



#DevonVirtualGames

Gymnastic Sequence Competition

Rookie challenge - Bronze challenge - Silver challenge - Platinum challenge

Opens: 10am, Monday 14th September 2020

Closes: 5pm, Tuesday 24th November 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 14th September 2020 – 11th 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 five 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 five sequence's.
- Each sequence has a video showing you how it all links together.

- Sequence 1 – Rookie challenge - <https://youtu.be/WpTiB9sVrF8> (YouTube - 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 (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 three 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.

Entering Your Results Online and Sending Your Videos:

School Staff

The entry process will be done via this [online form](#) and videos should be shared directly with your school games organiser. Entries close at **5pm Tuesday 24th November 2020**.

Home Schooled and Lockdown Students

The entry process will be done via this [online form](#) and videos should be shared directly with your school games organiser. Entries close at **5pm Tuesday 24th November 2020**.

Contacts:

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

Torbay SGO - Annabel White - annabel.white@paigntonacademy.org

Plymouth SGO - Hayley Jarvis - h.jarvis@sjhcsc.co.uk

Plymouth SGO - J. Gilbert - j.gilbert@sjhcsc.co.uk

South Hams & West Devon SGO - Jeanette Green - jegreen@ivybridge.devon.sch.uk

East Devon SGO - Kevin Moran - kmoran@thekings.devon.sch.uk

Exeter & Mid Devon SGO - Nick Gillard - mr.gillard@st-lukes.devon.sch.uk

North Devon SGO - Steph Colwill - scolwill@gts.devon.sch.uk

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