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| **Sport** | ***Key Steps Gymnastics Rules ( Please see additional video guidance)*** |
| **Date of County Final** | Videos in by November 13th 2020  |
| **Venue** | Virtual Competition |
| **Lead Organiser** | Carrie Barfoot |
| **Pathway**  | None |
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| **Year Group** | KS1 Lower KS2 Upper KS2 |
| **Gender** | GirlsBoys |
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| **Team Criteria** | **KS 1 Team Criteria**Team: 6 Gymnasts – Mixed boys and girls (minimum of 1 boy or 1 girl in the team)Age: Year 1&2 CombinedTeam competition:3 x Gymnasts to perform – Individual Body Management routine (Step 1 set BM routine) – this routine will be filmed and performed individually 3 x Gymnasts to perform – Individual Floor routine (Step 1 set Floor routine) - this routine will be filmed and performed individually **Lower KS 2 Team Criteria**Team: 6 Gymnasts – Mixed boys and girls (minimum of 1 boy or 1 girl in the team)Age: Year 3&4 CombinedTeam competition:3 x Gymnasts to perform – Individual Body Management routine (Step 2 set BM routine) – this routine will be filmed and performed individually 3 x Gymnasts to perform – Individual Floor routine (Step 2 set Floor routine) - this routine will be filmed and performed individually **Upper KS 2 Team Criteria**Team: 6 Gymnasts – Mixed boys and girls (minimum of 1 boy or 1 girl in the team)Age: Year 5&6 CombinedTeam competition:3 x Gymnasts to perform – Individual Body Management routine (Step 3 set BM routine) – this routine will be filmed and performed individually 3 x Gymnasts to perform – Individual Floor routine (Step 3 Floor routine) - this routine will be filmed and performed individually Routine content: Please refer to your Keysteps resource folder  |
| **Format** | Routines to be recorded and sent to organiser.Routines will be judged by independent Judging team. Competitors should wear a leotard/leotard and shorts/PE kit (t-shirt to be tucked in), bare feet.Hair needs to be tied back.No jewellery should be worn by children. Taped earrings will not be allowed, they must be removed.  |
| **Rules** | **Key Stage 1*** Floor sequence to be performed on a length of mats.
* Body management to be performed on an individual mat.

**Lower Key Stage 2*** Floor sequence to be performed on a length of mats.
* Body management to be performed on an individual mat.

**Upper KS 2 Team Criteria**Floor sequence to be performed on a rectangle of mats, approximately 8 x 6 metres (if possible).* Perform 6 of the 10 moves shown on the card.
* This basic rehearsed routine should be no longer than 90 seconds
* Music is optional
* Elements maybe performed in any order
* Additional steps, travelling movement, dance can be added to link elements together.
* Different patterns and directions should be included to offer variety to the routine
* Body management to be performed on an individual mat.

**Competition Format*** Children will compete as a team. An overall team score will be collated and highest score will be awarded 1st, 2nd and 3rd place accordingly.
* This competition is designed to encourage children and teachers to become more confident with gymnastics and enjoy performing their skills and routines virtually to the judges.

**Eligibility** * Children should be of a BEGINNER level.
* This competition is not appropriate for children already competing at a British Schools or Club level.
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