



National School Competition Framework Sport: Gymnastics



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Competition framework descriptor	Recommended competition	Level and location	Scheduling	Next steps in competition
<p>Key Stage 1: 5-7 years</p>	<ul style="list-style-type: none"> • Key Steps gymnastics competition for Key Stage 1 children • Fun, friendly competition with three stations (three different activities – floor, body management and bench/vault) • For boys and girls 	<ul style="list-style-type: none"> • Between primary school cluster based at suitable primary school or secondary school site 	<ul style="list-style-type: none"> • Introduction to teachers using Key Steps pack • October – December: six-week block and January – February: six-week block • Competitions in February/March 	<ul style="list-style-type: none"> • Children can work towards the next level (Key Steps has three levels for each section: floor, body management and bench/vault).
<p>Key Stage 2: 7-9 years</p> <ul style="list-style-type: none"> • Multi-skill festivals (termly) • Off school site • Theme based • Possible early specialisation in some sports through NGB and club structure 	<ul style="list-style-type: none"> • Key Steps gymnastics competition/festival for Key Stage 2 children • Fun, friendly competition with three stations (three different activities – floor, body management and bench/vault) • For boys and girls 	<ul style="list-style-type: none"> • Competition between primary schools at a central site (either a suitable primary school facility or at their hub secondary school, local leisure centre or gymnastics club venue) 	<ul style="list-style-type: none"> • Introduction to teachers using Key Steps pack • October – December: six-week block and January – February: six-week block • Competitions in February/March 	<ul style="list-style-type: none"> • Children can work toward the next level (Key Steps has three levels for each section: floor, body management and bench/vault) <p>OR</p> <ul style="list-style-type: none"> • Each cluster can pick a team to compete at an inter-cluster competition (i.e. the whole SSP) based at the Sports College or gymnastics club
<p>Key Stage 2: 9-11 years</p> <ul style="list-style-type: none"> • Multi-sport competition (six-week block rotation) • Central venue • Leagues, coaching and competition based on primary, secondary or club sites 	<ul style="list-style-type: none"> • 11-week coaching building up to competition in week 12 • Key Steps competition format as above (it is expected Years 9-11 will be working towards Level 3) • For boys and girls 	<ul style="list-style-type: none"> • Key Steps competition – clusters of primary schools coming together on secondary school site • The winners of each competition come together for round two at the Sports College site or local club 	<ul style="list-style-type: none"> • Cluster competitions run alongside Year 7-9 competitions, February/March • Inter-cluster competitions to be run alongside Year 	<ul style="list-style-type: none"> • Schools to link to BSGA competitions at this age group (floor and vault at Carita House – regional leading to national competition opportunities)

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		<ul style="list-style-type: none"> • County final to be based at a • central venue and each SSP to enter a team 	<p>7-9s. March</p> <ul style="list-style-type: none"> • County finals to be held in summer term (could be held as part of Youth Games) 	
<p>Key Stage 3: 11-12 years</p> <ul style="list-style-type: none"> • Multi-sport competition (monthly, three sports) • E.g. central venue, leagues in a range of sports, coaching and competition at secondary, hub or club sites 	<ul style="list-style-type: none"> • The basic Key Steps competition can also be used for this age group working at Level 3 	<ul style="list-style-type: none"> • Inter-secondary school competitions based at secondary schools or leisure centre sites • County final to be held alongside 9-11 competition 	<ul style="list-style-type: none"> • Inter-secondary competitions to be held in February/ March • County finals in summer term (could be held as part of Youth Games) 	<p>Over the next year the following new competitions will be developed for beginners:</p> <ul style="list-style-type: none"> • Acrobatic Gymnastics • Rhythmic Gymnastics • Aerobic Gymnastics • Trampolining TBC • Team Gymnastics TBC <p>These will be introduced at this age group leading to:</p> <ul style="list-style-type: none"> • BSGA Floor and Vault Competitions • BAGA Acrobatic Gymnastics Competitions • BSGA Rhythmic Gymnastics Competitions • BSGA Aerobic Gymnastics Competitions

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<p>Key Stage 3 and 4: 12-16 years</p> <ul style="list-style-type: none"> • Inter-school leagues and cup competitions within SSPs (year group teams) • NGBs would have to have an integrated competitive structure, including Schools Associations accepted as core 	<ul style="list-style-type: none"> • This year we will pilot in one or two counties a local level BSGA competition using the current BSGA rules (floor and vault) • Age categories: Years 8 and 9 and Years 10 and 11 	<ul style="list-style-type: none"> • Competitions to be held at central leisure centre/school venue • Local discussions will determine what level this will take place at (cluster/SSP/county) 	<ul style="list-style-type: none"> • Competitions to be held in late autumn term or early spring term 	<ul style="list-style-type: none"> • After piloting this year these competitions will be reviewed to determine if they need developing • The competitions lead directly into regional BSGA competitions which in turn lead to national finals
<p>16-19 years</p> <ul style="list-style-type: none"> • <u>Not</u> for talented already identified as part of NGB talent programmes • 'Junior Varsity' to give this group an identity • Intra-mural competition within the learning community, e.g. schools, PE, sixth forms • Organised sport in core sports that match the secondary programmes 	<ul style="list-style-type: none"> • Subject to review 2005/06 			