



## Merseyside School Games

### Year 3&4 Gymnastics Information Pack

**“Through the power of competition, the Merseyside School Games will inspire children and young people to unlock their potential.”**



# Competition Information

<b>Event Date</b>	14th March 2023
<b>Event Time</b>	Arrival: 10.00 Competition: 10.30-2
<b>Event Venue</b>	Drill Grange Road West Birkenhead Wirral CH43 4XE
<b>Event Type</b>	<b>Inspire</b> - Values competition aimed at participation, honesty and teamwork. Consisting of just floor and vault elements. The competition is aimed at pupils who have an interest in gymnastics and are not part of a club and have not experienced a gymnastics competition before. <b>Celebrate</b> - Group performance by all 5 gymnasts with each school being awarded a school games value award.
<b>Year Group</b>	Year 3&4
<b>Gender</b>	Mixed
<b>Squad/team size</b>	Squad size: 5 (2 female, 2 male plus one more of either) Team size: 5
<b>Event Organiser</b>	Please contact MSP for any queries via <a href="mailto:a.fisher@merseysidesport.com">a.fisher@merseysidesport.com</a>
<b>Registration Link</b>	<a href="#">Merseyside School Games - Primary Gymnastics Tickets, Tue 14 Mar 2023 at 10:00   Eventbrite</a>

# Information Points

- A Team Manager's Declaration Form must be completed via Event Brite in advance of the event. Details of the web address where you can access the form and deadlines will be provided to you by your local School Games Organiser. No declarations forms will be available on the day of the event and teams who have not been registered by the deadline will not be able to compete.
- Players should bring a packed lunch and plenty of water to keep them hydrated throughout the day. There are no on-site facilities for purchasing food or drinks throughout the day.

# Competition Rules

- This event will consist of Key Steps 2 vault and floor only. **We will not be doing body management.**
- The main aim is to provide pathways of development for school children who have had 'limited experience of gymnastics or who are new to the sport'. Therefore, opening up the sport to school children who may never have previously chosen to take part or competed in gymnastics
- The following rules apply to any Key Step Competition of Key Stage/ Year Group or step of competition (1, 2 or 3). They will also apply to Boroughs, County Qualifiers and Regional Finals
- It should be noted that this competition is aimed at young people at the early foundation level as an introduction to the sport and as such will provide little challenge to more advanced gymnasts
- Please note: it is the responsibility of the teachers/coaches involved to select appropriate young people to take part in the competition. Any deviation from these rules may result in disqualification from the event.

## Group Performance

Up to 1 min 30 seconds

Must include the following:

1. Roll
2. Jump/Leap
3. Travel

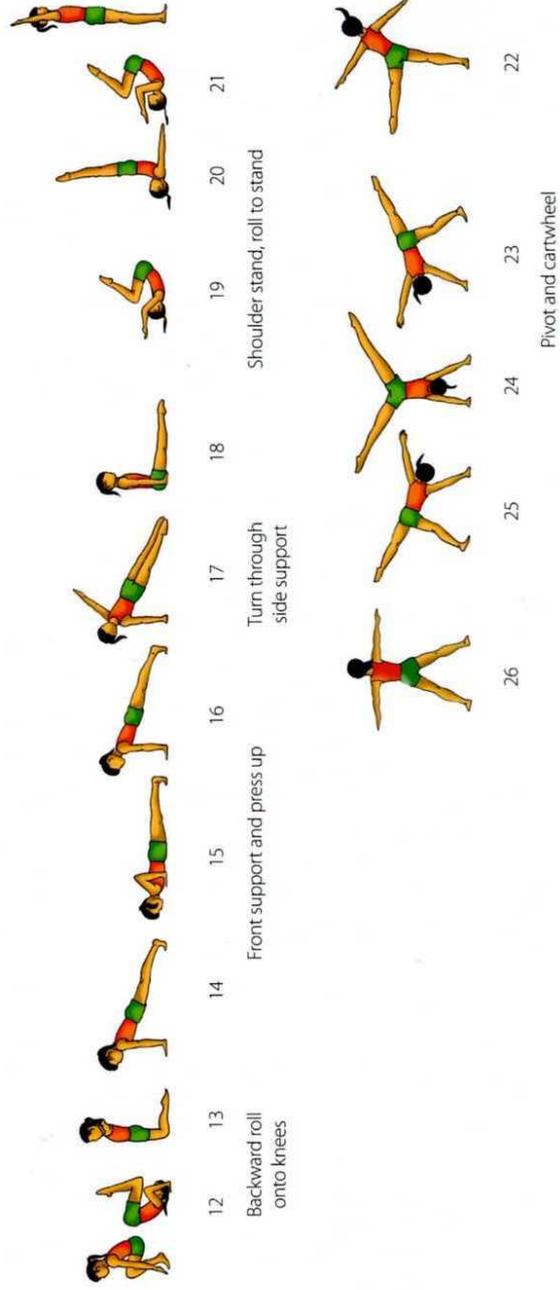
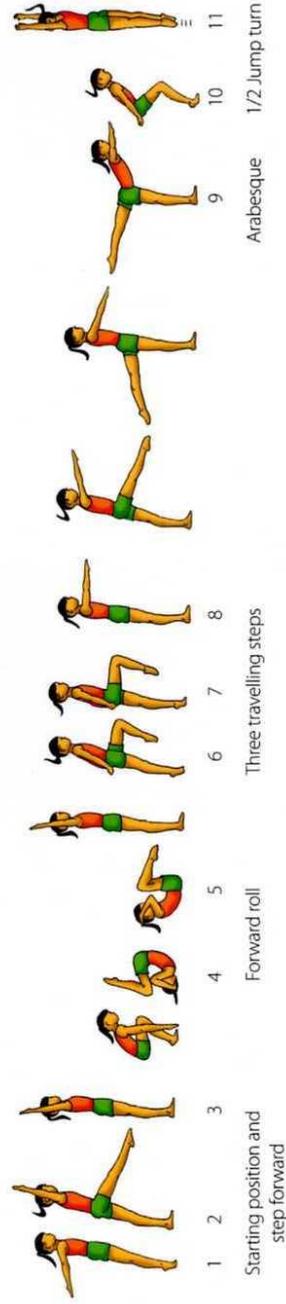
Music: Music can be used but you must submit your music to the School Games Organiser at level 2 before the deadline given.

All 5 gymnasts must take part in the group performance.

**This is a celebrate element of the festival and schools will be awarded a school games value award for this discipline.**

## Step 2 - Floor Exercise (Lower Key Stage 2 - Years 3 & 4)

(Sequence performed on a strip of mats approximately 6 x 1 metres)



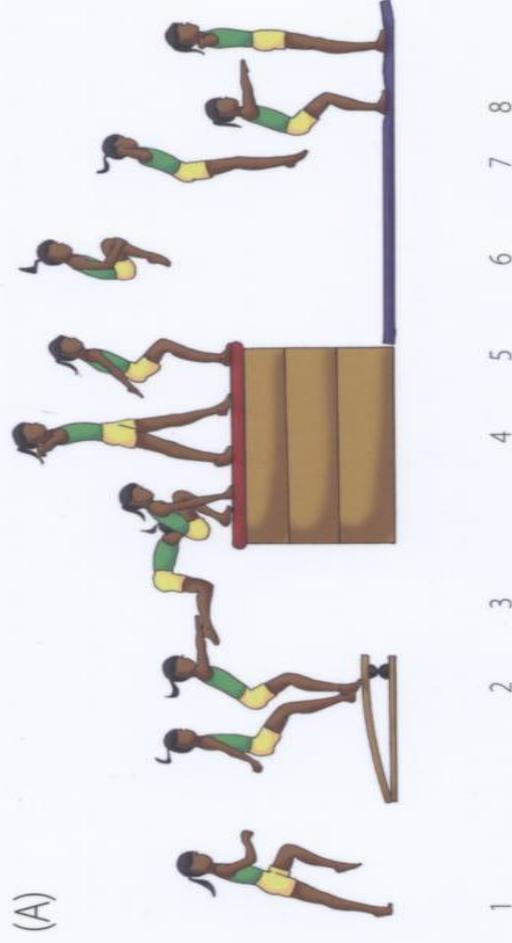
STEP TWO

## Step 2 - Vault (Lower Key Stage 2 - Years 3 & 4)

Performer allowed 2 attempts at either (A) or (B) or one of each – (Option (B) provided for schools without a springboard or box). - Best score to count.

(A) A few short running steps to take off springboard and jump to squat on box placed lengthways. (Height optional to suit performers) Stand, walk to end of apparatus and perform straight or tucked jump to land on floor mats.

(B) As above but without springboard and using a movement table lengthways instead of box. N.B. Do not use a springboard to vault over a movement table.



1. Approach to vault
2. Take off (1)
3. Flight onto apparatus
4. Travel on apparatus
5. Take off (2)
6. Stretched or tucked shape in air
- 7.8. Landing