



## Virtual Gymnastics Competition

### Overview

Welcome to the Devon School Games Event hosted by Active Devon and the Devon School Games Organisers. 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 everything we do.

**Event Opens:** September 2022

**Video Submission Deadline:** Friday 3<sup>rd</sup> February 2023

### Who is the Event for?

- Mainstream Year 3 & 4
- Mainstream Year 5 & 6
- Mainstream Year 7 & 8
- Primary SEND and Special Schools
- Secondary SEND and Special Schools

### What's the Intent?

- 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)
- 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)

### Brief Description of the Event:

There are five sequences on offer for mainstream students based on core skills which get progressively harder, with the Rookie sequence being the easiest, to the Platinum sequence being the most challenging. There are body shapes and adaptive core skills which get progressively harder for mainstream SEND and special school students. If these are easily achieved children can move on to more challenging sequences starting with Rookie.

- 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 perform all the skills individually before attempting the whole sequence.
- Video the sequence or skills and send it to your area School Games Organiser to enter this event by the deadline of **Friday 3<sup>rd</sup> February 2023**.
- Video entries will be judged by each area School Games Organiser who will select the **top two** in each age category and sequence (Rookie, Bronze, Silver, Gold and Platinum for mainstream and READY, GET SET, GO for SEND students) to represent their SGO area at the live online zoom final.





**Live Zoom Final:** Friday 10<sup>th</sup> March 2023

**Live Zoom Timings:** 09.30am – 12.30pm

Finalists time slots for the following categories will be allocated by **Friday 24<sup>th</sup> February 2023**

- Year 3&4 - Rookie, Bronze, Silver, Gold, Platinum
- Year 5&6 - Rookie, Bronze, Silver, Gold, Platinum
- Year 7&8 - Rookie, Bronze, Silver, Gold, Platinum
- Year 9&10 - Rookie, Bronze, Silver, Gold, Platinum
- Primary READY, GET SET, GO
- Secondary READY, GET SET, GO

**How to Enter:**

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 3<sup>rd</sup> February 2023.**

**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 - Josh 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)

South Dartmoor SGO – Dan Lugg - [DLugg@southdartmoor.devon.sch.uk](mailto:DLugg@southdartmoor.devon.sch.uk)

North Devon – Head of PE - Guy Cooke - [GCOOKE@gts.devon.sch.uk](mailto:GCOOKE@gts.devon.sch.uk)

**Social Media:**

Why not share your achievements with us on social media using **#DSG:**

- Facebook – @schoolgamesdevon
- Twitter – @SGDevon
- Instagram -devonschoolgames





## Mainstream Gymnastic Sequence Competition Rookie Challenge - Bronze Challenge - Silver Challenge – Gold Challenge - Platinum Challenge

### Brief Description of the Event:

There are five sequences on offer, which get progressively harder, with the Rookie challenge being the easiest, up to the Platinum sequence, which is the most challenging.

- Decide the sequence you are going to practice and participate in. Check the gymnastic skills you need to be able to perform to complete the routine and make sure you can do all the skills individually before attempting the whole sequence.
- Video the sequence or skills and send it to your area School Games Organiser in order to enter this event. The deadline is 5pm on Friday 3<sup>rd</sup> February 2023.

### Before You Start:

You will need:

- A safe 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 performing your sequence.
- Remember only attempt a sequence that you are sure that you can complete safely. Do not attempt any skills you haven't tried before, unless being taught by your teacher.

### Top Tips:

- Points are given for each skill accurately performed in the sequence. Take care to hold, balances for a minimum of three seconds.
- Higher points are awarded if skills are performed under control and with pointed toes
- Remember to 'present' at the start and end of the sequence and do not rush.

### Scoring:

- 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.



## Sequences

Sequence Name	Video Link
Sequence Rookie	<a href="https://youtu.be/uJ6tu2TbGZ0">https://youtu.be/uJ6tu2TbGZ0</a>
Sequence Bronze	<a href="https://youtu.be/ATGDGyXxdcI">https://youtu.be/ATGDGyXxdcI</a>
Sequence Silver	<a href="https://youtu.be/Z04CVtUG9XQ">https://youtu.be/Z04CVtUG9XQ</a>
Sequence Gold	<a href="https://youtu.be/INh2BKnoy8A">https://youtu.be/INh2BKnoy8A</a>
Sequence Platinum	<a href="https://youtu.be/VbkT2IRSWTs">https://youtu.be/VbkT2IRSWTs</a>

# GYMNASTICS CHALLENGE CRIB SHEET

ROOKIE	BRONZE	SILVER	GOLD	PLATINUM
<ul style="list-style-type: none"> <li>• Log roll</li> <li>• Front support</li> <li>• Front support and raise one leg</li> <li>• Return to tuck shape</li> <li>• Egg roll</li> <li>• Straight jump</li> </ul>	<ul style="list-style-type: none"> <li>• 2 bunny hops</li> <li>• Exploding egg roll</li> <li>• Straddle sit</li> <li>• Teddy bear roll</li> <li>• V sit in tuck</li> <li>• Shoulder stand (hands on hips)</li> <li>• Roll to stand</li> </ul>	<ul style="list-style-type: none"> <li>• Forward roll to straddle sit</li> <li>• Teddy Bear roll x2</li> <li>• V sit</li> <li>• ½ log roll to "aeroplane"</li> <li>• Front support</li> <li>• Side support</li> <li>• Back support</li> <li>• Shoulder stand (hands on hips)</li> <li>• Roll to stand</li> </ul>	<ul style="list-style-type: none"> <li>• Arabesque</li> <li>• Forward roll to stand</li> <li>• Jump half turn</li> <li>• Cartwheel</li> <li>• Step and turn</li> <li>• V sit to aeroplane and return</li> <li>• Shoulder stand arms on floor</li> <li>• Roll to stand</li> </ul>	<ul style="list-style-type: none"> <li>• Forward roll to straddle</li> <li>• Front support to press up</li> <li>• Handstand</li> <li>• Jump half turn kick</li> <li>• 1 handed cartwheel</li> <li>• Jump full turn</li> <li>• Round off</li> </ul>

*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!*

### KEY SKILLS

<ul style="list-style-type: none"> <li>• Log roll</li> <li>• Egg roll</li> <li>• Extended front support</li> <li>• Straight jump</li> </ul>	<ul style="list-style-type: none"> <li>• Bunny hop</li> <li>• Mini V-sit in tuck</li> <li>• Egg roll with straddle</li> <li>• Teddy bear roll</li> <li>• Shoulder stand</li> </ul>	<ul style="list-style-type: none"> <li>• Forward roll to sit</li> <li>• Aeroplane</li> <li>• Front support rotating to back through side</li> <li>• Shoulder stand</li> <li>• V-sit</li> </ul>	<ul style="list-style-type: none"> <li>• Full forward roll</li> <li>• Half turn jump</li> <li>• Cartwheel</li> <li>• V-sit controlled to aeroplane and return</li> <li>• Rock and roll</li> </ul>
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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. Your parent(s), carer or teacher can help you decide on the level you are going to attempt.

#### • **READY, GET SET, GO**

**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:

- A safe, open space away from obstructions and if working on the floor a mat, rug or carpet to work on
- Choose the level and moves that you want to work on
- Suitable clothing for activity, probably with bare feet and no jewellery

### Teaching Points:

- Warm up before starting and cool down after performing your skills or sequence.
- Remember only attempt a sequence that you are sure that you can complete safely.
- 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 will help you. Do not rush; try to show control in your moves.






### Prizes:

- 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.

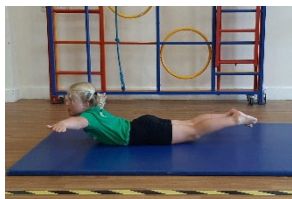
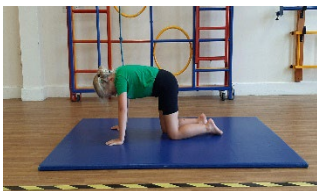




# SCHOOL GAMES

Choose 3 of these shapes to practice

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

Choose 3 of these skills to practice

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