

Gymnastics - Key Steps

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 6 (there must be a minimum of one girl or one boy per team) 	<ul style="list-style-type: none"> • Years 1 & 2. • Years 3 & 4 • Years 5 & 6

Competition Format & Basic Rules

This competition is made up of 6 pupils from years 1 and 2 and teams are mixed gender, i.e. there must be a minimum of one girl or one boy per team. The ideal make up is 3 girls and 3 boys.

The competition will be made up of the following elements;

- Body Management [years 3 &4 and Years 5 &6]
- Floor Exercise (routine between 1 to 1.5 minutes long) - All age groups
- Vault - all age groups

Following the British Gymnastics Key Steps resource pack for in Body Management, Floor Exercise and Vault. All children should learn all of the routines, as they will all be judged on the 3 disciplines accordingly.

Please note - this competition is for novice and recreational gymnasts doing less than 2 hours gymnastics per week. It is not for gymnasts who are already regularly competing or having training for more than 2 hours per week outside of school during the past 2 academic years and teacher will be asked to complete a team sheet and sign to confirm this

More detailed rules and breakdown of the event are available on request from your SGO

Other information - Copy of Key Steps Gymnastics resource pack available online or go to www.british-gymnastics.org and pay £16 to become a partner school and gain access to free online resources and downloads.