



#DevonVirtualGames

Virtual Gymnastics Competition

Overview

Welcome to the Autumn Devon *Virtual Games* Events hosted by Active Devon and the Devon School Games Organisers. Our virtual events are part of the Devon School Games County Offer. We aim to provide every child with a positive experience in an environment where the young person's motivation, competence and confidence are at the centre of the competition.

The competition is virtual, and your school can enter as many categories as you like. This gives students the chance to team up virtually with your classmates, represent your school and compete against other children from across Devon!

Categories	Target Audience and Age Groups	Competition Intent
Pre recorded <ul style="list-style-type: none"> Rookie Bronze Silver Gold Platinum Live Zoom Event <ul style="list-style-type: none"> Rookie Bronze Silver Gold Platinum 	<ul style="list-style-type: none"> Mainstream Yr 3&4 Mainstream Yr 5&6 Mainstream Yr 7&8 	<ul style="list-style-type: none"> Build confidence to engage in physical activity and try new sports and physical activities Develop and improve physical fitness (cardiovascular fitness, flexibility, body composition, muscular strength, muscular endurance, posture, balance and core stability) Develop fundamental movement skills (Locomotor, Stability, Manipulative) Develop sport/event specific skills and understanding Opportunity to represent your school for the first time Raise self esteem, self confidence and self worth (think positively about themselves and how they perceive the world around them)
Pre recorded <ul style="list-style-type: none"> Ready Get Set Go Live Zoom Event <ul style="list-style-type: none"> Ready Get Set Go 	<ul style="list-style-type: none"> Primary SEND and Special Schools Secondary SEND and Special Schools 	<ul style="list-style-type: none"> Opportunity to represent your school for the first time Raise self esteem, self confidence and self worth (think positively about themselves and how they perceive the world around them)

You must ensure you are following the [Schools COVID-19 operational guidance](#).





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Mainstream Gymnastic Sequence Competition

Rookie Challenge - Bronze Challenge - Silver Challenge – Gold Challenge - Platinum Challenge

Video Competition Closes: 5pm, Friday 18th February 2022

Live Zoom Final Takes Place On: Thursday 7th April 2022

Brief Description of the Event:

- There are two categories available, you can send in a pre-recorded video or you can join the live zoom 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 links below to view the five sequences.

Before You Start:

You will need:

- An open space away from obstructions, with a gym mat if in school, or grass area
- 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:

- SGO areas will judge their pre-recorded entries and the top three in each sequence (Rookie, Bronze, Silver, Gold and Platinum) will go through to the pre-recorded video category County Final.
- The top three scores in each sequence during the Live Zoom County Final will be awarded bronze, silver and gold medals and certificates.
- 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:

Pre-recorded Video Category Entries:

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 Friday 18th February 2022**.

Live Zoom Final Entries

If your students would prefer to enter a Live Zoom County Final on Thursday 7th April 2022, please complete this form by Friday 18th March 2022. **Live Final Entry Form** [Online Form](#).

Sequences

The graphic is a 'GYMNASTICS CHALLENGE CRIB SHEET' with a colorful, abstract background. It features five columns of challenges: ROOKIE, BRONZE, SILVER, GOLD, and PLATINUM. A callout box states: 'Any of these challenges can be followed up by pupils creating their own sequences using the same moves in a different order or by adding new links or new moves!'. Below the challenges is a 'KEY SKILLS' section. The graphic also includes social media icons for Facebook, Twitter, and Instagram in the top corners.

ROOKIE	BRONZE	SILVER	GOLD	PLATINUM
<ul style="list-style-type: none">Log rollFront supportFront support and raise one legReturn to tuck shapeEgg rollStraight jump	<ul style="list-style-type: none">2 bunny hopsExploding egg rollStraddle sitTeddy bear rollV sit in tuckShoulder stand (hands on hips)Roll to stand	<ul style="list-style-type: none">Forward roll to straddle sitTeddy Bear roll x2V sit½ log roll to "aeroplane"Front supportSide supportBack supportShoulder stand (hands on hips)Roll to stand	<ul style="list-style-type: none">ArabesqueForward roll to standJump half turnCartwheelStep and turnV sit to aeroplane and returnShoulder stand arms on floorRoll to stand	<ul style="list-style-type: none">Forward roll to straddleFront support to press upHandstandJump half turn kick1 handed cartwheelJump full turnRound off

KEY SKILLS

<ul style="list-style-type: none">Log rollEgg rollExtended front supportStraight jump	<ul style="list-style-type: none">Bunny hopMini V-sit in tuckEgg roll with straddleTeddy bear rollShoulder stand	<ul style="list-style-type: none">Forward roll to sitAeroplaneFront support rotating to back through sideShoulder standV-sit	<ul style="list-style-type: none">Full forward rollHalf turn jumpCartwheelV-sit controlled to aeroplane and returnRock and roll	<ul style="list-style-type: none">Forward roll to straddleFull turn jumpOne handed cartwheelHandstandRound off
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- 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=4lt0s7_8QT0 (YouTube – Ashton Park SSP Gold challenge)
- Sequence 5 – Platinum challenge <https://www.youtube.com/watch?v=bjch0QDLIQA> (YouTube – Ashton Park SSP Platinum challenge)





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SEND Gymnastic Sequence Competition Ready - Get Set – Go

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

Prizes:

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



How to Enter:

The entry process will be done via this [online form](#). Entries close at **5pm Friday 18th February 2022**.

If your students would like to enter a Live Zoom County Final on Thursday 7th April 2022, please complete this form by Friday 18th March 2022. [Live Final Entry Form](#)

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 – Zoe Robertson - ZRobertson@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





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



Choose 3 of these shapes to practise

<p>Tuck</p> 	<p>Straddle</p> 	<p>Pike</p> 
<p>Straight</p> 	<p>Star</p> 	

Choose 3 of these skills to practise

<p>Aeroplane</p> 	<p>Hands and Knees</p> 	<p>Boat</p> 
<p>Back Support</p> 	<p>Jump</p> 