

# Competition Framework



English  
Gymnastics



**Youth Sport Trust**



## Guidance document

The school competition review has been undertaken by English Gymnastics in consultation with English Gymnastics Schools. By consulting across the two organisations and involving the Youth Sport Trust, English Gymnastics has done its utmost to ensure that this framework is holistic in its approach.

### Benefits

The new Key Step and competition incorporates body management, floor and vault exercises to develop a young persons core skills. The next Step programme introduces the young people to the various disciplines within the sport of Gymnastics. This not only strengthens the first tier of the gymnastics pathway but also:

- encourages partnerships to engaged in gymnastics
- strengthens School-Club Links
- encourages talent identification
- standardises competition in schools
- ensures an appropriate competitive environment is set
- ensures an increase in the number of young people accessing gymnastics competitions
- provides a foundation for participation in other sports
- nurtures each young persons confidence to continue with an active lifestyle

### Key Messages

- English Gymnastics is working towards creating a single structure for gymnastic competition in schools.
- English Gymnastics (incorporating English Gymnastics Schools) have created an accessible standardised local gymnastics competition for beginners.
- The programme aims to provide safe and enjoyable experiences that will improve learning and lead to life-long participation in health promoting physical activity.

### Supporting Resources

To support the delivery of the Key Step and Next Step Competitions two courses have been developed.

The 'Helpers Award' is a 6-hour course for those aged 14 years or older. The award incorporates event organisation which enables helpers to be deployed to help run the Key Step Competitions under the guidance of Community Sports Coaches, Competition Managers and coaches. For more information on the 'Helpers Award' please contact Helen Webb (Volunteer Co-ordinator) on: 0845 1297129.

A 3-hour course has also been developed to train judges for the Key Step Competitions. For more information on the 'Introduction to Judging' course please contact British Gymnastics Coach and Judge Education Department on: 0845 1297129.

### Delivery

All Competition Managers can receive a copy of the Key Step Gymnastic Competition pack. It is envisaged that with this pack and working with English Gymnastics Regional Development Officers, Competition Managers will feel trained and resourced to roll out the Key Step Gymnastic Competitions.

## The Framework

Key Stage	Recommended competition	Scheduling	Next steps
Key Stage 1 (5-7 years)	<p>Key Step competition for Key Stage 1 children. Fun, friendly competition with three stations (floor, body management and bench/vault) for boys and girls.</p> <p>Between primary school cluster based at suitable primary school or secondary school site.</p>	<p>2 x six week blocks of activity: October to December and January to February.</p> <p>Competitions in February/March.</p>	<p>Children work towards next level (Key Steps has three levels for each section).</p>
Key Stage 2 (7-9 years)	<p>Key Step competition/festival for Key Stage 2 children. Fun, friendly competition with three stations (floor, body management and bench/vault) for boys and girls.</p> <p>Between primary school clusters at a central site (primary school facility, a hub secondary school, local leisure centre or gymnastic club venue).</p>	<p>2 x six week blocks of activity: October to December and January to February.</p> <p>Competitions in February/March.</p>	<p>Each cluster enter a team to compete at an inter-cluster competition (e.g. entire SSP) based at the Sports College or gymnastics club.</p>
Key Stage 2 (9-11 years)	<p>Key Step competition format as above (it is expected Years 9-11 will be working towards Level 3). Suitable for both boys and girls.</p> <p>Between primary school clusters at a secondary school site. The winners of each competition come together for round two at the Sports College site or local club. County final to be based at a central venue and each SSP to enter a team.</p>	<p>11-week block of activity.</p> <p>Cluster and Inter-cluster competitions run alongside 7-9 years competitions in February/March.</p> <p>County finals to be held in summer term (could be held as part of Youth Games).</p>	<p>Schools link to BSGA floor and vault and Carita House competition (regional and national opportunities).</p>
Key Stage 3: 11-12 years	<p>The basic Key Steps competition can also be used for this age group working at Level 3.</p> <p>From September 2007 the Next Step Gymnastic competition resource pack will be available. This builds upon the Key Step programme and introduces the various disciplines of gymnastics (N.B. trampoline gymnastics will be the first such pack available). It is expected that this Key Stage would be working towards Levels 1 and 2.</p>	<p>Inter-secondary competitions to be held in February/March.</p> <p>County finals in summer term (could be held as part of Youth Games).</p>	<p>Over the next few years Next Step resource Packs will become available for other disciplines of gymnastics.</p> <p>These will be introduced and can lead to participation in BSGA Competitions.</p>
Key Stage 3 & 4: 12-16 years	<p>The basic Key Steps competition can also be used for this age group working at Level 3.</p> <p>From September 2007 the Next Step Gymnastic competition resource pack will be available. This builds upon the Key Step programme and introduces the various disciplines of gymnastics (N.B. trampoline gymnastics will be the first such pack available). It is expected that this Key Stage would be working towards Level 3.</p>	<p>Competitions to be held in late autumn term or early spring term.</p>	<p>After a pilot process these competitions will be reviewed.</p> <p>The competitions lead directly into regional BSGA competitions which in turn lead to national finals.</p>

### National Contact

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## Information sheet

### Working with Competition Managers.

### Key point of planning in county areas

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### How Senior Competition Managers should work in the counties

English Gymnastics would like SCMs to meet directly with the respective Regional Development Officer. The Regional Development Officer will be able to pull together information on the county in terms of the infrastructure already in place (e.g. clubs, coaches, existing competition). The Regional Development Officer will also be able to detail the roll-out of the Gymnastics National School Competition Framework

### Existing data sources

The Regional Development Officers have access to all data relating to coaches, clubs etc. The Regional Development Officers will have data on existing school competitions in the region.

### Key aims for the next 12 months

#### Roll-out:

Competition Managers and Regional Development Officers to work within the existing National School Competition Framework and Key Step Gymnastic Competitions.

#### Development:

Nationally we will be building upon the Key Step Gymnastic competition resource. The 'Next Step' programme will include different disciplines of gymnastics (e.g. Trampoline Gymnastics, Acrobatic Gymnastics). The first of these developments will be the Trampoline Gymnastics Next Step resource and is on schedule to be available for September 2007.



**National School Competition Framework (Primary)**  
**Sport: Gymnastics**

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



**Organisers Sheet (Primary)**  
**Sport: Gymnastics**

Competition age group	Format	Facilities	Organiser/helpers	Equipment	Resources available from NGB to support
<b>Key Stage 1:</b> <b>5-7 years</b>	Key Steps Gymnastics Competition at own school or central primary/secondary school site  Fun, friendly competition with three stations (three different activities – floor, body management and bench/vault)	One badminton court size area needed for three stations (up to 60 participants)  If more than 60 participants, six stations will be needed (two – three badminton courts)	Teachers, AOTTs and young leaders (BG Helpers Award candidates)  Community sports coaches (gymnastics) or gymnastics support specialists  Three – six judges (can be any of the above who have completed the Introductory Judging Course (three hours) or qualified BG judges from clubs)  For a competition with six stations, double the number of judges	Mats: a) 2m x 4m b) 2m x 10m c) x 3 mats 1 x bench 1 x spring board 1 x 1m high nesting table (soft top) 4 x tables 8 x chairs For a competition with six stations, you need double the above PA system and tape/CD player	Key Steps Gymnastics Competition Pack including details of: <ul style="list-style-type: none"><li>• recommended competition formats</li><li>• how to manage and organise an event</li><li>• officiating and judging</li><li>• key contacts</li><li>• appendices of score sheets, letters, order forms, etc</li></ul> Your regional development officer is available to provide local contacts of helpers and tutors for judging courses and Helpers Award courses
<b>Key Stage 2:</b> <b>7-9 years</b>	Key Steps Gymnastics Competition at central secondary school site  Fun, friendly competition with three stations (three different activities – floor, body management and bench/vault)	As above	As above	As above, with the possible addition of:  1 x vaulting box 1 x safety landing mat	As above
<b>Key Stage 2:</b> <b>9-11 years</b>	Key Steps Gymnastics Competition at central secondary school site or leisure centre or club site	As above	As above	As above	As above



## National School Competition Framework (Secondary)

### Sport: Gymnastics

Competition framework descriptor	Recommended competition	Level and location	Scheduling	Next steps in competition
<p><b>Key Stage 3: 11-12 years</b></p> <ul style="list-style-type: none"> <li>• Multi-sport competition (monthly, three sports)</li> <li>• E.g. central venue, leagues in a range of sports, coaching and competition at secondary, hub or club sites</li> </ul>	<p>The basic Key Steps competition can also be used for this age group working at Level 3.</p> <p>From September 2007 the Next Step Gymnastic competition resource pack will be available. This builds upon the Key Step programme and introduces the various disciplines of gymnastics (N.B. trampoline gymnastics will be the first such pack available). It is expected that this Key Stage would be working towards Levels 1 and 2.</p>	<p>Inter-secondary school competitions based at secondary schools or leisure centre sites.</p> <p>County final to be held alongside 9-11 competition.</p>	<p>Inter-secondary competitions to be held in February/March.</p> <p>County finals in summer term (could be held as part of Youth Games).</p>	<p>Over the next few years Next Step resource Packs will become available for other disciplines of gymnastics</p> <p>These will be introduced and can lead to participation in BSGA Competitions.</p>
<p><b>Key Stage 3 and 4: 12-16 year</b></p> <ul style="list-style-type: none"> <li>• Inter-school leagues and cup competitions within SSPs (year group teams)</li> <li>• NGBs would have to have an integrated competitive structure, including School Sport Associations accepted as core</li> </ul>	<p>The basic Key Steps competition can also be used for this age group working at Level 3.</p> <p>From September 2007 the Next Step Gymnastic competition resource pack will be available. This builds upon the Key Step programme and introduces the various disciplines of gymnastics (N.B. trampoline gymnastics will be the first such pack available). It is expected that this Key Stage would be working towards Level 3.</p>	<p>Competitions to be held at central leisure centre/school venue.</p> <p>Local discussions will determine what level this will take place at (cluster/SSP/county).</p>	<p>Competitions to be held in late autumn term or early spring term.</p>	<p>After a pilot process these competitions will be reviewed.</p> <p>The competitions lead directly into regional BSGA competitions which in turn lead to national finals.</p>

**16-19 years**

- Not 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

Subject to review

**Organisers Sheet (Secondary)**  
**Sport: Gymnastics**

Competition age group	Format	Facilities	Organiser/helpers	Equipment	Resources available from NGB to support
<b>Key Stage 3: 11-12 years</b>	<p>From September 2007 the Next Step Gymnastic competition resource pack will be available. This builds upon the Key Step programme and introduces the various disciplines of gymnastics (N.B. trampolines gymnastics will be the first such pack available). It is expected that this Key Stage would be working towards Levels 1 and 2.</p> <p>Inter-secondary school competitions based at secondary schools or leisure centre sites.</p> <p>County final to be held alongside 9-11 competition.</p>	<p>Not yet available – please see next Step pack (Trampoline pack available from September)</p>	<p>Not yet available – please see next Step pack (Trampoline pack available from September)</p>	<p>Not yet available – please see next Step pack (Trampoline pack available from September)</p>	<p>Not yet available – please see next Step pack (Trampoline pack available from September)</p>
<b>Key Stage 3 and 4: 12-16 years</b>	<p>The basic Key Steps competition can also be used for this age group working at Level 3.</p> <p>From September 2007 the Next Step Gymnastic competition resource pack will be available. This builds upon the Key Step programme and introduces the various disciplines of gymnastics (N.B. trampolines gymnastics will be the first such pack available). It is expected that this Key Stage would be working towards Level 3.</p> <p>Competitions to be held at central leisure centre/school venue.</p> <p>Local discussions will determine what level this will take place at (cluster/SSP/county).</p>	<p>As above</p>	<p>As above</p>	<p>As above</p>	<p>As above</p>
<b>16 - 19 years</b>	<p>Subject to review</p>				