



WINTER GAMES



GREATER MANCHESTER SCHOOL GAMES 2017

YEAR 5/6 KEY STEPS GYMNASTICS COMPETITION

Tuesday 21st March 2017
TBC (Opening Ceremony at Sport City first)

SCHOOL GAMES BACKGROUND INFORMATION:

The Greater Manchester School Games aims to further revive the culture of competitive sport in schools. This exciting new concept will harness the power of the Olympics and Paralympics and is designed to motivate and enthuse more young people than ever before to participate in high quality, meaningful competition within and across schools, supporting them in achieving their own personal best in sport and in life.

The competition will run across three distinct, but integrated levels (see below) providing a simple and progressive pathway culminating in a multi sport festival (Level 3) that will showcase the very best of competitive sport across the County.

Level 3 – Greater Manchester School Games

Level 2 – Inter-school competition

Level 1 – Intra-school competition



Teams from Primary, Secondary and Special Schools will win the right to compete in the Level 3 Games having qualified through their local level 2 inter-school competitions. The 'Winter Games' will feature thirteen sports; all of which will be delivered simultaneously utilizing a number of the City's world class sporting facilities.



COMPETITION PATHWAY:

In partnership with British Gymnastics, the Greater Manchester Local Organising Committee proudly presents the Year 5/6 Key Step Gymnastics Competition.

The Key Step Gymnastics programme has been produced to provide a simple competition structure that combines basic movement and agility skills in a fun, friendly and progressive way. By adopting this format it is hoped that the event can be used as a catalyst for ongoing participation and development.

The School Games competition is open to all schools; however they must have qualified through their local SGO area/borough heats in order to progress to the County Final.

During the competition each participant will be required to perform in 3 gymnastic 'routines'. These are floor, vault and body management.

1. Floor

Sequences of gymnastic skills performed on a small matted area. Routines include balancing, jumping, rolling and flexibility skills.

2. Vault

Skills are performed travelling on and off a bench.

3. Body Management

Routines designed to prepare the body for gymnastics. Performed on a small matted area, routines include strength, flexibility, balance and co-ordination skills.

The competition works at two stages:

1. SGO Area/Borough Stage

Primary schools within an SGO Area/Borough will be encouraged to enter their local rounds of the competition. The winning school from each Borough will then be invited to the County Final.

2. Greater Manchester School Games County Final

This stage of the competition will be organised by the Gymnastics England and will comprise of 10 school teams representing the 10 Boroughs of Greater Manchester.

NB An athlete can only represent their school in one sport at the GM School Games County Final.

STANDARD RULES:

Age Groups

All participants must be from Year 5 &/or Year 6.

Team Composition

Teams must consist of 5 gymnasts max with only 4 scores counting towards the end result. There should be a minimum of two boys or two girls in the team i.e. ratio 3:2. A mixture of the two year groups can be used, or the team can be from all one year group.



Clothing

This is a foundation level competition and as such gymnasts should wear t-shirt and shorts – Leotards should **not** be worn.

Competition Format

During the competition each gymnast will be required to perform 3 disciplines.
(See section 2 of the Key Step Competition Pack)

- **Step 3 - Floor Exercise (Key Stage 2 – Years 5 & 6) – music optional**
- **Step 3 – Vault (Key Stage 2 – Years 5 & 6)**
Option (A) or (B) can be adopted. Gymnasts will therefore have the option to perform with or without a springboard.
- **Step 3 - Body Management (Key Stage 2 – Years 5 & 6)**

Scoring

Each gymnast's performance is marked out of 10 for each routine. Having completed the Floor, Vault and Body Management an overall mark out of 30 will be given.

The top 4 individual scores from the 5 gymnasts competing will count towards the overall team score.

The Overall Top 3 Individual Gymnastic scores will also win the individual competition.

Judging

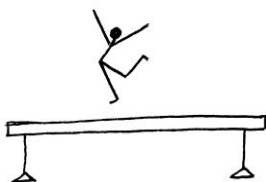
Floor sequence & Body Management sequence

- Each sequence will be judged from 10.00 marks.
- The floor sequence is a 'set' sequence and this means that the gymnasts must perform the movements exactly as the sequence has been written down. No additional skills or movements should be included.
- Each skill in the sequence has a value of 1.0 mark. If a gymnast misses out a skill they will automatically lose 1.0 full mark.
- Marks will be deducted based on the size of the mistake i.e. a small mistake could result in a 0.1 - 0.2 mark penalty, a large mistake could result in up to 0.5 marks being deducted.

Vault

- Vaults will be judged from 10.00 Marks.
- Gymnasts will perform the Vault as laid out in the Step 1 Vault Card.
- Gymnasts may have 2 attempts. The best mark will count.
- Marks will be deducted based on the size of the mistake i.e. a small mistake could result in a 0.1 - 0.2 mark penalty, a large mistake could result in up to 0.5 marks being deducted.

For further information on any of the above, see section 4 of the Key Step Competition Pack.



Fair Play

The ideals of good sportsmanship and respect should permeate throughout all competitive and recreational sport. They are displayed by someone who abides by the rules of a contest, respects their opponents and accepts victory or defeat graciously.

HEALTH & SAFETY:

Before any competition takes place, the following MUST be read and adhered to:

- Long hair must be tied back
- No jewellery should be worn
- All loose clothing must be tucked in.
- No chewing gum/sweets allowed.
- All gymnasts should have warmed up appropriately before each routine.
- First aiders will be on site, however please ensure your pupils bring with them any medical supplies they may need i.e. asthma inhalers.
- All team teachers must ensure their pupils are under adult supervision at all times, even when performing.
- Please ensure that your pupils have been thoroughly briefed with regards to health and safety

Accompanying resources

The Key Step Gymnastics competition resource has been put together by Gymnastics England in response to numerous requests for a competition framework for 'grass-roots' development in Primary schools. Each pack contains the following:

Key Steps resource packs are available from British Gymnastics

<https://secure.british-gymnastics.org/shop/>

DEADLINE FOR ENTRY – FRIDAY 3rd MARCH 2017*

*please note if you enter past this deadline your school will not feature in pre- press material or the lanyard.

NB – PLEASE ENSURE YOU SUBMIT THE NAMES OF ALL CHILDREN WHO WILL BE TAKING PART ON THE ENTRY FORM AND ONLY BRING 5 CHILDREN WITH YOU ON THE DAY

