

## YEAR 3&4: Gymnastics – Competition rules and guidelines

### Competition Qualification

School Games County Finals:	Summer Stand Alone
Number of Squads per SSP:	2

### Competition Format and Representation

Keys Steps: Level 1 Gymnastics

Competitive - Sports and events that are defined as competitive will be exactly that. Competitions aimed at children and young people in school who will most likely already play the sport in which they are to compete in or are sporty children who take part in a number of different sports. The winner of the district competitions will then compete at County Finals. A school may enter any number of competitive events.

### Squad Information

Minimum Squad Sizes:	4
Maximum Squad Sizes:	4

### Year Groups

Year 3 & Year 4

### Gender

Mixed - no gender ratios

### Competition Rules

All Gymnasts must wear a t-shirt and a pair of shorts. Leotards can only be worn underneath the t-shirt and shorts. No Leotards are to be worn as an outer garment.

#### Disciplines:

There are 3 gymnastic areas, known as 'disciplines' in Key Steps. These are Floor, Vault and Body Management.

- Floor:** Sequences of gymnastic skills performed on a small matted area. Routines include balancing, jumping, rolling and flexibility skills.
- Vault:** At levels 2 & 3 vault can be taught with or without springboard (vault A with, vault B without)
- 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):

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

#### Vault (Level 2):

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

\*Level 2 Vaults may be performed using a vaulting box or trestle table and with or without a springboard. A springboard should not be used with a trestle table only when using a vaulting box (this is under the vault routine).

Height of vault: Vault A (with spring board) 85-90cm approx. in height (floor to top of vault) Vault B (without spring board) 60 – 80cm approx. in height (floor to top of trestle table)

### Body Management Routine (Level 2):

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

### Scoring

As per NGB Guidelines.

### First Aid and Emergency Procedures

Schools are responsible for the provision and administration of their own First Aid.

The Competition Organiser will brief all School Staff prior to the start of the competition, and will provide information about emergency procedures.

### Withdrawing from a Competition

In the event your school has to withdraw from the Competition, you need to inform your School Sport Manager at your earliest convenience, ideally with a minimum of 48 hour's notice. Head Teachers will be notified of schools withdrawing from the competition.

### Cancellation of a Competition

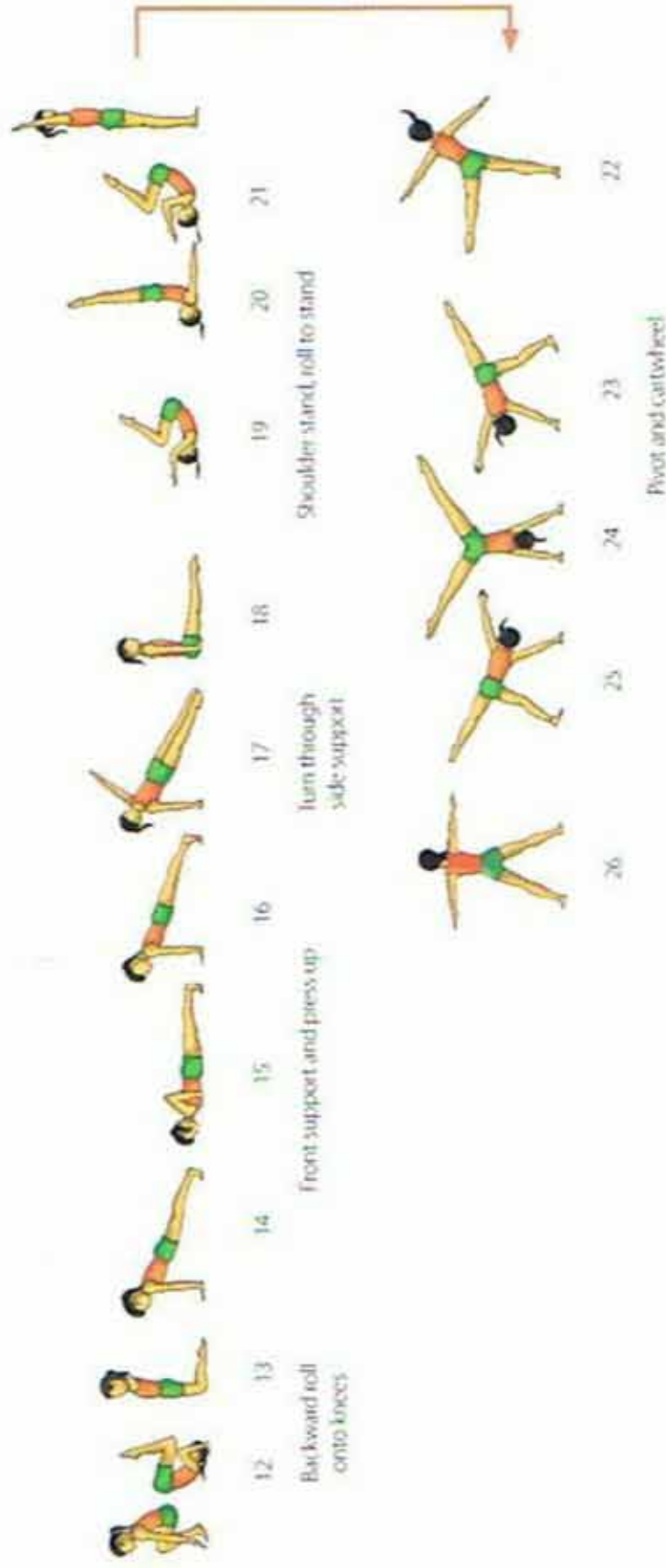
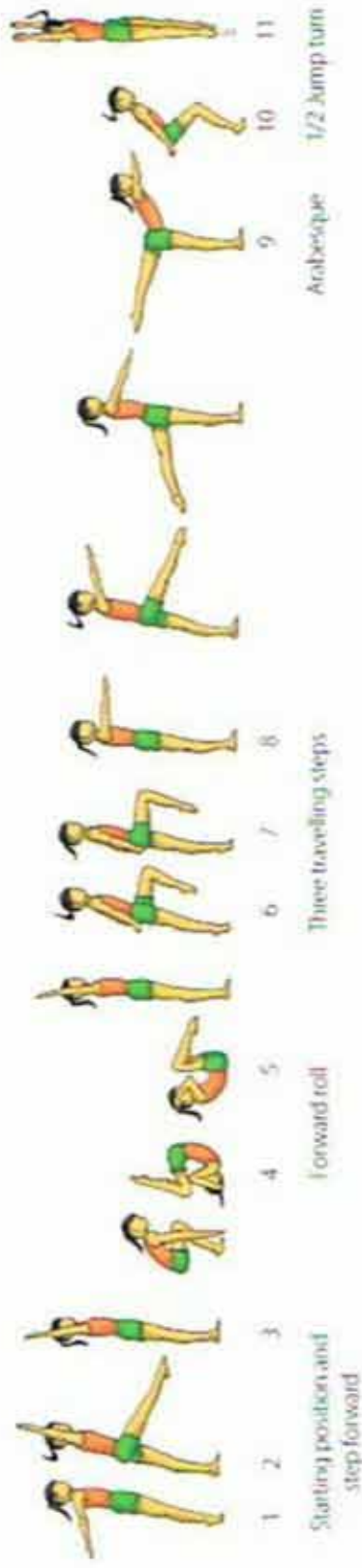
In the unlikely event the competition has to be cancelled the Competition Organiser will contact schools at the earliest opportunity. If you are not contacted assume the competition is taking place.

### Appendix

- Diagram of Floor Routine
- Diagram of Vaults
- Diagram of Body Management Routine

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

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



## Step 2 - How to Improve the Floor Exercise

Numbers	Skill	Coaching Points
1,2,3	Starting position & step forward	Create attractive starting position by varying use of arms, head, leg, etc. Show straight and extended body with arms straight and shoulder width apart above head when stepping forward. Stretch feet when off the floor.
4,5	Forward roll	Bend knees into supported tuck placing hands shoulder width apart. Keep back rounded, lift hips, push with legs and put top of back/shoulders on mat between hands. Initially the roll can remain tucked throughout 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.
6,7,8	Three travelling steps	Even steps or skips. Inarrest can be added by varying use of arms. Ensure flow.
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.
10,11	1/2 jump turn	Keep body vertical, swing arms up and slightly in the direction of the turn, land on balls of feet first and then heels, bend knees on landing.
12,13	Backward roll onto knees	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.
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.
17	Turn through side support	Rotate head before turning to side. Head side position with straight and tight body forming a downward diagonal from head to feet. Body forms 'T' position.
18,19,20,21	Shoulder stand, roll to stand	From sitting stiff 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.
22,23,24,25,26	Pivot and cartwheel	Pivot and lift leg to perform lunge and bring smooth straight cartwheel. Timing to be equal, hand, hand, foot, foot. Finish facing sideways.

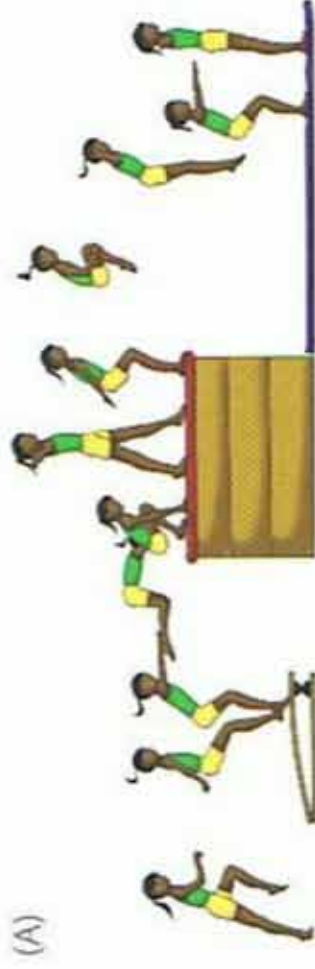
Each of the agilities marked in black is worth 1.0 mark. (More information in Section 4 Judging & Officiating)

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

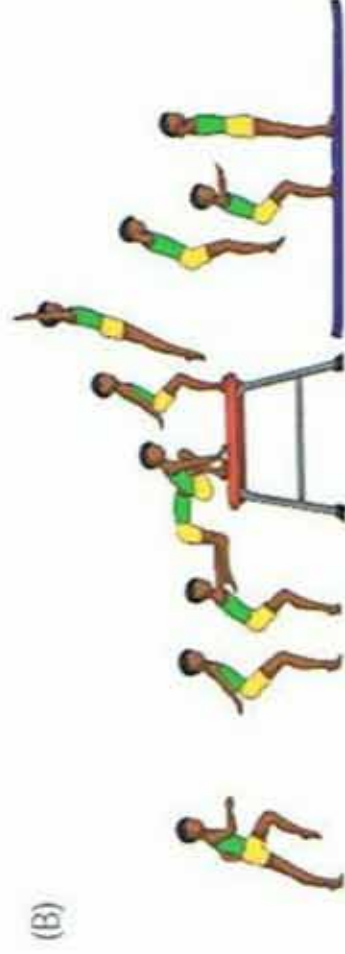
Performer allowed 2 attempts at either (A) or (B) or one of each – (Option B) provided for schools without a springboard or box). – Best score to count.

- (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. NB. 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



1 2 3 4 5 6 7 8




1 2 3 4 5 6 7 8

# Step 2 - How to improve the Vault


Numbers	Skill	Coaching Points
1	Approach to vault	Start slowly and build up the speed, keep eyes fixed on target. On last running stride, hurdle step with two foot landing. When running arms should be bent and move in opposition to legs. Teach good running technique before including springboard and vault. Important that arms do a quick semicircle so that they are in position to swing forward and upwards on take off
2	Take off (1)	Legs are slightly bent, feet under the body, arms back and chest up, head in normal position. Immediately push off (quick rebound) with the arms swinging forwards. Push through both feet equally
3	Flight onto apparatus	Avoid looking down, swing arms up and forward towards apparatus keeping legs together and lifting the hips. Land in a crouch position with arms straight. Assist. Stand alongside vault and support upper arm if needed
4	Travel on apparatus	Stand and walk to end of box or table; legs straight feet stretched, shoulders back, arms out to sides
5	Take off (2)	From two feet, swing arms forwards, and upwards.
6	Stretched or tucked shape in air	Direction should be up from the box not down onto floor. Stretch or tuck shape; head in neutral position, eyes fixed on point immediately in front. Keep chest up and focus straight ahead. Allow the arm swing to pull you up into the air. Show good body tension throughout the flight
7,8	Landing	Land on both feet with hip and knee flexion but not more than 90 degrees at knee, keep chest up. Lower arms forward and downward. Stick the landing keeping the heels down – no additional steps to gain control
		<b>Common Mistakes:</b> Hips not lifted sufficiently going onto the apparatus, arms bent on contact with vault, arms are not behind body and in position to swing forward at time of take off

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


1 Single bounce skips with rope x 5




2 Fish with one leg out at a time



3 Towards half lever



4 Towards javana



5 Arch



6 Front support lower to floor



7 Right splits



7 Box splits



7 Left splits



8 Shoulder flexibility



9 Broad jump



## Step 2 - How to Improve Body Management

Numbers	Skill	Coaching Points
1	Single bounce skips with rope x 5	Try to get a rhythm going. Do not bend knees too much or you will not be able to rebound immediately from the floor. Try to keep the rope taut.
2	Dish with one leg out at a time	Keep lower back pressed firmly into the floor, squeeze stomach muscles and keep chin on chest. Keep the straight leg about 10cm from the floor.
3	Towards half lever	Push hips up and squeeze bottom tight. Keep fingers facing your toes and head in a neutral position.
4	Towards Japana	Back straight, toes pointed, knees pressed into the floor. Aim your little toes towards the floor, not your big toes. Keep your knees facing up towards the ceiling. Push your tummy button towards the floor not your shoulders. Aim for legs to be approximately 90 degrees apart.
5	Arch	Keep legs together and arms shoulder width apart. Squeeze bottom and keep head in a neutral position.
6	Front support lower to floor	Try to make a straight line from head to toes. Ensure arms are supporting vertically under shoulders, fingers facing forwards. Keep head in a neutral position. Maintain straight body line as you lower to the floor (all body parts should touch the floor at the same time).
7	Splits x 3	In right and left leg splits ensure hips and shoulders are square and level. Keep both legs straight, support body weight with arms and ease down into splits as far as you can go.
8	Shoulder flexibility	Keep knee joint at 90 degrees. Keep arms shoulder width apart. Push arms down towards the floor. Try not to arch the back.
9	Broad jump	Take arms back behind you before take off to enable them to swing through giving extra length to your jump. Keep feet shoulder width apart. Push through feet and extend legs fully. See how far you can jump. Bend knees on landing (no more than 90 degrees).