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Year 3/4 Key Steps

Gymnastics Competition

**All six team members take part in the vaulting element. Three perform a floor routine and three perform a body management routine.**

**Floor & Body Management Routine for Lower Key Stage 2 –Years 3 & 4 (Key Step 2)**

* 1m x 6m floor area
* No music required

**For Floor, choose 3 team members** who are able to do basic gymnastics skills (i.e. cartwheel, forwards roll and backwards roll) to take part in this event

**For Body Management, choose 3 team members** who have good co-ordination, good core stability and show good flexibility

* Pupils will be judged one at a time
* The routine needs to be learned and must be performed in the correct order with no prompting. Use picture resources for them for them to study at home or in lessons.
* A skipping rope will be required for body management (this should ideally be double the length from hip to foot.)
* Pupils are judged as individuals so the team will receive a mark out of a possible 30 points based on each performer being judged out of 10 points. This score is based on the performance of their skills e.g. ability to perform the skill, stretch before & after skills, straight legs & pointed toes, height in jumps, how long they hold the skill for etc.

**Compulsory skills for floor routine are** (see handbook poster):

* Stand arms at sides & step forward lifting arms upwards
* Forward Roll to stand
* Three travelling steps (these can be skips, steps)
* Arabesque (balance with back leg extended)
* ½ Jump Turn (legs together and straight)
* Backward roll onto knees
* Front support & press up
* Turn through side support to back support
* Roll back to shoulder stand, then roll to stand
* Turn and Cartwheel

**Compulsory skills for body management routine are** (see handbook poster):

* Single bounce skips with rope x 5 (legs together)
* Tucked dish with one leg extended out and then swap once.
* Sit in pike and lift bottom off leaning forwards (Towards half lever)
* Towards japana (straddle lowering chest towards floor)
* Join feet lie back and roll over into arch on front (arms in front and legs together and straight)
* Front support lower to floor
* Splits forwards, side and forwards (other leg in front)
* Shoulder flexibility (cat stretch)
* Stand and broad jump, forwards and upwards.
* Present

**Vaulting for Lower Key Stage 2 –Years 3 & 4 (Key Step 2)** (see handbook poster)

Pupils will be allowed 2 attempts at the vault of their choice and the best one will count, if the pupil approaches the vault and does not touch it they will be given a 3rd attempt.

# With vaulting box and springboard (Step 2 – Vault ‘A’)

Run and take off from one foot to jump onto springboard with two feet and immediately jump to squat onto vaulting box placed lengthways. Stand, walk to end of apparatus and perform straight or tucked jump to land on floor mat with two feet, hold landing shape for 2 seconds and then stand and lift arms up to present

## OR

# With vaulting table and no springboard (Step 2 – Vault ‘B’)

Run and take off from one foot to jump onto floor with two feet and immediately jump to squat onto vaulting table placed lengthways. Stand, walk to end of apparatus and perform straight or tucked jump to land on floor mat with two feet, hold landing shape for 2 seconds and then stand and lift arms up to present