

RSSP Home Gymnastics Competition

Dear Parent/Guardian

Our KS2 Gymnastics competition was due to take place the week commencing the 11th May, we didn't want pupils to miss out on this competition and so have decided to do a virtual competition instead!

This is aimed at all Key Stage 2 Children who would still like to participate in the gymnastics competition from the comfort of their own homes. The routines have been modified so that they can be done at home in very little space.

The competition will consist of two levels for children to choose between. Level 1 is aimed at beginners and level 2 aimed at children who have already done some sort of gymnastics or dance activity outside of school. Rather than a full floor routine it will combine body management and gymnastics skills such as jumps and balances.

The routines are on the next page, along with a YouTube link to see a video of our wonderful gymnastic coach Hayley demonstrating both levels.

Have a practice with your children and when they are ready, video them taking part and either send to your school for them to email to me or send to us on Facebook (follow link to our Facebook page [Rossendale School Sports Partnership](#) along with the **name of your child and what school they attend (If you do not wish for your child's video to be put on social media please notify at the time of entry).**

The **deadline for entries is Friday 22nd May**. All entries will receive a certificate and our winners per gender and per category will be sent a medal. The school with the most entries will win our team prize and will be sent some prizes.

Good Luck!

Nathan Bibby,

Rossendale School Games Organiser

Any photographic images and video content of individual children and young people are classed as personal data, Under Data Protection and GDPR Law.

We therefore need to make you aware that by submitting video and photographic content of individuals, then you understand that this content will be processed for the legitimate interests of Rossendale School Sports Partnership. This content may be used by this party to promote the event and the organisation itself via online channels (such as website and social media), other publicity material (such as internal and external newsletters), posters and provided to the media for publication in local or national newspapers.

Photos and video content will be retained for public use for 3 years, after that they won't be used publicly but some images or recordings may be kept as an archive of Active Lancashire activity. Rossendale School Sports Partnership is committed to processing information in accordance with the General Data Protection Regulation. You have the right to request to see a copy of the information we hold about you and to request corrections or deletions of the information that is no longer required. You can ask Rossendale School

Sports Partnership to stop using your images at any time, in which case it will not be used in future publications but may continue to appear in publications already in circulation.

Level 1: (Hold each position for 3 seconds) [*Click here for video demonstration*](#)

1 footed stand

Tuck Jump

Front Support

Side Support

Back Support

Shoulder Stand

Pike Shape

Tuck Shape

Rock back and stand without using hands

Level 2: (Hold each position for 3 seconds) [*Click here for video demonstration*](#)

Arabesque

Star Jump

Forward Roll to Straddle Sit

Japana (Tummy on the floor)

Lie Down Bridge

Dish Shape

Turn to Arch Shape (Without arms or legs touching the floor)

Front Support

Press Up

Squat feet in and stand