7th January 2019

Dear Teacher in charge of Gymnastics,

# Leeds Key Step 2 & 3 Gymnastics Finals

In partnership with North Leeds Gymnastics Academy I would like to invite Leeds Primary Schools to attend the Leeds Schools Key Step 2 & 3 Gymnastics Finals.

**Details of the City Finals are**

**Key Step 3 (Year 5 & 6)**

Date: Monday 11th March 2019

Venue: Athletics Hall, John Charles Centre for Sport, Middleton Grove, Leeds, LS11 5DJ

Time: Foundation competition 9.00am - 12.00noon (tbc dependent on number of entries)

Advanced competition 12.30pm – 3.30pm (tbc dependent on number of entries)

**Key Step 2 (Year 3 & 4)**

Date: Monday 25th March 2019

Venue: Athletics Hall, John Charles Centre for Sport, Middleton Grove, Leeds, LS11 5DJ

Time: Foundation competition 9.00am - 12.00noon (tbc dependent on number of entries)

Advanced competition 12.30pm – 3.30pm (tbc dependent on number of entries

Each school is able to enter one team into each of the four competitions. Please state on the attached entry form which of the four competitions you wish to enter (you are able to enter all competitions). Details re team selection and routines are also attached.

Yours faithfully

Shaun Mulhern

Boston Spa (Leeds East) School Sport Partnership

Email: Shaun.Mulhern@bostonspa.leeds.sch.uk

Mobile: 07889 780 668

Lisa Davis

North Leeds Gymnastics Academy

On behalf of Leeds SGOs.

**Gymnastics – Key Step**

|  |  |
| --- | --- |
| Date & Time: | The winner of the Leeds Finals will represent Leeds at the WYSG Final on Monday 1st July 2019 |
| Venue: | Leeds Beckett University |
| Format: | Key Step |
| Age group(s): | Key Step 2 - Y3/4 Foundation  Key Step 2 - Y3/4 Advanced  Key Step 3 - Y5/6 Foundation  Key Step 3 - Y5/6 Advanced |
| Team & squad numbers: | Teams of 5 with the top 4 scores to count – teams can be mixed or single sex. |
| Kit / Equipment / PPE: | Pupils may wear leotards or shorts and T-shirts. All jewellery must be removed and hair must be tied back. |
| How to Enter: | Top team per competition will represent Leeds at the WYSG Finals |
| Further information: | [www.british-gymnastics.org](http://www.british-gymnastics.org). There is a Key Step Gymnastics Support Pack available to support the delivery of the key step routines and gymnastics within schools. |

## Team Eligibility

In order to provide all young people across West Yorkshire the opportunity to represent their school and district at a county schools competition whilst still keeping the competition fair there will be 2 levels of competition for primary schools.

## Foundation Level

Young people in the foundation level must not participate in gymnastics training for more than 2 hours per week. All young people in the team must fit these criteria for the team to be entered in the foundation level. If the team has at least 1 gymnast who *trains more than 2 hours a week* then the team must be entered into the advanced level

## Advanced Level

The advanced level competition is for young people who train for more than 2 hours per week in gymnastics. Any young person can enter the advanced level regardless of the number of hours a week they train in gymnastics.

The age groups remain the same so there will be a foundation and advanced level competition for year 3/4 and year 5/6. The routines remain the same and are the same for both levels.

## Key Stage 2 Year 3/4 - Foundation and Advanced

## Competition Format

Following the National Framework for Gymnastics the Key Stage 2 Competition will follow the Key Step 2 Gymnastics Criteria.

## Floor level 2

* Step forwards, bring feet together, forward roll to stand
* Step hop, step hop, step forwards into arabesque
* Bring feet together, 180° jump
* Backward roll to kneel
* Front support position, one press up
* Turn through side support into back support
* sit, shoulder stand, roll to stand
* Quarter turn and cartwheel

## Vault Level 2

Perform 2 vaults. The same vault can be performed twice or one of each:

1. Squat onto vault lengthways, stand up, walk to end, stretch jump off
2. Squat onto vault lengthways, stand up, walk to end, tuck jump off

N.B Level 2 vaults may be performed with or without a springboard and may use a vaulting box or trestle table.

There are no extra marks for the use of a springboard. The quality of the vault and the control the gymnast has on the apparatus are the most important factors with regard to judging. It may be better for some gymnasts to perform the vault without the use of a springboard so that better control and tension can be maintained throughout the vault resulting in a higher score than would be achieved performing a vault using the springboard but having less control.

## Body Management Routines – Level 2

* 5 x bounces with a skipping rope
* Lay down, Dish shape with 1 leg extended at a time
* Sit up and press towards ½ lever
* Straddle legs and lean towards Japana fold (back must be flat)
* Lay down, roll over and lift into Arch
* Show front support and lower to floor
* Kneel up and show splits position all 3 ways (as low as ability allows)
* Shoulder flexibility
* Stand up, standing broad jump

*Ideally this routine should last no longer than 1 min 30s, penalties may be applied to routines running over time*

Each team will be given 15 minutes for general warm up. Each team will also be given a short practice on each station before the competition commences.

## Key Stage 2 Year 5/6 – Foundation and Advanced

## Competition Format

Following the National Framework for Gymnastics the Key Stage 2 Competition will follow the Key Step 3 Gymnastics Criteria.

## Floor level 3

The floor routine will be performed along a strip of mats as in key step 2.

Participants must perform the following six moves

1. Round off OR Fast cartwheel (starting facing forward and landing facing backwards 1 foot at a time joining second foot to first foot)
2. Side scale balance (towards Y balance or if preferred full Y balance, but this doesn’t get any more marks)
3. Backward roll to straddle
4. Half turn stretch jump OR full turn stretch jump
5. Two consecutive cartwheels OR Handstand forward roll
6. Bridge (return to the floor) OR Splits OR Half lever (not full lever)

The skills can be performed in any order

Linking moves can be used between the skills to help make the routine more fluent however these linking moves will not be marked.

## Vault Level 3

Perform 2 vaults. The same vault can be performed twice or one of each:

1. Squat onto vault width ways, stretch jump off – max mark available = 9:00
2. Through vault – max mark available = 10:00

N.B Level 3 vaults may be performed with or without a springboard and may use a vaulting box or trestle table.

It is not recommended to perform the through vault on a trestle table

There are no extra marks for the use of a springboard. The quality of the vault and the control the gymnast has on the apparatus are the most important factors with regard to judging. It may be better for some gymnasts to perform the vault without the use of a springboard so that better control and tension can be maintained throughout the vault resulting in a higher score than would be achieved performing a vault using the springboard but having less control.

## Body Management Routines – Level 3

* 10 x bounces with a skipping rope
* Lay down, Dish shape
* Roll over into arch shape and back into dish shape
* Sit up and press towards ½ lever lifting 1 leg off and then the other.
* Straddle legs and Japana fold (back must be flat)
* Push to back support, turn into front support, lower to floor and push back up again
* Show right leg splits, box splits then left leg splits (in an upright position)
* Lay flat and push to bridge (head must be off the floor)
* Rock backward and forwards to stand, standing broad jump

*Ideally this routine should last no longer than 1 min 30s, penalties may be applied to routines running over time*

Each team will be given 15 minutes for general warm up. Each team will also be given a short practice on each station before the competition commences.

## Leeds Schools

## Key Step 2 & 3 Gymnastics Finals 2018-19

**Entry Form**

#### School:

#### Teacher in charge:

#### Contact Tel No.

**Email:**

**Please complete all sections in the table below:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Competition | Date | Venue | Time | Tick to enter |
| Key Step 3 Foundation | Monday  11th March | Athletics Hall  JCCS | 9.00am -12.noon |  |
| Key Step 3 Advanced | Monday  11th March | Athletics Hall  JCCS | 12.30 – 3.30pm |  |
| Key Step 2 Foundation | Monday  25th March | Athletics Hall  JCCS | 9.00am -12.noon |  |
| Key Step 2 Advanced | Monday  25th March | Athletics Hall  JCCS | 12.30 – 3.30pm |  |

We are able to accommodate 15 schools in each competition and spaces will be allocated on a first come, first served basis. Please tick the box to confirm each competition that you wish to enter. Places will be confirmed and Team Sheets will be sent once your entry has been received.

Please return by Friday 15th February 2019.

Shaun Mulhern:

Boston Spa School, Clifford Moor Road, Boston Spa, Leeds, LS23 6RW

Eamil: Shaun.Mulhern@bostonspa.leeds.sch.uk

**Filming & Photography**

* Please ensure that the member of staff in charge is aware of which pupils can/cannot be photographed
* Pupils who cannot be photographed must be identified by a yellow wristband which will be provided
* The school will be asked to identify a designated member of staff for photography who must wear a blue wristband which will be provided
* Only images taken by that person can be used by the school
* All persons accompanying the school must be informed of the following:

They may take photographs, however;

* they must not display or distribute images taken unless they have consent to do so from the school
* they must not use images which may cause distress;
* they must not use a mobile telephone to take images;
* they must not take images “in secret” or take images in situations that may be construed as being secretive;
* they must not take images of single children/young people with no surrounding context;
* they should ensure that in all images taken children/young people are dressed appropriately
* any inadvertent photograph taken of a child wearing a yellow wristband must be destroyed.

**First Aid**

In the first instance staff are responsible for providing first aid to the children they have brought to the event. There will be support for larger instances. Please ensure you bring sufficient first aid supplies.

**Risk Assessments / Evolve Notification**

It is the responsibility of individual schools to have appropriate risk assessments in place for all activities they attend. SGO’s will not send risk assessments direct to Schools. It is recommended that schools download the Events sample risk assessments from the PE tab in Evolve and personalise them. As always a Transport risk assessment will be required.