



Merseyside School Games

Year 3&4 Gymnastics Rotation

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

Competition Rotation

AM - Floor

St Patricks A
St Patricks B
Bidston Avenue
Our Lady of Lourdes
Whiston Willis
Willow Tree
Halton rep TBC

AM - Vault

Much Woolton
Bishop Eton
St Josephs Huyton
St Julies
St Michael & All Angel's A
St Michael & All Angel's B
Sefton rep TBC

PM Floor

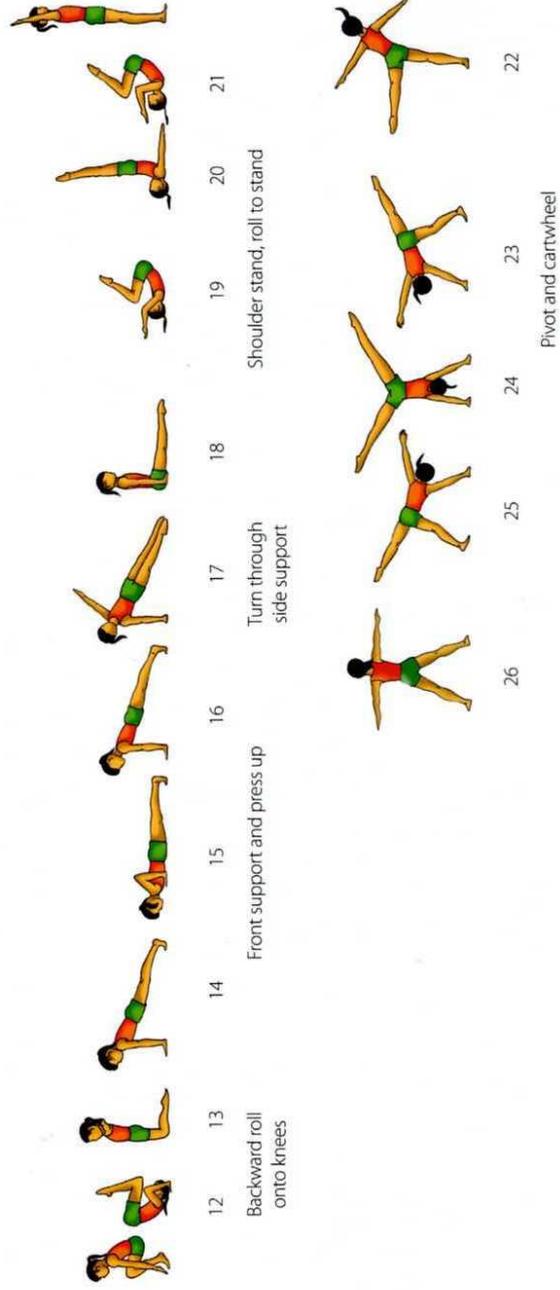
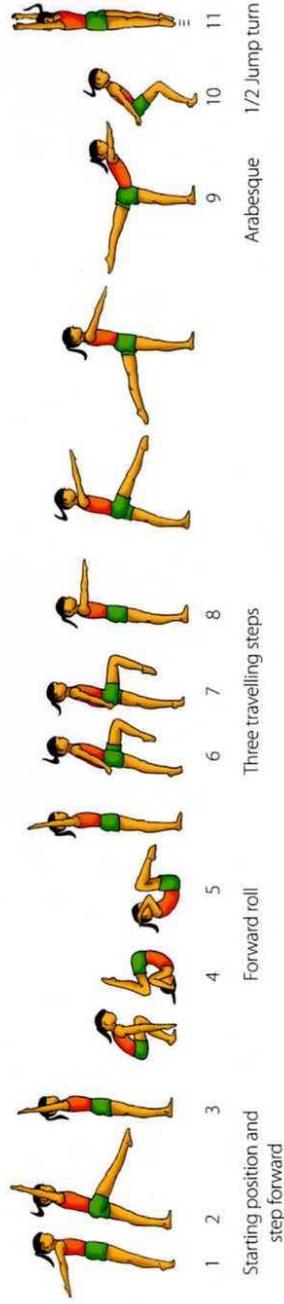
Much Woolton
Bishop Eton
St Josephs Huyton
St Julies
St Michael & All Angel's A
St Michael & All Angel's B
Sefton rep TBC

PM Vault

St Patricks A
St Patricks B
Bidston Avenue
Our Lady of Lourdes
Whiston Willis
Willow Tree
Halton rep TBC

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

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



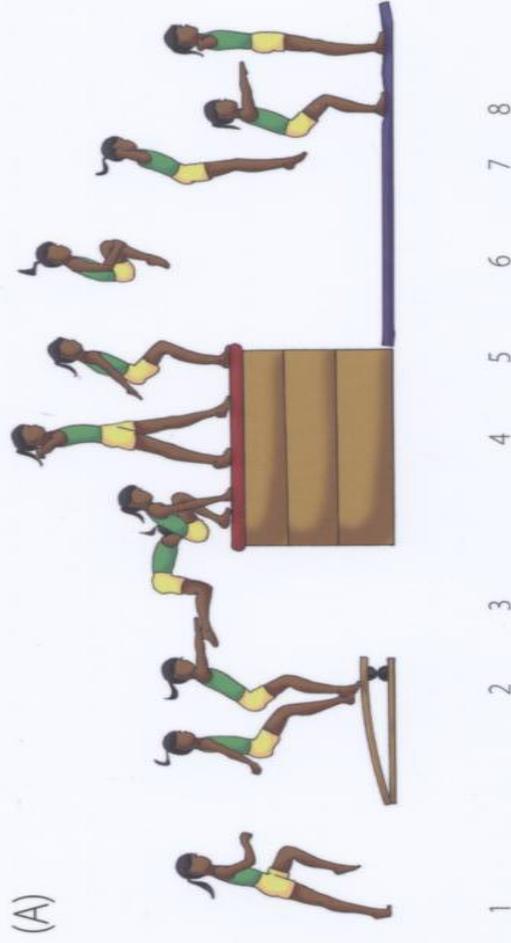
STEP TWO

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