

WHY GYMNASTICS?



What are the benefits of playing my sport?

British Gymnastics recently undertook some research to understand what skills and abilities are developed by participating in gymnastics. Results indicate that gymnastics has the ability to develop fundamental skills such as strength, flexibility, balance, problem solving, decision making, leadership and teamwork, which gives participants the ability to transition easily into other sports.



TOP Tip!

Best practice example:

Students from Tettenhall Wood Special School in Wolverhampton have benefitted from bespoke gymnastics sessions within their school, culminating in a GymChallenge event, where the key message was to have fun, engage in gymnastics and celebrate all abilities. The children developed their competence and teamwork through the event.

This activity engaged 96 disabled children who took part in gymnastics for the very first time.

<https://youtu.be/g5P1a89qNNI>



Spirit of the Games: Excellence through competition.

How does your sport exemplify these values?



Individual performances and team challenges encourage young people to be expressive and passionate about their performance.



Individual performances can always be included as part of a team performance in both Key Step and GymChallenge. The importance of each individual's unique contribution makes Gymnastics a very special team sport.



The judging criteria used in Key Step and assessment criteria in GymChallenge make it easy for young people to respect the judge's or station leader's decision and celebrate the attainment of fellow participants.



Routines and challenges are practised and improved; gymnasts are required to be honest about their progress and the level to which they will compete at. Both Key Step and GymChallenge provide a great environment to be honest about performance and to support others.



As an individual sport, performances always require self-belief, as gymnasts can challenge themselves to do better at any time. As the participants gain skills and knowledge their confidence and self-belief grows.



All routines and challenges require great determination from young people both in practice and performance.

Priority competitions:

Name of the competition: Key Step

Age group: years 1-6. Each competition can be run to meet the needs of the school and the timings available to run the competition. Mixed teams of up to six are recommended.

What level/location: Key Step can take place in any indoor venue, sports hall, school hall or gymnastics club locally.

Who can run it? SGOs, Schools and Community Clubs can all run and support the running of Key Step events using the competition pack. The information and work cards within the pack provide pictures and explanations of the competition at each level and advice on the equipment needed to run the event. British Gymnastics (BG) staff can offer advice on the format and the set-up of the events on request.

How to enter it: Entries are direct to the event organiser who will be made known to the schools involved in the local area prior to the event.

When does it take place? Predominantly Competition at Inter-school (Level 2) takes place in the Spring term.

Next steps after this competition: Once the levels within Key Step have been achieved, competition progression is available through Level 5 & 6 TeamGym competition format, within a community club environment or British Schools Gymnastics Association competitions.

Name of the competition: GymChallenge

Age group: Secondary – school years 7-11 Inclusive to all. Mixed Gender teams are recommended with a maximum of 10 participants per team.

What level/location: GymChallenge can take place in any indoor venue, sports hall, school hall or gymnastics club locally.

Who can run it? GymChallenge can be run by a School Games Officer, teacher or community gymnastics club using the competition pack. The information and work cards within the pack provide pictures and explanations of the competition at each level and advice on the equipment needed to run the event. BG staff can offer advice on the format and the set-up of the events on request.

How to enter it: Entries are direct to the event organiser who will be made known to the schools involved in the local area prior to the event.

When does it take place? GymChallenge can be planned at any time through the year, little equipment is needed which means that it can either be run inside in a sports/school hall or outside on a playing field.

Next steps after this competition: GymChallenge gives the opportunity for schools to enter teams and compete against other schools. It can also create the opportunity for a qualification competition where teams could advance through to a final or to compete at a more advanced level. This set-up would be agreed and delivered locally.

Relevant web links

www.british-gymnastics.org/clubs/schools/competitions

Embracing the School Games Vision

Development Competitions provide an opportunity to engage all young people. Utilising the NGB format, consider:

- Identifying targeted participant groups (i.e. gender, physical activity levels, impairment groups).
- Using the STEP principles to condition activities.
- Consider how to reward success – what does it look like?

Relevant web links

www.british-gymnastics.org/clubs/schools/competitions

Signposted competitions:

- **Name of the competition:** Level 5 and 6 TeamGym.
- **Age group:** Secondary school years 7–11.
Each competition can be run to meet the needs of the school and the timings available to run the competition. Mixed teams of up to 6 are recommended.
- **What level/location:** Level 5 and 6 TeamGym can take place in a sports hall, school hall or gymnastics club locally, providing the relevant equipment is available.
- **Who can run it?** SGOs, schools and community clubs can all run and support the delivery of Level 5 and 6 TeamGym events using the competition rules and guidance available through BG. BG have created a Discover TeamGym workshop to support the delivery of both the activity and competition format.
- **How to enter it:** Entries are direct to the event organiser who will be made known to the schools involved in the local area prior to the event.
- **When does it take place?** Predominantly competition at Inter School Competition (Level 2) takes place in the spring term.
- **Next steps after this competition:** The priority signposted competition would be through the community club structure and existing competition routes in each discipline.

To find your local club, click here: www.british-gymnastics.org/discover/

The British Schools Gymnastics Association also provides a pathway following on from Key Step for those performers wishing to stay on the school competition pathway. Details of BSGA can be found at: www.bsga.org/

Young leader/Officials courses/ qualifications available

- British Gymnastics has a comprehensive offer for Young Leaders starting at the age of 11. MY Leadership Academy is a gymnastics specific programme which encourages and supports young people to volunteer in many different areas of the sport.

Running alongside MY Leadership Academy are four 'Intro to...' courses which give young people an introduction to: Volunteering, Judging, Coaching and Running Events. Young Leaders can support the judging or scoring at Key Step competitions, be station Leaders at GymChallenge events or set up and run the events as a team.

BG has also developed a Discover GymChallenge workshop to support young leaders, SGOs and event officials in delivering GymChallenge.

Where do young people go next? (from School to Club/Community)

- We recommend signposting your pupils to a local club or leisure centre to continue their participation in gymnastics. Pupils can participate for fun or to progress through our National Development Plans. Teachers should encourage pupils to use our **Discover Gymnastics tool** to find the perfect activity and club or leisure centre for them. We recommend TeamGym as a fun, social activity to develop pupils' skills further and get involved in inter-club competitions.

www.british-gymnastics.org/discover/teamgym

A number of students in Worthing, West Sussex have now joined their local gymnastics club either as a gymnast or a young leader after participating in a Inter School Competition (Level 2) GymChallenge competition at the venue.

Competition card 1

Primary or Secondary:

Primary

Name of competition:

Key Step Gymnastics

Age Group:

Year 1 - Year 6 (age 5–11)

School Games is for Year 3 and above

How to enter:

Local competition organisers will set the entry criteria

Tournament format:

Central venue

Simple rules:

The participants compete in three areas:

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

Music is optional at County Final - Inter School Competition (Level 3).

- **Vault:** Skills are performed travelling on and off a bench Intra School Competition (Level 1) or box top Inter

School Competition (Level 2) County Final - Inter School Competition (Level 3), at Inter School Competition (Level 2) County Final - Inter School Competition (Level 3) vault can be taught with or without springboard.

- **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.

There are three levels of routines within each discipline (floor, vault and body management). Key Step 1 is aimed at complete beginners.

Each subsequent level involves progressively more advanced skills. The age-related advice below should be considered as a loose guidance. Pupils should progress through the levels according to their ability; newcomers to gymnastics should start at Key Step 1.

- **Key Step 1:** Key Stage 1 (National Curriculum Years 1 and 2)
- **Key Step 2:** Lower Key Stage 2 (National Curriculum Years 3 and 4)
- **Key Step 3:** Upper Key Stage 2 (National Curriculum Years 5 and 6)

Relevant web links

www.british-gymnastics.org/clubs/schools/competitions

Key Step Competition packs can be purchased from

www.british-gymnastics.org/shop/product-category/awards-resources/key-steps/

or downloaded free of charge by signing up to the BG Partner Schools Offer:

www.british-gymnastics.org/clubs/schools/schools-gymnastics

Roles for young people:

- Organiser
- Marketing/publicity
- Team Attaché
- Judges
- Music Steward
- Scorers
- Photographer
- You can also train young leaders to judge Key Step competitions by requesting a Key Step Judging Toolkit. Email participation@british-gymnastics.org to request a free toolkit.

How can depth in competition through extra teams be achieved?

- There is no limit to the amount of participants that can take part in a Key Step competition. The timetabling and planning is dictated by the number of entries.

The route from here to County Final - Inter School Competition (Level 3)

Gymnasts can progress to County Final - Inter School Competition (Level 3) either through qualification or through selection. The County Final - Inter School Competition (Level 3) competition is comprised of the same sequences and Steps as at Inter School Competition (Level 2).

How can regularity be achieved?

- The regularity of competition will take place in the build up to the event. The sequences should be practised in full in preparation for competition. Participants can evaluate and feedback on others' performances.

Think inclusively!

- The Key Step competition is fully inclusive and all the skills can be adapted to suit the needs of the individual performer. Examples of adaptations are included in the Key Step Inclusion online information which can be found on the British Gymnastics website: www.british-gymnastics.org

Competition card 2

Primary or Secondary: Secondary

Name of competition: GymChallenge

Age Group: School years 7-11 (age 11-16)

How to enter: The SGO or event coordinator will send out entry forms prior to the event.

Tournament format: The event can be run in a sports/ school hall inside or outside using minimal equipment.

Think inclusively!

- The GymChallenge event is fully inclusive and the skills can be adapted to suit the needs of the individual. There are three levels in the challenge event that performers can choose to suit their own ability. The station leaders will be responsible for adapting the challenge for certain individuals. Cards within the downloadable pack contain inclusive adaptations to support delivery.

Simple rules:

Should include up to 10 Challenges which are set up in a circuit.

- Teams are made up of 5-10 participants (only top 5 scores count in the scoring system) of mixed gender.
- Each competitor can choose a level of difficulty that suits their ability. There are three to choose from.
- Once all participants in the team have completed the challenge they rotate to the next.
- Participants must inform their station leader which level of difficulty they are attempting before they start the challenge.
- Station leaders will award points for number of repetitions and level of difficulty.
- Each team will have a score card per station where they must record all their scores.
- After each challenge, the score card must be handed to the recording desk.
- After all teams have completed all the challenges the scores will be added up and the team with the highest total will be crowned the 'GymChallenge Champion'.
- Individual scores can also be calculated and everyone will be awarded a certificate for taking part which reflects their level of attainment.
- Use the attainment chart to see which level of certificate will be awarded.

Relevant web links

GymChallenge: www.british-gymnastics.org/clubs/gymnastics-for-all-activities/gymchallenge

GymShop: www.british-gymnastics.org/shop/product/gymnastics-for-all/gymchallenge-resource-pack/

www.british-gymnastics.org/clubs/schools/competitions

Roles for young people:

- GymChallenge is great to get young leaders involved. Young leaders can be 'station leaders' making sure that all participants are performing the correct skill on the challenge cards, they will be responsible for demonstrating the challenge and awarding the points.
- Please make sure that each young leader has been shown how their challenge card and scoring card works before the event. No other training is necessary however the
- 'Intro to...' series of courses is a perfect starting point for all gymnastic young leaders.
- Arrange for young leaders to arrive before the event for a 'young leaders briefing' to ensure that they are supported and have a positive experience when volunteering.

How can depth in competition through extra teams be achieved?

- There is no limit on how many teams can enter the event; remembering that only the top five scores will be counted out of a possible 10 competitors per team.
- Challenges are not technical based, therefore do not require any previous training. With up to 10 challenges taking place at the same time, there is less focus on individual attainments and more on team camaraderie. Anyone can have a go and be part of the team.

The route from here to County Final – Inter School Competition (Level 3)

- GymChallenge gives the opportunity for schools to enter teams to compete against other schools. It can also create the opportunity for a qualification competition where teams could advance through to a final or to compete at a more advanced level. This set-up would be agreed and delivered locally.

How can regularity be achieved?

- GymChallenge can be set up to run two to three times a year with competitors trying to beat their previous score from the last time they entered. There are 20 challenges within the pack and the challenges can be changed or rotated at each event encouraging variety and reducing repetition.