



#CANDPVIRTUALGAMES

# GYMNASTICS

Welcome to the Cambridgeshire and Peterborough Virtual School Games hosted by Living Sport and the Cambridgeshire and Peterborough School Games Organisers.

## WHO IS IT FOR?

All children in Key Stages 1 and 2

There are 3 age group categories: KS1; Year 3/4; Year 5/6

## WHEN

Deadline for entries is 26<sup>th</sup> March 2021

## FORMAT

In groups of 4-6, pupils are to plan and perform a floor routine made up of a range of compulsory and optional skills

All skills are aimed to be inclusive and can be differentiated according to ability

The routine needs to be around 1 minute long to a piece of music of your choice

## THEME

The focus of this event is passion and teamwork



### PASSION

- Being positive and enjoying the activity
- Trying my best
- Keep trying if I don't get it right



### TEAMWORK

- Working with my team, not being selfish
- Letting everyone have a go, sharing the equipment and giving everyone a chance
- Showing team spirit – encouraging my team mates and saying well done

## HOW TO ENTER

Routines can be devised in PE lessons or extra-curricular clubs

Choose 1 entry per age category and send a video to your SGO

## RESOURCES

Written instructions and diagrams for the compulsory skills for each age group can be found on the attached sheets along with suggestions for optional skills and linking movements as well as the judging criteria that routines will be marked against





# GYMNASTICS KS1

Your routine should consist of 3 compulsory skills, 3 optional skills and some linking movements to join the skills together.

## 1. Compulsory Skills



Broad Jump



Tucked Dish



Back Support

## 2. Optional Skills

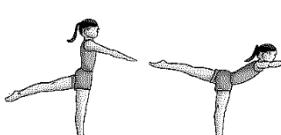
Optional skills might include:

**Rolls** for example log, egg, forward, teddy bear

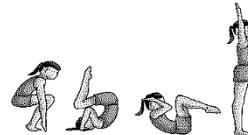
**Balances** for example shoulder stand, arabesque, V sit, front support, side support



Teddy Bear Roll



Arabesque



Forward Roll



Shoulder Stand

## 3. Linking Movements

Linking movements might include:

**side stepping, bunny hops, skipping, sliding, jumping**

## Judging Criteria

Your Sports Partnership will be judging the routines against the following criteria:

Performance of skills (10 marks)

Variation in speed, direction, formation, level (10 marks)

Demonstration of flair, elegance, rhythm (10 marks)

Use of floor area (10 marks)

Total 40 marks

# GYMNASTICS YEAR 3/4

Your routine should consist of 4 compulsory skills, 4 optional skills and some linking movements to join the skills together.

## 1. Compulsory Skills



Broad Jump



Tucked Dish



Back Support



Half/full turn

## 2. Optional Skills

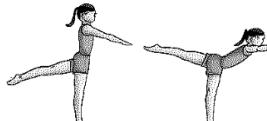
Optional skills might include:

**Rolls** for example log, egg, forward, backward, teddy bear, cartwheel

**Balances** for example shoulder stand, arabesque, V sit, headstand, bridge, front support, side support



Teddy Bear Roll



Arabesque



Forward Roll



Shoulder Stand

## 3. Linking Movements

Linking movements might include:

**Side stepping, bunny hops, skipping or sliding**

### Judging Criteria

Your Sports Partnership will be judging the routines against the following criteria:

Performance of skills (10 marks)

Variation in speed, direction, formation, level (10 marks)

Demonstration of flair, elegance, rhythm (10 marks)

Use of floor area (10 marks)

Total 40 marks

# GYMNASTICS YEAR 5/6

Your routine should consist of 5 compulsory skills, 5 optional skills and some linking movements to join the skills together.

## 1. Compulsory Skills



Broad Jump



Tucked Dish



Back Support



Half/full turn



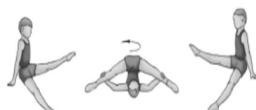
Arch

## 2. Optional Skills

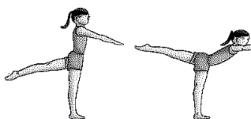
Optional skills might include:

**Rolls** for example log, egg, forward, backward, teddy bear, cartwheel

**Balances** for example shoulder stand, arabesque, V sit, headstand, bridge, front support, side support



Teddy Bear Roll



Arabesque



Forward Roll



Shoulder Stand

## 3. Linking Movements

Linking movements might include:

**Side stepping, bunny hops, skipping or sliding**

## Judging Criteria

Your Sports Partnership will be judging the routines against the following criteria:

Performance of skills (10 marks)

Variation in speed, direction, formation, level (10 marks)

Demonstration of flair, elegance, rhythm (10 marks)

Use of floor area (10 marks)

Total 40 marks