



## #DevonVirtualGames

### Gymnastic Sequence Competition

Rookie challenge - Bronze challenge - Silver challenge - Platinum challenge

**Opens:** 10am, Monday 14<sup>th</sup> September 2020

**Closes:** 5pm, Wednesday 14<sup>th</sup> October 2020

#### Overview

Welcome to the Devon *Virtual Games* Events hosted by Active Devon and the Devon School Games Organisers. This series of events throughout the Autumn term will offer young people the opportunity to compete against themselves and others whilst maintaining social distancing.

All competitions are virtual, and you can enter as many of them as you like. The competitions are suitable to do at home, in your backyard or garden or at school. They give you the chance to team up virtually with your classmates, represent your school and compete against other children from across Devon!

The Autumn term series will run from the 14<sup>th</sup> September 2020 – 11<sup>th</sup> December 2020 with six different events for you to enter. Schools and home-schooled individuals will be able to submit their entries via an online link. Each competition will be open for a limited amount of time as detailed below.

You must ensure you are following the [guidance for teachers, school leaders, carers, parents and students](#). Or, if you are taking part at home or outside your home, please ensure you are following the [latest government guidance](#).

#### Brief Description of the Event:

- There are 5 sequences on offer, which get progressively harder, with the Rookie challenge being the easiest to the Platinum sequence the most challenging.
- Decide the sequence you are going to practice and participate in. Check the gymnastic skills you need to be able to complete the routine and make sure you can do all the skills individually before attempting the whole sequence.
- Click the following links to view the 5 Sequence's.
- Each sequence has a video showing you how it all links together.

- Sequence 1 – Rookie challenge - <https://youtu.be/WpTiB9sVrF8> (You tube - Ashton Park SSP Rookie challenge)
- Sequence 2 – Bronze challenge  
<https://www.youtube.com/watch?v=gFqDU5mQnsM> (youtube – Ashton Park SSP Bronze challenge)
- Sequence 3 – Silver challenge  
<https://www.youtube.com/watch?v=KV9bFiCAVQ8> (youtube – Ashton Park SSP Silver challenge)
- Sequence 4 – Gold challenge  
[https://www.youtube.com/watch?v=4It0s7\\_8QT0](https://www.youtube.com/watch?v=4It0s7_8QT0) (youtube – Ashton Park SSP Gold challenge)
- Sequence 5 – Platinum challenge  
<https://www.youtube.com/watch?v=bjcH0QDLIQA> (youtube – Ashton Park SSP Platinum challenge)

### **Before You Start**

You will need:

- An open space away from obstructions, with a gym mat if in school, or grass area/carpet indoors if at home
- You need to choose the sequence that you will practice
- Suitable clothing, preferably bare feet if indoors
- No jewellery

### **Teaching Points:**

- Warm up before starting and cool down after sequence
- Remember only attempt the sequence that you know you can perform the skills within it, do not attempt any skills you haven't tried before, unless being taught by your teacher.

### **Top Tips:**

- Points are given for each skill performed in the sequence. Therefore, balances should be held for a minimum of 3 seconds
- Point toes
- More points are awarded if done under control, so do not rush each skill
- Present at the start and end of the sequence

### **Scoring and Prizes:**

- The top three scores throughout Devon, in each sequence, will be awarded bronze, silver and gold medals and certificates.
- All other participants will receive a participation certificate with the sequence level on it.

- Every school that enters will be sent 'Spirit of the Games' certificates for 'Determination' and 'Self Belief'. Teachers should award participants that have demonstrated these values and deserve extra recognition.

### How to Enter the Event:

Once you have completed your video you will need to fill out an online entry form (link below) and send the video to your School Games Organiser by **5pm Wednesday 14<sup>th</sup> October 2020**.

### [Entry Form for Home Schooled and Lockdown Students](#)

### [Entry Form for School Staff to Complete](#)

### Contacts:

Should you have any questions please contact your local School Games Organiser:

Torbay SGO - Annabel White - [annabel.white@paigntonacademy.org](mailto:annabel.white@paigntonacademy.org)

Plymouth SGO - Hayley Jarvis - [h.jarvis@sjhcsc.co.uk](mailto:h.jarvis@sjhcsc.co.uk)

Plymouth SGO - J. Gilbert - [j.gilbert@sjhcsc.co.uk](mailto:j.gilbert@sjhcsc.co.uk)

South Hams & West Devon SGO - Jeanette Green - [jegreen@ivybridge.devon.sch.uk](mailto:jegreen@ivybridge.devon.sch.uk)

East Devon SGO - Kevin Moran - [kmoran@thekings.devon.sch.uk](mailto:kmoran@thekings.devon.sch.uk)

Exeter & Mid Devon SGO - Nick Gillard - [mr.gillard@st-lukes.devon.sch.uk](mailto:mr.gillard@st-lukes.devon.sch.uk)

North Devon SGO - Steph Colwill - [scolwill@gts.devon.sch.uk](mailto:scolwill@gts.devon.sch.uk)

South Dartmoor SGO - Tammi Lethbridge - [tlethbridge@southdartmoor.devon.sch.uk](mailto:tlethbridge@southdartmoor.devon.sch.uk)

### Social Media

Why not share your achievements with us on social media using the

#### #DevonVirtualGames:

- Facebook – @schoolgamesdevon
- Twitter – @SGdevon
- Instagram – @sgdevon1

For the full #DevonVirtualGames Overview and Terms & Conditions please [click here](#).

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