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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** | Girls  Boys |
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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 Combined  Team 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 Combined  Team 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 Combined  Team 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. |