



Primary: Year 3/4 Gymnastics - Competition Rules & Guidelines

Squad details: Minimum: 4 (2M & 2F). Maximum: 6 (3M&3F)

Eligibility criteria: It should be noted that this competition is aimed at young people at early key stage 2 level as an introduction to the sport and as such will provide little challenge to more advanced gymnasts. Competitors who are bronze members or non-members of any British Gymnastics affiliated clubs are eligible to compete providing they have not competed in any competitions higher than Key Steps. It is the responsibility of the teachers and coaches involved to select appropriate young people to take part in the competition.

Disciplines:

- 1) There are 3 gymnastic areas, known as 'disciplines' in Key Steps. These are floor, vault and body management.
 - i) Floor: Sequences of gymnastic skills performed on a small matted area. Routines include balancing, jumping, rolling and flexibility skills.
 - ii) Vault: Skills are performed travelling on and off a bench (level 1) or box top (levels 2 & 3), at levels 2 & 3 vault can be taught with or without springboard
 - iii) Body Management: Routines designed to prepare the body for gymnastics. Performed on a small matted area, routines include strength, flexibility, balance and co-ordination skills

Floor (Level 2):

- 1) Step forwards, bring feet together, forward roll to stand
- 2) Step hop, step hop, step forwards into arabesque
- 3) Bring feet together, 180° jump
- 4) Backward roll to kneel
- 5) Front support position, one press up
- 6) Turn through side support into back support sit, shoulder stand, roll to stand
- 7) Quarter turn and cartwheel

Vault (Level 2):

- 1) Perform 2 vaults. The same vault can be performed twice or one of each:
- 2) Squat onto vault lengthways, stand up, walk to end, stretch jump off
- 3) Squat onto vault lengthways, stand up, walk to end, tuck jump off

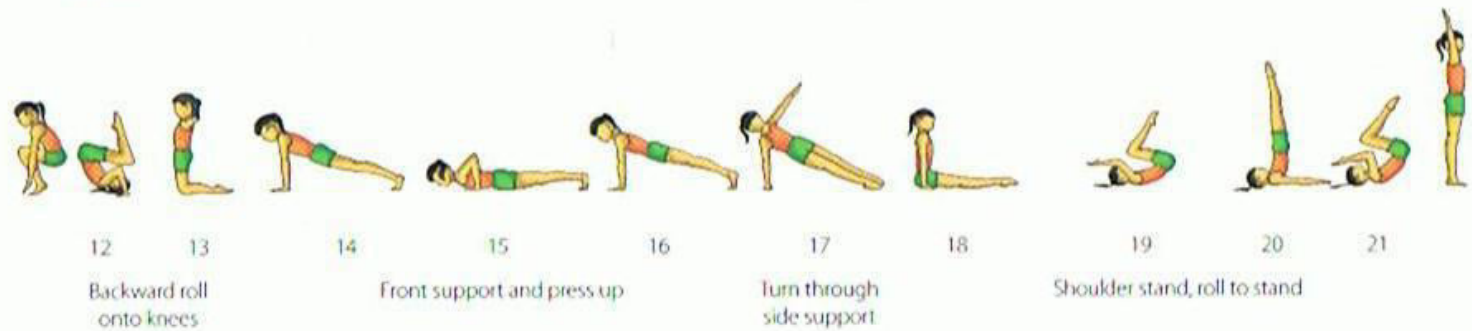
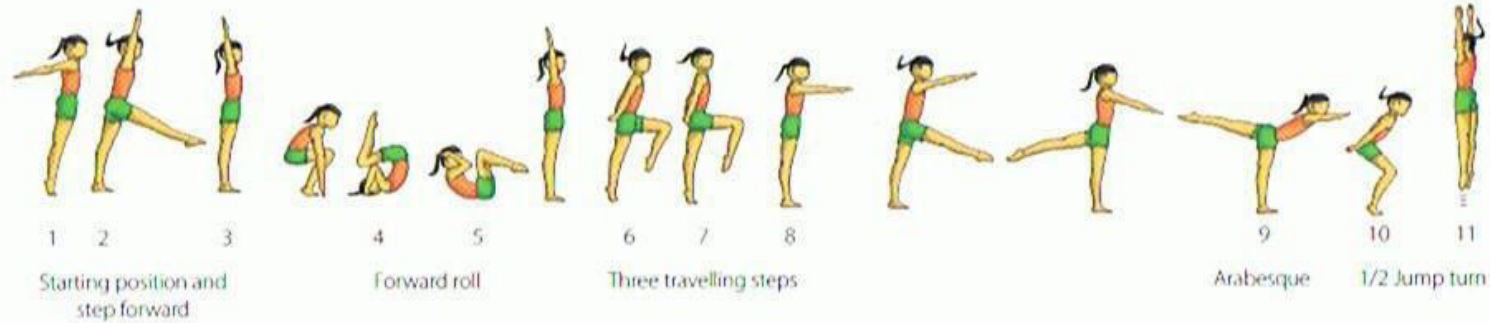
Body Management Routines (Level 2):

- 1) 5 x bounces with a skipping rope
- 2) Lay down, Dish shape with 1 leg extended at a time
- 3) Sit up and press towards ½ lever
- 4) Straddle legs and lean towards Japana fold (back must be flat)
- 5) Lay down, roll over and lift into Arch
- 6) Show front support and lower to floor
- 7) Kneel up and show splits position all 3 ways (as low as ability allows)
- 8) Shoulder flexibility
- 9) Stand up, standing broad jump

THE WINNING SCHOOL WILL REPRESENT SOUTHWARK IN THE LONDON YOUTH GAMES/ SCHOOL GAMES FINALS AT CRYSTAL PALACE ON THURSDAY 5TH JULY.

Step 2 - Floor Exercise (Lower Key Stage 2 - Years 3 & 4)

(Sequence performed on a strip of mats approximately 6 x 1 metres)



STEP TWO

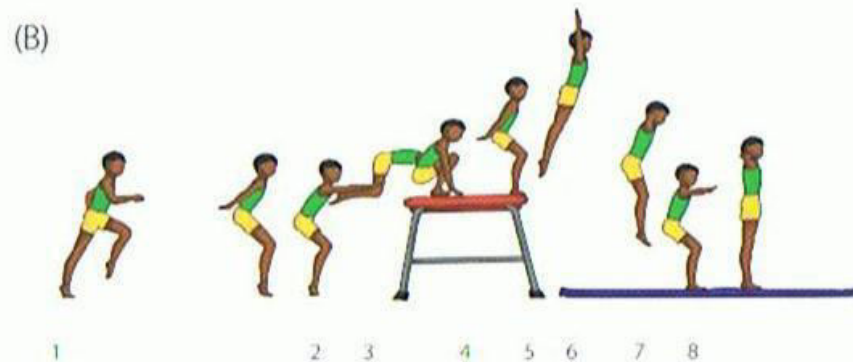
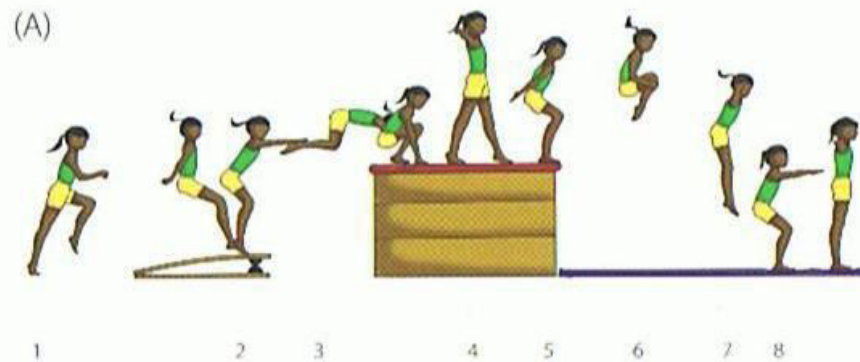
Step 2 - Vault (Lower Key Stage 2 - Years 3 & 4)

Performer allowed 2 attempts at either (A) or (B) or one of each – (Option (B) provided for schools without a springboard or box). - Best score to count.

(A) A few short running steps to take off springboard and jump to squat on box placed lengthways. (Height optional to suit performers) Stand, walk to end of apparatus and perform straight or tucked jump to land on floor mats.

(B) As above but without springboard and using a movement table lengthways instead of box. N.B. Do not use a springboard to vault over a movement table.

1. Approach to vault
2. Take off (1)
3. Flight onto apparatus
4. Travel on apparatus
5. Take off (2)
6. Stretched or tucked shape in air
- 7,8. Landing



Step 2 - Body Management (Lower Key Stage 2 - Years 3 & 4)



1
Single bounce skips with rope x 5



2
Dish with one leg out at a time



3
Towards half lever



4
Towards jupana



5
Arch



6
Front support lower to floor



7
Right splits



7
Box splits



7
Left splits



8
Shoulder flexibility



9
Broad jump