



Year 3 & 4 Key Steps Gymnastics Competition.

Start: 4.00PM (Team presentation and warm up)

Teams should report to the sports hall before 3.45.

Gymnasts who compete at the competition should not have competed in any other type of gymnastics competition outside of school.

If a child is a member of an outside gymnastics club they are allowed to compete providing they do not train more than 1 hour a week at the gym club.

Teams are to be made up of 4 boys and 4 girls from either year 3 or year 4 or a mixture of both.

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.

When all teams have arrived staff should register with the organiser. Gymnasts will be asked to line up outside the hall in the order that they will perform, from where they will parade into the hall in a line, stop and present in front of the spectators & parents. (We will practice this before we do it!).

Each school will allocated a warm up area.

They will then go to their benches and prepare for their warm up.

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 3 or 4 or both.

Staff should decide a performance order for their team prior to the competition and submit this on arrival.

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.

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

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

Year 3 / 4 Gymnastics Competition

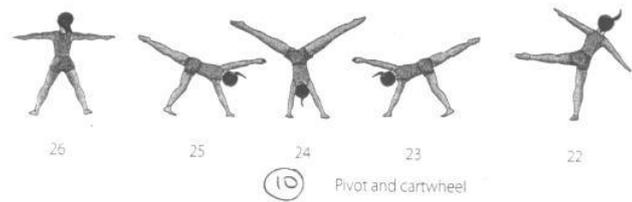
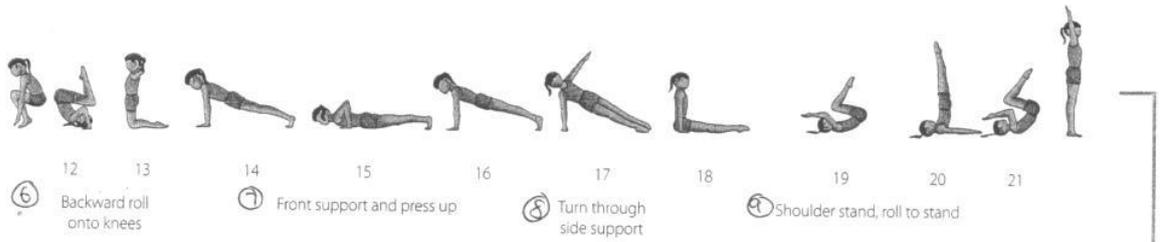
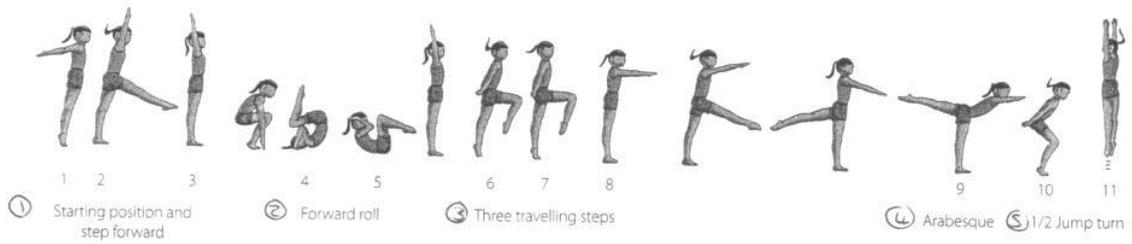
Team Declaration Sheet.

Please complete and bring along to judges table before competition.

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

The competition order will be announced on arrival at the venue

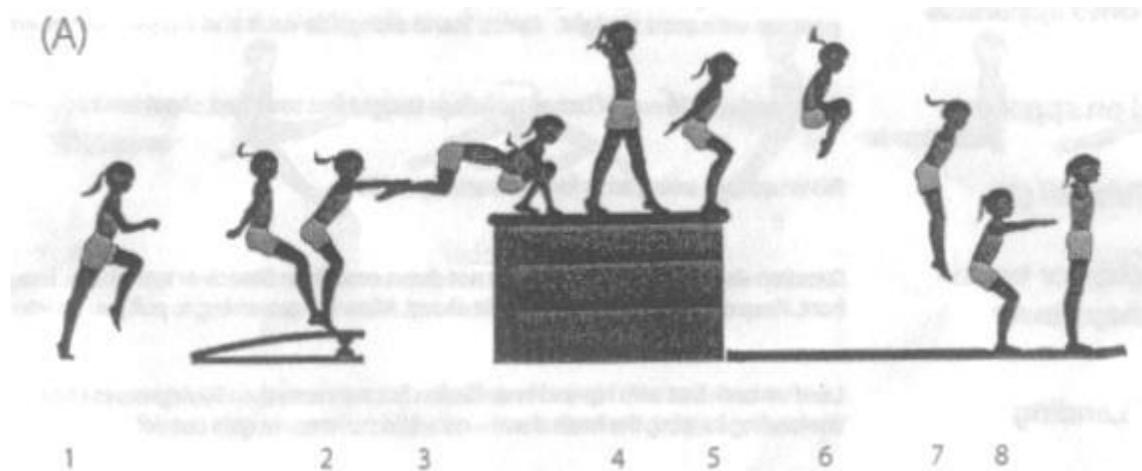
Year 3 and 4



How to Improve the Routine

Routine section	Skill Number	Skill	Coaching Points
1	1,2,3	Starting Position & Step forward	Creative attractive starting position by varying the use of arms, head, legs, etc... Show straight and extended body with arms straight and shoulder width apart above head when stepping forwards. Stretch feet when off the floor.
2	4,5	Forward Roll	Bend knees into supported tuck placing hands shoulder width apart. Keep back rounded, lift hips and push with legs and put top of back / shoulders on mat between hands. Initially the roll can remain tucked throughout the movement, however, work towards extending the legs in the middle of the roll (see DVD). Reach forward coming out of the roll to arrive in standing position with feet and knees together
3	6,7,8	Three travelling steps	Even steps or skips interest can be added by varying use of arms. Ensure flow
4	9	Arabesque	Trunk vertical back straight. Extend back leg with pointed foot as high as possible before lowering the shoulders Move arms down to sides at shoulder height to help control the balance (arm positions are optional) Hold for 2 seconds
5	10,11	$\frac{1}{2}$ jump turn	Keep body vertical swing arms up and slightly in the direction of the

6	12,13	Backward roll onto knees	turn, land on balls of feet first and then heels, bend knees on landing Hands pointing towards the direction of the roll close to shoulders, take weight on hands not on head or neck & To do this push with arms. Chin on chest to round the back. Finish kneeling with straight back & arms to sides at shoulder height
7	14,15,16	Front support & press up	Lower & raise body almost to floor by bending at elbows. Head still, muscles tight in abdomen and buttocks. Whole body should remain straight throughout the move
8	17	Turn through side support	Rotate hand before turning to side. Hold side position with straight and tight body forming a downward diagonal from head to feet. Body forms 'T' position.
9	18,19,20, 21	Shoulder stand roll to stand	From sitting shift weight back through tucked position, extend hips and legs vertical with toes pointing to ceiling and hip angle straight Press on arms to show 'candle' position and then rock forward to stand
10	22,23,24, 25,26	Pivot and cartwheel	Pivot and lift leg to perform lunge and long smooth straight cartwheel Timing to be equal hand, hand, foot, foot. Finish facing sideways.



VAULT ROUTINE (Year 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.