

Teams

Teams are to be mixed gender but there is no set restriction on the actual ratio of boys and girls within any team.

Competition structure

Please note that the Key Steps Gymnastics competition has now changed for KS1 and KS2 to fit in with the county and regional structure.

Key Stage 1

Body Management/ Floor Exercise:

Teams (all 6 pupils) will perform a joint floor routine to a piece of instrumental music of their choice that is between 1min-1.5mins long.

The routine will comprise of 4 compulsory elements and 6 optional elements all taken from Key Steps, Step 1, Body Management & Floor Exercise.

The elements that will be performed in combination with linking movements.

Every pupil within the team performs each of the same 10 elements. Each element that the pupils perform may be shown either, at the same time, in cannon, one half of the team and then the other etc, throughout the routine.

The routine will be based on 4 compulsory moves:

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)

And 6 moves selected from the elective moves (2 from each group):

Group A (choose 2 from this group)

Side to Side Rebound Jumps x 10 (Step 1-Body Management No.1)

Broad Jump (Step 1-Body Management No.9)

Step Turn (Step 1-Floor exercise No.15-17)

Group B (choose 2 from this group)

Tucked Dish hold for 3 seconds (Step 1-Body Management No.2)

Back Support hold for 3 seconds (Step 1-Body Management No.3)

Arch hold for 3 seconds (Step 1-Body Management No.5)

Front Support hold for 3 seconds (Step 1-Body Management No.6)

Group C (choose 2 from this group)

Right Splits, Box Splits or Left Splits hold for 3 seconds (Step 1-Body Management No.7)

Shoulder Flexibility hold for 3 seconds (Step 1-Body Management No.8)



¾ Forward Roll (Step 1-Floor exercise No.1-5)
Teddy Bear Roll (Step 1-Floor exercise No.6-8)

Vault

All pupils will individually perform a vault taken from Key Steps, Step 1. Pupils will perform 2 attempts at the vault with their best score to count towards the team total.

Two or three step approach, squat onto bench. Walk along bench and with feet together at end of bench perform a straight jump off. (Step 1 – Vault 'B')

Equipment

For Body Management/ Floor approximately a 5m x 5m matted area will be used.

For Vault a bench with a mat at the end will be used.

All of the above moves can be found on the following sheets. Once you have selected your moves, please complete the 'Routine Elements and Scoring Sheet' and bring with you to the festival.

Key Stage 2

Body Management/ Floor Exercise

3 pupils from the team will perform individual body management exercises (no music) as shown in Key Steps, Step Two, Body Management.

The remaining 3 pupils from the team will perform individual floor exercises (no music) as shown in Key Steps, Step Two, Floor Exercise.

It is the teachers decision which pupils perform which of the two events (floor exercise and body management).

Compulsory Body Management Elements (to be performed in order):

Single bounce skips with rope x 5

Dish with one leg out at a time

Towards half lever

Towards japana

Arch

Front support lower to floor

Splits x 3

Shoulder flexibility

Broad jump



Compulsory Floor Elements (to be performed in order):

Starting position & step forward
Forward Roll
Three travelling steps
Arabesque
½ Jump Turn
Backward roll onto knees
Front support & press up
Turn through side support
Shoulder stand, roll to stand
Pivot and Cartwheel
Ending position

Vault

All 6 pupils from the team will individually perform a vault taken from Key Steps, Step 2. Schools will compete Vault 'B'. Pupils will perform 2 attempts at vault 'B' with their best score to count towards the team total.

A few short running steps to take off of floor and jump to squat on a movement table placed length ways. Stand, walk to end of apparatus and perform straight or tucked jump to land on floor mats. N.B. Do not use springboard to vault over movement table. (Step 2 – Vault 'B')

Equipment

For Body Management approximately 1m x 6m matted strip will be used.

For Floor Exercise approximately a 1m x 6m matted area will be used.

For Vault 'B' approximately a 6m run-up to medium height movement table placed lengthways with a mat one end will be used.

All of the above moves can be found on the following sheets.