



## #DevonVirtualGames

### Gymnastic Sequence Competition Ready - Get Set - Go

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

**Closes:** 5pm, Tuesday 24<sup>th</sup> 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 14<sup>th</sup> September 2020 – 11<sup>th</sup> December 2020 with five 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 three levels on offer which get progressively harder. The next stage after these is to start with the Rookie Challenge which progresses through to the challenging Platinum sequence. These are based on core skills that we need for any activity.
- Select one of the following levels that you want to work on:
- **READY, GET SET, GO**
- Your parent(s), carer or teacher can help you decide on the level you are going to attempt.

**Ready** is based around you choosing three skills that you need to work on. Your parent(s), carer or teacher can help you decide on the level you are going to attempt.

**Get Set** has a picture board, and you choose three of the shapes to practice and hold, and three of the "skills".

**Go** Choose the three shapes and three skills from 'Get Set' but for 'Go' link them together to make a sequence. Make sure there is a clear start and finish to your sequence.

### **Before You Start:**

You will need:

- An open space away from obstructions and if working on the floor a mat, rug or carpet to work on
- To choose the level and moves
- Suitable clothing for activity, probably with bare feet and 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:**

- **Ready** is marked on how much progress you make towards your chosen three skills
- **Get Set and Go** are marked on how well you perform the skills. You will need to try and hold any balances for 3 seconds and think about what the skills look like. For example: are your toes pointed, arms/ legs extended, where are you looking, is there good body tension? Copying the pictures/ video will help you. Do not rush; show control in your moves

## **Entering Your Results Online**

### **School Staff**

The entry process will be done via this [online form](#). Entries close at **5pm Tuesday 24<sup>th</sup> November 2020**.

### **Home Schooled and Lockdown Students**

The entry process will be done via this [online form](#). Entries close at **5pm Tuesday 24<sup>th</sup> November 2020**.

## Prizes:

- Everyone who takes part will receive a READY, GET SET or GO certificate.

## 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](#). 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](#).