

GYMNASTICS – ACROBATIC

Quick introduction

A simple competition for pairs where individual and pair activities are demonstrated.

Getting started

- Work in pairs on a matted area of up to 8m x 8m.
- Each person must perform three individual skills: one from each row in the Skills Table (overleaf). The skills can be different but the pair must perform them at the same time.
- Each pair must also perform three pair skills: one from each row of the images opposite.
- Perform all six skills in any order to make a sequence.
- Simple steps and actions should be used to link the skills together.
- Sequences should be performed to a minimum of three judges.

Think tactics

- Try performing positions that you know you can do well in front of a judge. Keep practising more difficult moves.



Organising the activity

- The event will take place in a sports hall or gymnasium.
- A matted area will be required - a minimum of 2m x 4m and a maximum of 8m x 8m.
- A music system may be required if sequences are being performed to music.
- If there is sufficient matting available, more than one performance area can be set up.
- Adaptations can be made to the skills to include as many performers as possible.

Keeping it enjoyable

- Perform the routine to a piece of instrumental music up to 1.30 minutes in length.
- Add dance movements to link skills together.
- Invite friends to watch.

Make it easier

- Support each other by competing in teams.
- Simplify skills where necessary.
- Reduce the number of skills in one routine.
- Minimum of three judges and maximum of six judging each performance.
- Judges will give a score out of a possible 10.
- Each judge will focus on one of the following areas:
 - > completion and technical accuracy of all six skills
 - > good posture and amplitude (really stretching in every movement)
 - > a performance with artistry and style including interesting and varied linking skills and changes in levels.
- All judges will give a score out of a possible 10 and the score from each judge will be added together to give a final score.



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Self-belief: How can you ensure you will always be at your best for your partner?

Skills' table

Forward roll to stand	or	Teddy bear roll	or	Backward roll to knees
Cartwheel	or	Bridge	or	Front support
Star jump	or	Full turn jump	or	Tuck jump

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GYMNASTICS – RHYTHMIC HOOP

Quick introduction

Working in twos, participants produce a sequence using the six basic skills of hoop work. Dance steps, jumps, leaps and balances can be added to the routine.

Getting started

- Work in twos.
- Construct a sequence using all six skills plus one exchange (swap) of apparatus by passing, tossing / throwing, or rolling.
- Perform the six skills plus one exchange in any order.
- Link the skills with dance steps, travelling steps, jumps, turns, or balances.
- Perform as a duo with your partner, in synchronisation, and include changes of direction and level.

Safety

- Make sure you have enough space to perform the skills safely (matting is not essential).
- Arrange hair tidily, long hair should be tied back.
- Sequences should be performed with bare feet.
- No jewellery should be worn.
- Make sure clothing is appropriate, not too tight or too loose.
- Always warm up thoroughly before practising skills and performing.

Think tactics

- Sometimes more simple moves that are beautifully executed will gain more marks.



Organising the activity

- The performances can take place in a sports hall, gymnasium or dance studio.
- Show / perform sequences, one, two, or three pairs at a time.
- No matting is required.
- A music system may be required if sequences are being performed to music.
- Performers can judge each other, or separate judges can observe and assess each pair.
- Adaptations can be made to the skills to include as many performers as possible.

Keeping it enjoyable

- Choose an interesting start and finish pose with your partner.
- Perform the routine to a piece of instrumental music up to one minute in length.
- Choose matching / contrasting colours of apparatus with your partner.
- Add dance movements to link skills together.
- Record the sequence on film.

Make it easier

- Support each other by competing in teams.
- Simplify skills where necessary.
- Reduce the number of skills in one routine.
- Adapt equipment to make it easier to handle.

Officiating

- A minimum of two judges to assess each performance.
- Each judge gives a mark out of 10 and the two judges' scores are added together to give a possible total of 20:
 - > one judge focuses on composition (content) – inclusion of all seven skills – identifiable elements with the apparatus, logical and interesting link moves.
 - > one judge focuses on execution (performance) – good posture, tension and extension confident and safe handling of the apparatus, smooth and flowing performance.



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Respect: Make sure you and your partner thank the judges.

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GYMNASTICS – RHYTHMIC RIBBON

Quick introduction

Working in twos, participants produce a sequence using the six basic skills of ribbon work. Dance steps, jumps and leaps can be added to the routine.

Getting started

- Working in twos, participants produce a sequence using the six basic skills of ribbon work. Dance steps, jumps and leaps can be added to the routine.

Safety

- Make sure you have enough space to perform the skills safely (matting is not essential).
- Arrange hair tidily, long hair should be tied back.
- Sequences should be performed with bare feet.
- No jewellery should be worn.
- Make sure clothing is appropriate, not too tight or too loose.
- Always warm up thoroughly before practising skills and performing.

Think tactics

- Think about the order you do the skills. Some people like leaving the difficult moves until last, others like to do them first when their concentration is highest.



Organising the activity

- The event will take place in a sports hall or gymnasium.
- Show / perform sequences, one, two, or three pairs at a time.
- No matting is required.
- A music system may be required if sequences are being performed to music.
- Performers can judge each other, or separate judges can observe and assess each pair.
- Adaptations can be made to the skills to include as many performers as possible.

Keeping it enjoyable

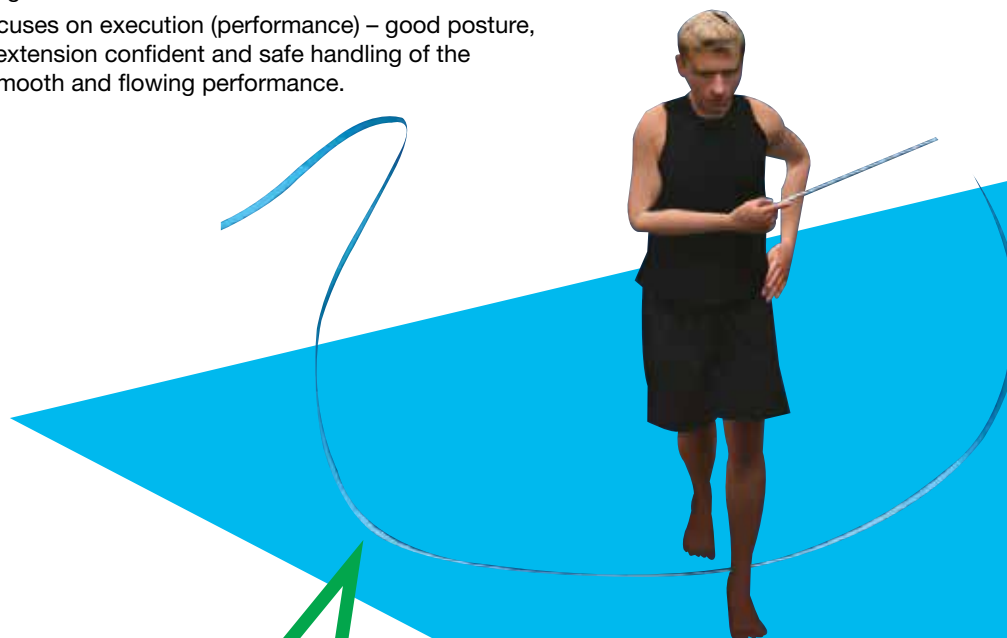
- Choose an interesting start and finish pose with your partner.
- Perform the routine to a piece of instrumental music up to one minute in length.
- Choose matching / contrasting colours of apparatus with your partner.
- Add dance movements to link skills together.
- Record the sequence on film.

Make it easier

- Support each other by competing in teams.
- Simplify skills where necessary.
- Reduce the number of skills in one routine.
- Adapt equipment to make it easier to handle.

Officiating

- A minimum of two judges to assess each performance.
- Each judge gives a mark out of 10 and the two judges' scores are added together to give a possible total of 20:
 - > one judge focuses on composition (content) – inclusion of all seven skills - identifiable elements with the apparatus, logical and interesting link moves.
 - > one judge focuses on execution (performance) – good posture, tension and extension confident and safe handling of the apparatus, smooth and flowing performance.



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Teamwork: How do you ensure you listen carefully to the people in your team?

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GYMNASTICS – SYNCHRONISED TRAMPOLINING

Quick introduction

Young people work in pairs using eight basic skills to produce a synchronised routine.

Getting started

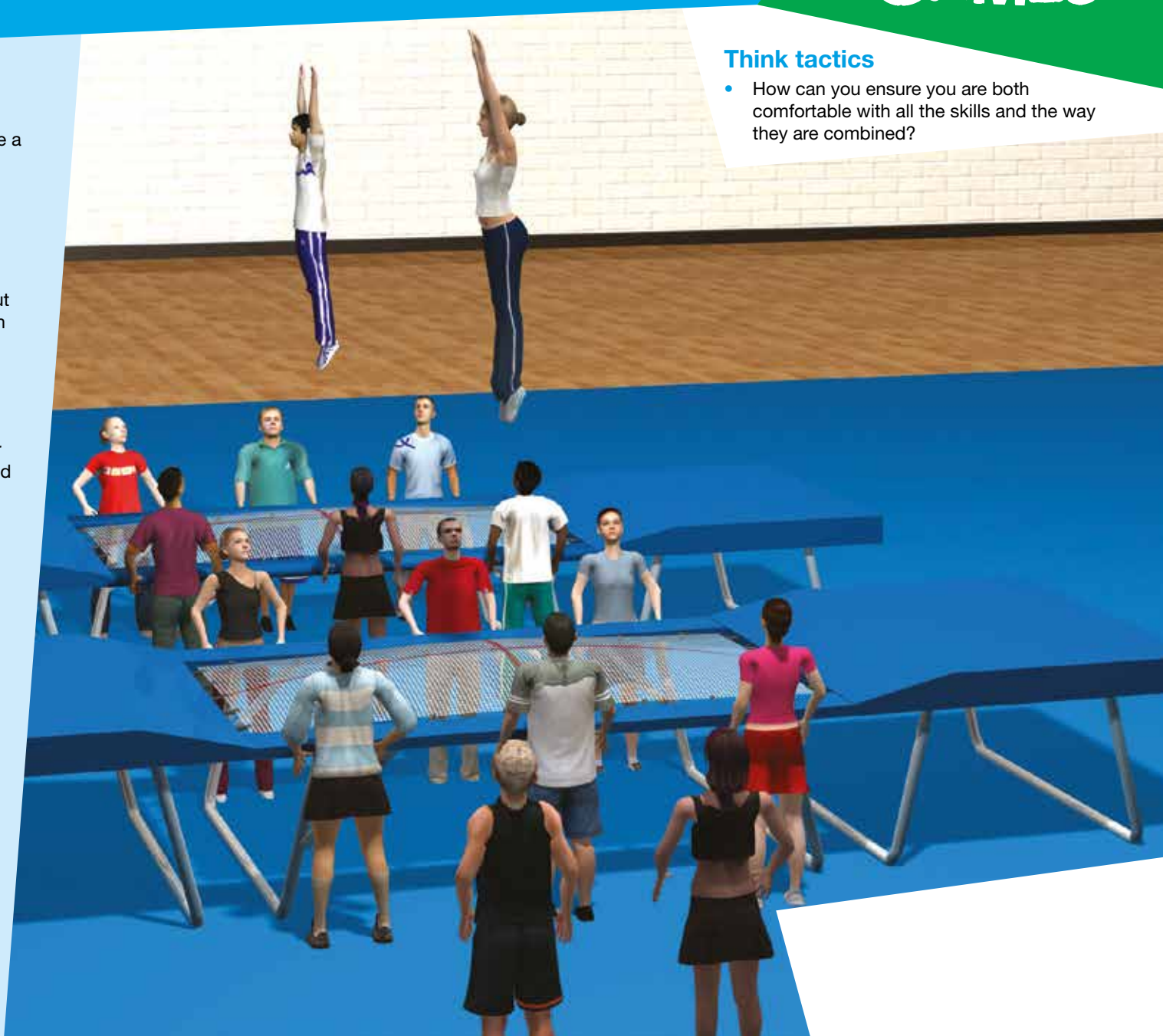
- Work in pairs using two trampolines, one person on each trampoline.
- Start bouncing together, once in synchronisation count out loud for the next three jumps “one, two, three”, then begin to perform the routine in synchronisation.
- Make sure both perform the same skills.
- Both stop as soon as the last skill is performed and stand still for three seconds to show control.
- Each performer should aim to remain on the cross of their own trampoline throughout the routine. Jumping with good posture (standing up straight) will make this easier.
- Perform all eight skills in order with no extra bounces between the skills.
- Sequences should be performed to a minimum of three judges – two to judge the form of the skills and one to judge the synchronisation.

Safety

- Always ensure appropriate spotters and safety matting is used.
- Make sure only one person is on each trampoline at one time.
- Long hair should be tied back.
- Always wear socks or trampoline shoes when jumping on the trampoline.
- No jewellery to be worn.
- Always warm up thoroughly before practising skills and performing.

Think tactics

- How can you ensure you are both comfortable with all the skills and the way they are combined?



Organising the activity

- The event will take place in a sports hall or gymnasium.
- A minimum of two trampolines are required set next to each other.
- Appropriate spotters, end decks and matting should be in place throughout the competition.
- Judges should be positioned at least 5m from the trampolines.
- A warm-up area should be available for competitors.
- Adaptations can be made to the skills to include as many performers as possible.

Keeping it enjoyable

- If more trampolines are available, work in threes or fours.

Make it easier

- Add bounces between skills.
- Simplify skills where necessary.
- Reduce the number of skills in one routine.
- Compete as individuals rather than in pairs (all judges would then judge execution).

Routine

- Shape jump (tuck, pike or straddle).
- Shape jump (tuck, pike or straddle).
- Half twist jump.
- Seat landing to feet.
- Shape jump (tuck, pike or straddle).
- Full twist.
- Straight jump.

Officiating

- A minimum of two judges to assess each performance.
- Each judge gives a mark out of 10 and the two judges' scores are added together to give a possible total of 20:
 - > one judge focuses on composition (content) – inclusion of all seven skills – identifiable elements with the apparatus, logical and interesting link moves.
 - > one judge focuses on execution (performance) – good posture, tension and extension confident and safe handling of the apparatus, smooth and flowing performance.



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Honesty: Make sure you tell your partner if you know how to improve the sequence.

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