

## Additional Information for Key Steps Gymnastics 2020-2021

### Gymnastics Key Steps Years 1 & 2

#### Floor Routine Details

All 6 children must do the floor routine to music lasting 1-1.5 minutes long. [Tv themes are a good idea for music choice]

The schools must do 10 skills from the list below – which they can make up with a starting position, then linking the skills and an ending position ending with the music. The skills can be performed in any order.

Compulsory Skills – the following movements must be included [FURTHER INFO ON EACH IS IN THE KEYS STEP MANUAL WHICH CAN BE PURCHASED FROM BRITISH GYMNASTICS]

- Stretch Jump and Landing
- One Foot stand hold for 3 seconds
- Rocking on back x 3
- Straddle Sit hold for 3 seconds

Then you need to choose 2 more move from each column

Column A	Column B	Column C
Side to Side Rebound jumps x 10	Tucked Dish hold for 3 seconds	Right Splits, Box Splits of Left Splits and hold for 3 seconds
Broad Jump	Back Support hold for 3 seconds	Shoulder Flexibly hold for 3 seconds
Step Turn	Arch Hold for 3 seconds	$\frac{3}{4}$ Forward Roll
	Front Support for 3 seconds	Teddy Bear Roll

#### **Vault**

This can be done using a bench or a Springboard.

#### **Bench**

Approach and hurdle step to squat onto bench and in front of bench, place hands on bench [ not too close to the edge] and jump onto the bench without moving hands. Stand up and walk along on toes to end of bench, stop and place feet together. Straight jump off, swinging arms up to ears and then land on floor mat without moving, holding landing shape for 2 seconds. One attempt only allowed.

OR

#### **Springboard**

Run and take off from one foot to jump onto springboard with 2 feet, then immediately straight jump off to land on the floor mat with 2 feet, holding the shape for 2 seconds and then stand and lift arms up to present. Only one attempt allowed.

## Gymnastics Key Steps Years 3 & 4

### **Floor Routine Details**

3 children must do the floor routine who are able to do basic gymnastic movements ie cartwheel, forwards roll ad backwards roll. No music is required for this routine.

The routine must be learnt and done in the correct order and schools can use picture resources from Key Steps manual to helps them and the list of moves is as follows:-

Stand arms at side and step forward lifting arms upwards  
Forward Roll to stand  
3 traveling 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 and press up  
Turn through side support to back support  
Roll back to shoulder, then roll to stand  
Turn and cartwheel  
Join Feet

### **Body Management**

3 children do this element and have good core stability and show good flexibility. No music is used for this. Children will be expected to perform this together although each child will be judged individually.

The routine must be learnt and done in the correct order and schools can use picture resources from Key Steps manual to helps them and the list of moves is as follows:-

Single bounce skips with rope x 5 [feet together]  
Tucked dish with one leg extended out and then swap once  
Sit in pike and lift bottom off leaning forward [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, forward and upwards

### **Vault**

All 6 children do 1 vault.

### **With Springboard**

A few short running steps to take off springboard and jump to squat on box or movement table placed lengthways. Stand, walk to end of apparatus and perform

straight or tucked jump to land on floor mats holding shape for 2 seconds and then stand and lift arms to present.

Or

#### Without Springboard

A few short running steps to take off from one foot to jump onto floor and jump to squat on a box or table placed lengthways. Stand, walk to end of apparatus and perform straight or tucked jump to land on floor mats.

### Gymnastics Key Steps Years 5 and 6

#### Floor Routine Details

All 6 children must do the floor routine. Choose music approx. 1-1.5 mins long, TV themes are a good idea. 6 skills must be selected for the routine which they can make up with a starting position, linking skills and an ending position ending with the music. The children perform together in 2 groups of 3, one after the other [although this may vary at county finals]. The skills can be performed in any order.

#### Compulsory Skills

- Round Off
- Side Scale towards Y Balance
- Backward roll to straddle stand

Choose a skill from each column [ select a total of 3 skills]

Column A	Column B	Column C
Full turn jump	Two cartwheels consecutively	Bridge
Half turn jump	Handstand forward roll	Splits
		Half lever

#### Body Management

All 6 must perform the Body Management routine which has no music and must be done in the correct order. Again, as with floor, this will be done in groups of 3 with one group then following the other group. Pupils perform this routine together although each child will be judged individually.

The routine must be learnt and done in the correct order and schools can use picture resources from Key Steps manual to help them and the list of moves is as follows:-

Single bounce skips with rope x 10 [feet together]  
Dish

Roll to arch and back to dish  
Towards half lever [on foot lifted while lifting bottom off floor and leaning forwards]  
Japana [straddle sit lean forward with straight back]  
Press up  
Splits x 3 [front, middle and other leg forwards – turn hip]  
Bridge [legs together and straight]  
Broad jump [long jump feet together]

### **Vault**

All 6 children do 1 vault.

#### **With or without Springboard**

A few short running steps to take off springboard and jump to squat on apparatus, followed by an immediate take off into a straight jump to land with control on floor mats holding shape for 2 seconds and then stand and lift arms to present.

OR

A few short running steps to take off and perform a through vault holding shape for 2 seconds and then stand and lift arms to present