

Improving our sport...



British Gymnastics Key Step Support Pack LONDON



*Key Step
Gymnastics*

In association with



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British Gymnastics offers the Key Step gymnastics programme. It was developed under the Gymnastics England banner designed to support the Government's vision to ensure high quality competition in schools within the National Schools competition Framework.






Key Steps provides a progressive and standardised competition structure in basic movement and agility suitable for children from Key Stage 1 upwards and building on the skills and abilities learned in the British Gymnastics Proficiency awards.

The programme can be delivered through individual schools, District Associations, County Associations, School Sports Partnerships. It can also be used within gymnastics club and leisure centre recreational classes. It is an ideal starting point for schools wishing to compete in the British Schools Gymnastics Association (BSGA) competitions.




The pathway of Keysteps is as follows;

-  1st Step Competition = Key Stage 1 (Years 1 and 2)
-  2nd Step Competition = Lower Key Stage 2 (Years 3 and 4)
-  3rd Step Competition = Upper Key Stage 2 (Years 5 and 6)


Rules

-  There are three core disciplines to be carried out by each competitor. These are **Floor**, **Vault** and **Body Management**
-  Participants should have no prior Gymnastics experience apart from Key Steps or basic recreation experience
-  Floor exercise in the 3rd Key Step has a musical option if required
-  If a pupil gains an advanced badge at any level they must move up at least one level in subsequent years if the competition involves the same discipline
-  Pupils must not compete in any more than one team on the same day


Awards


-  Cloth badges for individuals are available (as an option) at 3 levels = Foundation (one star), Intermediate (2 Star) and Advanced (3 Star) for each competition
-  Certificates for individuals are available for each competition level in each discipline (See template design in this pack)
-  A Trophy/Shield for the winning school team in each competition at the discretion of the Competition Organiser will be awarded


Safety

 Before attempting any of the routines pupils should have been taught the various skills in a safe and progressive way. Equipment also needs to be appropriate to the age and ability of the Gymnast

Scoring

 Each pupil's performance is marked out of 10 for each discipline with the exception of one vault in Key Step 3. An event including floor, vault and body management will have a maximum of 30 marks

 The top 5 scores from any school in each discipline will count towards any team's result

 Use the chart below to set the boundaries for awarding 1, 2 or 3 star badges to individuals

LEVEL	SCORE (3 Disciplines)
Foundation (One Star)	Below 21
Intermediate (Two Stars)	Between 21 and 25.5
Advanced (Three Stars)	Above 25.5
Total Marks	30

Consistency and coherence between schools and partnerships will make it easier to organise events that lead to each pro-active final and then onto the Youth Mini Games (If agreed by the Borough Team Organiser). Content of the routines should only be changed if adapting for gymnasts with a disability.

Variables include;

- Different numbers in a team and different numbers of teams
- Changing the number counting towards the team score
- Different age groups and mixes of Male/Female
- Mixed age doing the same competition.
- Competitions for just 1 age group
- Just individual events
- Not competition in all 3 disciplines, but a selection/choice



The British Gymnastics regional development team within London can support you in training and developing your leaders and volunteers for such event (See contacts on page 12)

Judging

To judge at KeyStep events you will need a group of judges qualified with the BG Floor and Vault Introductory Judging Award. (Numbers dependant on the number of stations that you decide to have at your event e.g. 1 Floor and 2 Vault, 2 Floor and 1 Vault etc..)

The development team can provide free tutoring for this Introductory Judging course in each London Borough (One course per Borough with a venue being supplied by the Borough).

British Gymnastics in London will also part subsidise the resources, see below;

- The first 28 resource packs in each Pro-Active can be provided on a buy one get one free basis i.e. £7.50 per head
- Any additional resources can be provided at a price of £15.00 per head.

Event Officiating

If additional training for young leaders is required, then the development team can also deliver the British Gymnastics Event Officiating award. This award will provide people with the opportunity to learn the various roles involved with running events. For this course the following will be required;

- Venue
- Resources (£15p.p)
- Tutor (Free through British Gymnastics)

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Template Judging Cards



*Key Step
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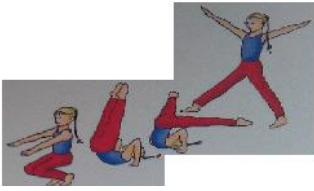







Elements of routine:		Deductions	√	Comments:
1	Standing 	0.1		• Toes not pointed
		>0.2		• Arms not fully stretched
		>0.3		• Poor body posture
		0.5		• Falling over or looking for advice from coach
2	Crouch to support tuck, 3/4 forward roll 	0.1		• Toes not pointed • Legs slightly apart
		0.2		• Legs wide apart • Top of head touching floor • Forward roll on head
		0.3		• Open tuck shape • Pushing off the floor with hand at end of roll
		0.5		• Unable to stand up at the end • A fall
3	Teddy bear roll 	0.1		• Toes not pointed
		0.2		• No right angle in the knee during travel
		>0.3		• Poor stability in travelling
		0.5		• Falling over
4	Back Support 	0.1		• Toes not pointed
		0.2		• Legs not straight
		>0.3		• Lack of stability, no dish shape from foot to head
		0.5		• Unable to stand up at the end • A fall
5	Rolling on back 	0.1		• Toes not pointed
		0.2		• Legs slightly apart
		>0.3		• Legs wide apart • Poor stability
		0.5		•
6	Step turn 	0.1		• Toes not pointed • Legs slightly apart
		0.2		• Lack of stability and posture
		>0.3		• Legs wide apart
		0.5		• Falling over
7	One foot stand 	0.1		• Legs slightly apart
		0.2		• Legs wide apart
		>0.3		• Body not in line from head to heels
		0.5		•
8	Stretch jump and landing 	0.1		• Toes not pointed • Legs slightly apart
		0.2		• Legs wide apart
		>0.3		• Poor posture and dropped hips
		0.5		• Fall

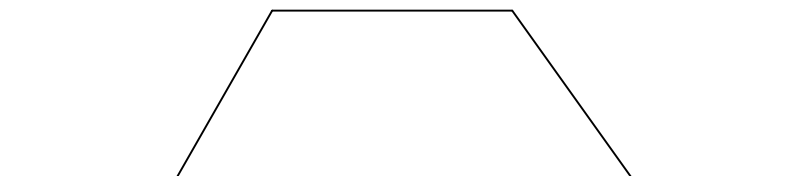
Other deductions:

Elements of routine:		Deductions	√	Comments:	
1	Starting position and step forward		0.1		<ul style="list-style-type: none"> Toes not pointed
			>0.2		<ul style="list-style-type: none"> Arms not fully stretched
			>0.3		<ul style="list-style-type: none"> Poor body posture
			0.5		<ul style="list-style-type: none"> Falling over or looking for advice from coach
2	Forward roll		0.1		<ul style="list-style-type: none"> Toes not pointed Legs slightly apart
			0.2		<ul style="list-style-type: none"> Legs wide apart Top of head touching floor
			0.3		<ul style="list-style-type: none"> Open tuck shape Pushing off the floor with hand at end of roll Roll on head or neck instead of shoulders
			>0.3		
			0.5		<ul style="list-style-type: none"> Unable to stand up at the end A fall
3	x3 Travelling steps		0.1		<ul style="list-style-type: none"> Toes not pointed
			0.2		<ul style="list-style-type: none"> No right angle in the knee during travel (If travelling as pictured)
			>0.3		<ul style="list-style-type: none"> Poor stability in travelling
			0.5		<ul style="list-style-type: none"> Falling over
4	Arabesque		0.1		<ul style="list-style-type: none"> Toes not pointed
			0.2		<ul style="list-style-type: none"> Legs not straight
			>0.3		<ul style="list-style-type: none"> Lack of stability, no dish shape from foot to head
			0.5		<ul style="list-style-type: none"> Unable to stand up at the end A fall
5	1/2 Jump turn		0.1		<ul style="list-style-type: none"> Toes not pointed
			0.2		<ul style="list-style-type: none"> Legs slightly apart
			>0.3		<ul style="list-style-type: none"> Legs wide apart Poor stability
			0.5		<ul style="list-style-type: none">
6	Backward roll onto knees		0.1		<ul style="list-style-type: none"> Toes not pointed Legs slightly apart
			0.2		<ul style="list-style-type: none"> Lack of stability and posture
			>0.3		<ul style="list-style-type: none"> Legs wide apart
			0.5		<ul style="list-style-type: none"> Falling over
7	Front Support and press up		0.1		<ul style="list-style-type: none"> Legs slightly apart
			0.2		<ul style="list-style-type: none"> Legs wide apart
			>0.3		<ul style="list-style-type: none"> Body not in line from head to heels
			0.5		<ul style="list-style-type: none">
8	Turn through side support to back support		0.1		<ul style="list-style-type: none"> Toes not pointed Legs slightly apart
			0.2		<ul style="list-style-type: none"> Legs wide apart
			>0.3		<ul style="list-style-type: none"> Poor posture and dropped hips
			0.5		<ul style="list-style-type: none"> Collapse and miss side support
9	Shoulder stand Roll to stand		0.1		<ul style="list-style-type: none"> Toes not pointed Legs slightly apart
			0.2		<ul style="list-style-type: none"> Legs wide apart
			>0.3		<ul style="list-style-type: none"> Poor posture, no straight line from shoulders to toes
			0.5		<ul style="list-style-type: none"> Fall over
10	Pivot & Cartwheel		0.1		<ul style="list-style-type: none"> Toes not pointed
			0.2		<ul style="list-style-type: none"> Legs bent
			>0.3		<ul style="list-style-type: none"> Lack of stability and posture throughout
			0.5		<ul style="list-style-type: none"> Fall over
Other deductions:					

Key Steps 3 - Floor Routine - Judging Card

- Perform 6 skills ONLY in any order. You can link skills by performing spins and jumps etc..

Elements of routine:		Deductions	√	Comments:
1	Round off 	0.1		<ul style="list-style-type: none"> Toes not pointed Hands and/or arms not straight
		0.2		<ul style="list-style-type: none"> Legs not straight Legs apart
		>0.3		<ul style="list-style-type: none"> Poor stability Poor landing No 'flick' or dynamic movement
		0.5		<ul style="list-style-type: none"> Fall
2	Side scale towards 'Y' balance 	0.1		<ul style="list-style-type: none"> Toes not pointed Hands/arms not straight
		0.2		<ul style="list-style-type: none"> Lack of stability Leg not out at correct angle
		>0.3		<ul style="list-style-type: none"> Leaning to one side
		0.5		<ul style="list-style-type: none"> Fall over
3	Backward roll straddle 	0.1		<ul style="list-style-type: none"> Toes not pointed Arms not straight and pointed
		0.2		<ul style="list-style-type: none"> Legs apart at start and through backroll
		>0.3		<ul style="list-style-type: none"> Lack of stability throughout Poor straddle position
		0.5		<ul style="list-style-type: none"> Fall over into the straddle
4 <u>Or</u>	Full jump Turn 	0.1		<ul style="list-style-type: none"> Toes not pointed
		0.2		<ul style="list-style-type: none"> Legs slightly apart No full twist
		>0.3		<ul style="list-style-type: none"> Legs wide apart Poor stability
		0.5		<ul style="list-style-type: none"> Toes not pointed
4	½ Jump turn 	0.1		<ul style="list-style-type: none"> Toes not pointed
		0.2		<ul style="list-style-type: none"> Legs slightly apart
		>0.3		<ul style="list-style-type: none"> Legs wide apart Poor stability
		0.5		<ul style="list-style-type: none"> Fall
5 <u>Or</u>	2 cartwheels consecutively 	0.1		<ul style="list-style-type: none"> Toes not pointed
		0.2		<ul style="list-style-type: none"> Legs bent
		>0.3		<ul style="list-style-type: none"> Lack of stability and posture throughout Poor line of travel Sideways travel instead of over top travel
		0.5		<ul style="list-style-type: none"> Fall over
5	Handstand Forward Roll 	0.1		<ul style="list-style-type: none"> Toes not pointed
		0.2		<ul style="list-style-type: none"> Poor stability in the handstand
		>0.3		<ul style="list-style-type: none"> Forward roll onto neck/head instead of shoulders.
		0.5		<ul style="list-style-type: none"> No handstand completed
6 <u>Or</u>	Bridge 	0.1		<ul style="list-style-type: none"> Toes not pointed
		0.2		<ul style="list-style-type: none"> Arms not fully extended Hips too low and not forward enough
		>.0.3		<ul style="list-style-type: none"> Legs apart Legs not fully extended
		0.5		<ul style="list-style-type: none"> Fall over
6 <u>Or</u>	Splits 	0.1		<ul style="list-style-type: none"> Toes and/or hands and arms not pointed
		0.2		<ul style="list-style-type: none"> Poor body posture
		>0.5		<ul style="list-style-type: none"> Splits not achieved
6	½ Lever 	0.1		<ul style="list-style-type: none"> Toes not pointed Legs slightly apart
		0.2		<ul style="list-style-type: none"> Legs wide apart
		>0.3		<ul style="list-style-type: none"> Poor posture and dropped hips Bent Arms and/or legs
		0.5		<ul style="list-style-type: none"> No ground clearance



Marked out of
10
Total Deductions
Total Mark



Marked out of
10
Total Deductions
Total Mark



Marked out of
10
Total Deductions
Total Mark

Timetable for *****

{Date}

Rotation Times

Main Warm- 10:00-10:10
 Rotation 1- 10:10-10:15
 Rotation 2- 10:15-10:35
 Rotation 3- 10:35-10:40
 Rotation 4- 10:40-11:00
 Rotation 5- 11:00-11:05
 Rotation 6- 11:05-11:25

	Rotation 1	Rotation 2	Rotation 3	Rotation 4	Rotation 5	Rotation 6
Team 1 & 2	Vault - Practice	Vault- compete	Floor- Practice	Floor- compete	Body Management- Practice	Body Management- Compete
Team 3 & 4	Vault- compete	Floor- Practice	Floor- compete	Body Management- Practice	Body Management- Compete	Vault - Practice
Team 5 & 6	Floor- Practice	Floor- compete	Body Management- Practice	Body Management- Compete	Vault - Practice	Vault Compete
Team 7 & 8	Floor- compete	Body Management- Practice	Body Management- Compete	Vault - Practice	Vault Compete	Floor- Practice
Team 9&10	Body Management- Practice	Body Management- Compete	Vault - Practice	Vault- compete	Floor- Practice	Floor- compete
Team 11&12	Body Management- Compete	Vault - Practice	Vault- compete	Floor- Practice	Floor- compete	Body Management- Practice

Please note where gymnasts will be starting with competing on an apparatus a three-minute warm up will be given before they are asked to compete.

Key Step Gymnastics - Example Schedules

Example 1: 6 teams of 10 children (top 6 scores to count for team score)
 Organisation: Need min 3 judges (if competition) and 1 event organizer

School Sport Partnership Key Steps Level 2 Festival		
Times	What teams	Where to
Teams arrive 1pm	All teams	Large floor area
Warm up 1-10pm	All teams	Large floor area
Rotation 1: 1.10-1.30pm	Team 1	Floor
	Team 2	General warm up/practice
	Team 3	Vault
	Team 4	General warm up/practice
	Team 5	Body Management
	Team 6	General warm up/practice
Rotation 2: 1.30-1.50pm	Team 1	General warm up/practice
	Team 2	Vault
	Team 3	General warm up/practice
	Team 4	Body Management
	Team 5	General warm up/practice
	Team 6	Floor
Rotation 3: 1.50-2.10pm	Team 1	Vault
	Team 2	General warm up/practice
	Team 3	Body Management
	Team 4	General warm up/practice
	Team 5	Floor
	Team 6	General warm up/practice
Rotation 4: 2.10-2.30pm	Team 1	General warm up/practice
	Team 2	Body Management
	Team 3	General warm up/practice
	Team 4	Floor
	Team 5	General warm up/practice
	Team 6	Vault
Rotation 5: 2.30-2.50pm	Team 1	Body Management
	Team 2	General warm up/practice
	Team 3	Floor
	Team 4	General warm up/practice
	Team 5	Vault
	Team 6	General warm up/practice
Rotation 6: 2.50-3.10pm	Team 1	Rest
	Team 2	Floor
	Team 3	Rest
	Team 4	Vault
	Team 5	Rest
	Team 6	Body Management
Play/apparatus time 3.10-3.25	All Teams	Whole gym
Overall results calculation	Event organiser/judges	Presentation desk
Presentation 3.25-3.30	All Teams	Large Floor area



Further resources and support



There is a vast array of support and resources available for you to successfully run or continue running the Key Steps events.

The British Gymnastics London team can support you with running the event on the day (Dependant on resources available) and are available to be called on for advice, information or support where required.

For London Boroughs North of the Thames;

Tim Howells

Tim.howells@british-gymnastics.org

07584515030

For London Boroughs South of the Thames;

Claire Ongley

Claire.Ongley@british-gymnastics.org

07584515027

The coveted British Gymnastics Key Steps Resource pack can be ordered through your regional officer for a price of £17.50*.

This resource will provide you with all the logistical support, advice and detailed information in running a Key Steps competition. From Practical resource cards and DVD right through to facility set up and event management information. The cards will include coaching points and the breakdown of gymnastics skills that need to be taught.

This vital resource will provide you with the A to Z of Key Step Gymnastics.

*Correct at time of print



Registered Office: Ford Hall, Lilleshall National Sports Centre, Newport, Shropshire TF10 9NB.
Tel: 0845 1297129 Fax: 0845 1249089
Email: information@british-gymnastics.org Website: www.british-gymnastics.org

Dear School,

KeySteps is a grassroots competition designed to provide competition opportunities to introduce new members and cater for existing recreational gymnasts.

As you are probably well aware the ability level of gymnasts competing in the Key Steps competitions has always been of some controversy. The rules to the events have always stated that a gymnast can only enter and participate if they are a basic grass routes gymnast training on a recreational basis only, whether in school or a BG registered club. If the latter then they should have no more than Bronze membership, as, should they have Silver or Gold, this means they are at the level to compete on a regional (or higher) basis and therefore not be eligible to compete.

It has always been left to the schools and teacher's honesty and knowledge of the gymnasts that they are taking and enter them into a competition that is suitable to their age and ability. However in some instances, whether on purpose or by accident schools have entered Gymnasts that train and compete on a regular basis above grass routes (i.e. Training above 3hrs a week and competing in regulated competition)

As such for this years' Proactive finals we will be implementing random spot-checks on gymnasts. These checks will be to verify the gymnasts' current BG status. If the gymnast has no BG membership or Bronze membership training recreationally only (Under 3hrs per week) then they will be allowed to continue with the competition. If the gymnast has Silver or Gold Membership, whether current or lapsed, or trains more than 3hrs a week then their score will be removed from the system and that gymnast will score zero. This is in order to make the competition as fair as possible to all and we hope that you will understand this decision.

We therefore advise you to check on your gymnasts' status **before** the competition to avoid any scores being removed on the day of competition. If you or the gymnast is unsure of what membership they have it can be found out in one of 2 ways;

- 1) If based in North London, contact Tim Howells at tim.howells@british-gymnastics.org or 07584515030
- Or
- 2) If based in South London, contact Claire Ongley at Claire.Ongley@british-gymnastics.org or 07584515027

We look forward to seeing and welcoming you at the event.

Kind Regards

British Gymnastics Development Team - London

President: Paul Garber

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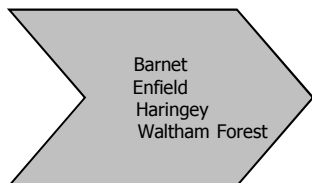
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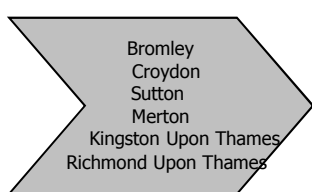
Pro-Active London

There are five London Pro-Active Partnerships covering the East, Central, North, South and West of London and they are part of the national County Sports Partnership network. Each Partnership consists of a network of organisations committed to working together to support and increase participation in physical activity and sport.



Contact Details

Matt Keane
M.keane@mdx.ac.uk
020 8411 4391



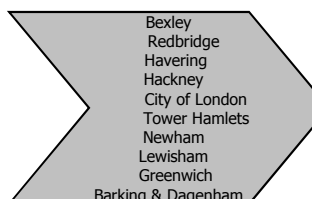
Contact Details

Ian Wells-Gaston
ian@pro-activesouthlondon.org
020 8760 5461



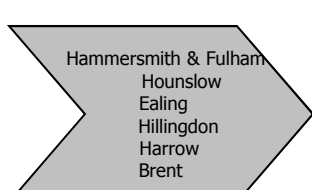
Contact Details

Naomi Bartlet
bartletn@lsbu.ac.uk
020 7815 7876



Contact Details

Kerry Smith
pro-active@uel.ac.uk
020 8223 7231



Contact Details

Mark Burgess
Pro-activewestlondon@brunel.ac.uk
01895 267403

Event Name: Date:



Event Participation TEMPLATE

This is to certify that

has been awarded this certificate for
participation in competition

Claire Ongley

Claire Ongley British
Gymnastics
Development (London)

Tim Howells

Tim Howells British
Gymnastics
Development (London)





2011 Pro-active East London Key Steps Final

Summary of Success

- 150 Gymnasts from across all 10 East London Boroughs performed
- Key Step 1 and 2 for years 1-6 were performed
- 15 Young Leaders judged the 3 elements of the event.
- Schools from all over London's East Proactive participated in the event

Overview of the Project

The event was to be the East London Gymnastics Key Steps Final in lead up to the London Youth Mini Games forming a pathway of competition.

The event was aimed at years 1-6 in Floor, Vault and Body Management style competition. (Set Routines)

It was to also be used as a tool to engage as many East London Borough schools and children as possible in Gymnastics.

Key Partners

- British Gymnastics (BG) Development Team – London
- Pro-active East London Competition Managers
- East London Gymnastics Club
- Proactive East London (P/AEL)
- Various School Sports Partnerships
- Local Schools and British Gymnastics clubs

Project Objectives

- To run an event that would provide a progressive competition structure across P/AEL and to showcase gymnasts in the Region providing an opportunity for children to become involved in gymnastics competition
- To provide a floor, vault and body management competition for three age groups
- To introduce East London schools to the sport of Gymnastics
- Provide a pathway for children to become involved in the 2011 London Youth Mini Games
- To increase participation and introduce new members to the sport

Description of What Happened/How the Project was Delivered

The project was delivered on Tuesday 24th of May at East London Gymnastics club in Beckton (East London)

The Proactive East London competition manager team ran the event with support from the BG development Staff and the CSP (County Sports Partnership) to aid in judging, event officiating and delivery of the event.

There were also a series of Young Volunteers that judged the competition and helped set-up and take down the equipment. They also aided in the preparation prior to and after the event.

Gymnasts/School Children performed and were judged on the vault, floor or body management.

Impact/Outcomes

- 150 Gymnasts from across the 10 Pro-active East London boroughs participated
- Key Step 1 and 2 for years 1-6 were performed
- 15 Young Leaders judged the 3 elements of the event.
- East London G/C developed further school club links

Why did the project work? - Key Success Factors?

The project came together thanks to the great work of the P/AEL staff and competition manager team as well as the local Schools working along side BG and key partners to deliver a pro-active CSP level event. The keen base of volunteers who helped out during the event to judge and event officiate were vital for the event to take place.

Thanks to a great partnership between the Borough, BG, Local partners and the Gymnastics club the event ran effectively, on time whilst providing a fantastic opportunity for young gymnasts to become involved in a competition event.

Future Developments

The winning teams will be directed into the London Youth Mini games event on the 30th of June 2011.

Contact Details:

For more information, please contact Timothy Howells on 07584515030 or email tim.howells@british-gymnastics.org.



Above photos showing the Vault and the Floor routines being performed by the School Gymnasts



Record/Monitoring Form



In order for us to continuously develop the Schools competition framework, and to give opportunities for everyone to compete at a level appropriate to them, we would kindly ask you to complete the attached questionnaire every time you hold a KeySteps competition. This will allow us to monitor events, to record the number of opportunities available and help fill any gaps in provision for the next year of competition.

Once completed please return to ; Tim Howells/Claire Ongley, British Gymnastics – London, Lilleshall NSC, Shropshire, TF10 9NB

Thank you for your ongoing support.

Name of school / Partnership / Venue; _____

London Borough; _____

Date of Competition; _____

KeyStep number i.e. Step 1 (Yrs 1&2); _____

Disciplines used (Delete as appropriate) ; Body Management/Floor/Vault

Number of Participants; _____

----- ✂ -----

Name of school / Partnership / Venue; _____

London Borough; _____

Date of Competition; _____

KeyStep number i.e. Step 1 (Yrs 1&2); _____

Disciplines used (Delete as appropriate) ; Body Management/Floor/Vault

Number of Participants; _____

