**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 Lower Key Stage 2 (Key Step 2 – Years 3 & 4)**

Pupils will be allowed 2 attempts at the vault of their choice from below. The best score will count.

With vaulting box and springboard (Step 2 – Vault ‘A’)

Run and take off from one foot to jump onto springboard with two feet and immediately jump to squat onto vaulting box placed lengthways. Stand, walk to end of apparatus and perform straight or tucked jump to land on floor mat with two feet, hold landing shape for 2 seconds and then stand and lift arms up to present

With vaulting table and no springboard (Step 2 – Vault ‘B’)

Run and take off from one foot to jump onto floor with two feet and immediately jump to squat onto vaulting table placed lengthways. Stand, walk to end of apparatus and perform straight or tucked jump 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 Lower Key Stage 2 (Key Step 2 – Years 3 & 4)**

* 6 x 1 metre floor area
* No music required
* All 6 team members take part in the floor routine individually (one at a time) 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 out of a total of 40 points

Lower Key Stage 2 Floor routine:

* Stand arms at sides & step forward lifting arms upwards
* Forward Roll to stand
* Three travelling steps (these can be skips, steps)
* Arabesque (balance with back leg extended)
* ½ Jump Turn (legs together and straight)
* Backward roll onto knees
* Front support & press up
* Turn through side support to back support
* Roll back to shoulder stand (shoulder stand to be shown, not held), then roll to stand
* Turn and Cartwheel