**Key Steps Gymnastics Competition**

ENTRIES:

* 4 - 6 pupils per team (scoring based on top 4 performers)
* Pupils must not be partaking in club gymnastics for more than 2 hours per week
* Teams must be mixed gender (min one boy/girl per team)

VAULTING:

* Each vault is judged individually out of 10, where two vaults are competed the best score will count.
* A maximum of 40 points (scores for top 4 performers) can be achieved by the team on this apparatus.
* Vaulting is judged in 4 phases: flight on, contact with the apparatus, flight off and landing.

**Vaulting for Key Stage 1**

Bench: (Pupils will be allowed only 1 attempt at this vault)

Two or three step approach towards bench, place hands on bench (not too close to edge) and jump feet onto bench without moving hands. Stand up and walk along on toes to end of bench, stop and place feet together. Straight jump off, swinging arms up to ears then land on floor mat without moving, hold landing shape for 2 seconds and then stand and lift arms up to present.

**OR**

Springboard: (Pupils will be allowed 2 attempts at this vault & and the highest score will count)

Run and take off from one foot to jump onto springboard with two feet, then immediate straight jump off to land on floor mat with two feet, hold landing shape for 2 seconds and then stand and lift arms up to present.

**Floor Routine for Key Stage 1**

* 3 x 2 metres floor area
* No music required
* All 6 team members take part in the floor routine individually and must each perform the set routine.
* The routine is marked out of 10 for each individual and scores are combined for the top 4 performers to give a total out of 40 points.

Key Stage 1 Floor routine:

* Stand arms at sides & lifting arms upwards
* Crouch to supported tuck
* ¾ forward roll to straddle sit
* Teddy bear roll
* Back support
* Rocking on back x3 to stand
* Step turn
* One foot stand
* Stretched jump and landing