

# Angmering Cluster School Sport



## **Year 1 & 2 Key Steps Gymnastics Competition.**

Start: 4.00PM (Team presentation and warm up)

Teams should report to the sports hall before 3.45.

Each team will have a bench where they can store their kit.

Each school should have a supervising member of staff and a first aider.

Each school will allocated a warm up area.

Each team will get a 10 minute warm up period on the floor and 10 minutes on the vault (bench). These should be supervised by the school staff.

### **Competition:**

Teams should be made up of 4 boys & 4 girls from either year 1 or 2 or both.

Staff should decide a performance order for their team prior to the competition and submit this on arrival. (Ranking gymnasts in order of merit 1-4 for both boys & girls)

Performances will be marked out of 10.

There will be 1 floor performance per gymnast and 2 vaults per gymnast.

The vault score will be an average score of the 2 vaults.

The 8 scores of the gymnasts will be added together to find the team's final score.

Each gymnast must present to the relevant judges table before commencing their floor performance or each vault. (This can be practised in the warm up).

Each member of the team will perform 1 vault each, and once the whole team has vaulted they will perform their final vault in the same order.

*The competition order will be announced on arrival at the venue.*

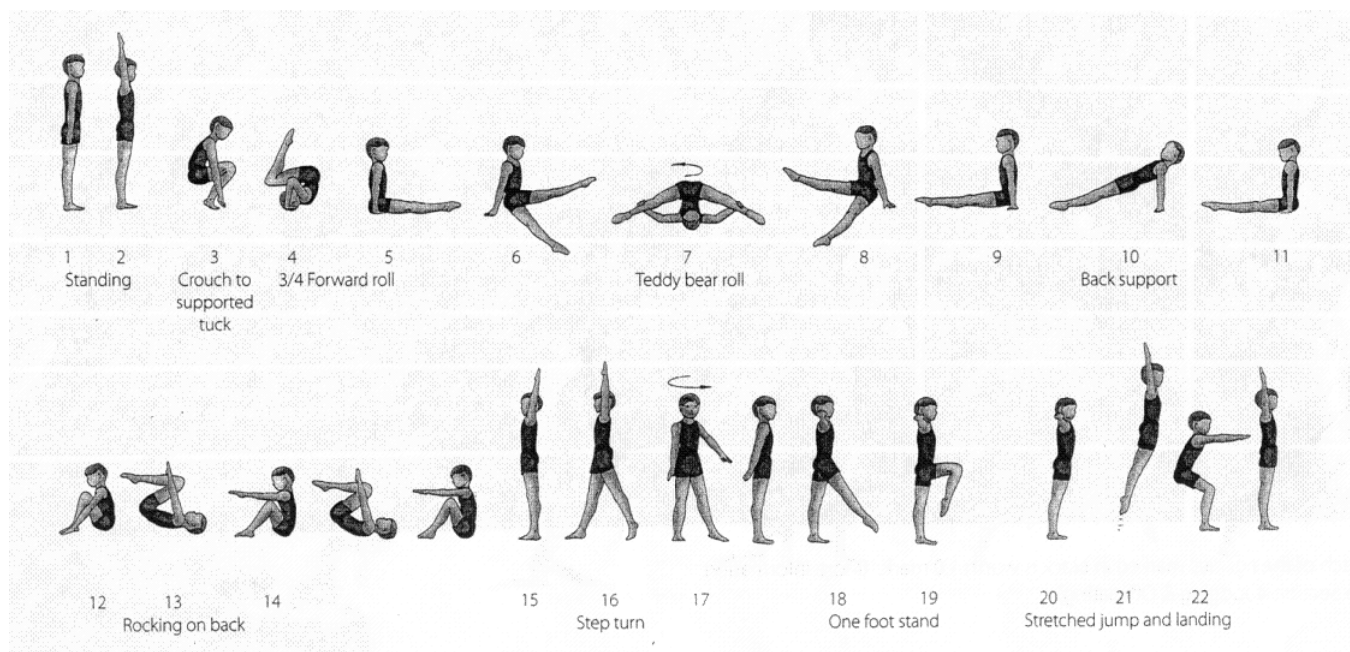
## Year 1 / 2 Gymnastics Competition

### Team Declaration Sheet.

Please complete and bring along to judges table before competition.

School:		Staff:				
Performance Order	Gymnast Name	<i>For judges to complete</i>				
	<b>GIRLS</b>	Floor Mark	Vault 1	Vault 2	Vault Ave	TOTAL
1						
2						
3						
4						
<b>GIRLS TEAM TOTAL</b>						
	<b>BOYS</b>	Floor Mark	Vault 1	Vault 2	Vault Ave	TOTAL
1						
2						
3						
4						
<b>BOYS TEAM TOTAL</b>						
<b>FINAL SCHOOL TOTAL</b>						

## FLOOR EXERCISE – STEP 1 (KS1)



Sequence performed on strip mat approximately 3 x 2 metres.

Number	Skill	Coaching Points
1,2	Standing	Show good posture, abdomen tight, rib cage lifted. Legs straight & together.
3	Crouch to supported tuck	Keep legs together, weight equally on hands & feet, back rounded
4,5	$\frac{3}{4}$ forward roll	Bring chin to chest and round spine, use hands to support the body, lift hips up by straightening the legs to begin the forward rotation. Make floor contact with shoulders/top of the back not the head/neck, roll progressively through the spine
6,7,8	Teddy Bear Roll	Legs straight and apart, reach forward; hands may grasp calves, feet turned out and pointed. Little toe, nearest the floor, roll sideways onto one shoulder, then roll across back and onto the other shoulder and return to identical sitting position (facing the opposite direction) with straight back
9,10,11	Back Support	Arms shoulder width apart, fingers facing forward towards toes, push hips up and tighten bottom, create upward diagonal line from toes to head, keep arms perpendicular to floor, squeeze straight legs together
12,13,14	Rocking back	Tuck in tight, hands can be used to hold knees to chest when learning rocking skill. Keep back rounded. Take arms forward and up when rocking to stand without putting them on the floor
15,16,17	Step Turn	Keep body vertical, step back in line and bring arms down simultaneously Maintain good posture
18,19	One Foot Stand	Transfer weight onto supporting leg before lifting the other leg up. Keep weight over front of supporting foot, toes of lifted leg level with knee so that upper leg is at least horizontal and toes pointed. Keep arms straight at shoulder height and parallel to floor maintain upper body posture with head up, hold 2 seconds
20,21,22	Stretched Jump & Landing	Swing arms forwards and upwards overhead, push through feet to extend entire body in air, land on both feet in pile with a bend to cushion landing, keep the chest held high and relax shoulders, hold the landing position still before standing to finish

### **Vault Level 1**

Perform 2 vaults. The same vault can be performed twice or one of each:

- Stretch jump off springboard
- Squat (bunny jump) onto end of bench, walk along bench, stretch jump off



## Key Steps Gymnastics Competition Years 1 & 2

Dear Colleague,

Key Steps Gymnastics is an initiative this year for Years 1/2. British Gymnastics has produced the Key Steps resource to assist teachers deliver gymnastics in and out of the curricular time. The resource includes routines and teaching techniques for Key Stage 1. The moves involved are basic and focus on balance, core stability and co-ordination.

The gymnasts could be coached for the competition at the end of lessons, or at school based gym clubs.

A DVD resource is available illustrating the floor and vault routines upon request.

The cluster competition will take place initially, and the winners will go forwards to the Partnership Finals at venue to be announced.

### Team Entry Information:

- Teams are to be composed of 4 girls and 4 boys (if a school can't enter a whole team they can combine with another school).
- Children in a team can be selected from either Year group involved:
  - 1 x Year 1 girl and 3 x Year 2 girls
  - 2 x Year 2 boys and 2 x Year 2 boys
- Only children who are **not** involved in recreational gymnastics clubs outside of school will be able to enter this year.

### Routine Information:

- The Key Step 1 routines will be performed for the Year 1/2 competition.
- Only "Vault (b)" and "Floor" routines will be performed.

### Competition Information:

- Each gymnast will be marked out of 10 for their routines.
- The team with the highest score will qualify for the Year 1/2 partnership finals.

(Note: Those gymnasts who perform the routines without prompts will score higher as will those who don't fall over and have tight shapes, etc..!).