it is the best one to count for the team total

Bench: stand in front of bench, place hands on bench (not too close to edge) and jump both 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, holding landing shape for 3 seconds then lift both arms up.

Springboard: Run and jump onto springboard (both feet together) then immediate straight jump off to land on floor mat (both feet together), holding landing shape for 3 seconds

KEY STEPS GYMNASTICS COMPETITIONS (Lower KS2)

Lower KS2 has the following rules:

- Teams of 6 (at least 1 male and 1 female in team), all of whom perform the vault
- Choose 3 of the 6 children to perform the floor routine
- The remaining 3 children to perform the body management
- No music is used
- The routine must be performed in the order as shown on the floor exercise work card for years 3 &4
- The floor routine can be performed individually (or as a group of 3)

Floor routine (on a straight line of mats):

Stand arms at side and step forward lifting arms upward
Forward roll to stand
Three travelling steps (these can be skips or steps)
Arabesque (balance with back leg extended)
½ jump turn (legs together and straight)
Backward roll onto knees
Front support and 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 routine (on 1-2 mats per person) :

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

Vaulting rules;

- Lower KS2 should use a box top without a springboard.
- Each year group will perform the vault twice and the best score will count towards the final score.
- Each vault is judged in 4 phases: flight on, contact with the apparatus, flight off and landing.
- Each vault is judged out of 10.