



## **About Key Step.**

The Key Step Gymnastics competition framework provides a friendly, fun and progressive introduction to gymnastics skills and competition for complete beginners of primary school age. Children enter in teams representing their school and performing in 3 disciplines – floor, vault and body management – having learned a set sequence of movements for each. The format only requires the use of basic apparatus found in every primary school.

Key Step is designed to be accessible to teachers, pupils (and young people of secondary school age, who will officiate), who have no previous gymnastics experience. It offers an opportunity for teachers to build their knowledge and confidence in teaching basic movement and agility skills and for primary pupils to master essential movement and body control skills that provide a foundation for moving more confidently into a wide range of sports.

The Key Step preparation and competition pathway provides a safe and enjoyable environment that has the potential to improve learning and lead to life-long participation in physical activity. It brings schools together in friendly competition teaching important life skills and values, fostering the ideals of good sporting behaviour and enabling teachers and children to feel pride in representing their school.

## **The disciplines.**

In the run up to the competition children will be taught (and try to remember) a set routine in each of the 3 disciplines:

**The Floor** routine is a sequence of basic gymnastics skills, performed on a strip of mats, in the order given, aiming to show good posture and stretch, defined shapes, and a steady flow through the skills but with each skill clearly demonstrated.

**The Body Management** routine is a set sequence on a strip of mats, designed to show agility with some essential strengthening and flexibility skills, expecting a clear demonstration of each skill, held for the appropriate length of time.

**The Vault** is a set skill using a bench and a mat to land on. Control of each section, clear shapes and a steady landing are looked for.

Throughout all the routines judges will look for excellent stretching of arms, hands, legs and feet; good posture in all the shapes; technical correctness of



each skill and control of the movements. A clear beginning and end of each skill is important but all need to be shown with continuity, control and flow.

### **Judging.**

Judges will be drawn from secondary school children who will take a course in how to judge introductory competitions. Judges' decisions are final.

Each child starts with full marks of 10.00 points.

The judges then deduct marks for poor performance or missing skills.

Deductions include:

0.1 – 0.2 for a small error e.g not stretching the toes

0.3 – 0.5 for a medium error e.g. a big wobble or bent legs

0.5 – 1.0 for a large error or a fall e.g. very bent legs, poor posture overall

Each identified skill is worth 1.0 mark; if a skill is missing that 1.0 mark is lost.

### **General rules.**

- A team consists of 5 or 6 children. Only the best 5 scores will count towards the team total.
- Children attending extra-curricular gymnastics clubs are not eligible to enter.
- Each child must perform only once in each discipline.
- Children only perform for the school that they attend.
- All jewellery, including ear studs, must be taken off. A new piercing must be notified to the competition organiser who, at their discretion, may allow earrings to be securely taped over.
- Long hair must be securely tied back (boys and girls).
- Suitable clothing must be worn: e.g. shorts and a t-shirt that can be tucked in.
- Children perform in bare feet: please attend to verrucae in the preparation period.



- Judges may agree further rules on the day e.g. deductions around prompting of gymnasts by the teacher.