

HOW TO ORDER

Key Steps and Next Steps Order Form

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Code	Product Title	Qty	Price	Total
Key001	Key Steps Competition Pack		£34.50	
Key003	Key Steps Work Cards & DVD		£24.95	
NS001	Next Steps Competition Pack with Trampoline module		£34.50	
NS002	Next Steps Trampoline Work Cards & DVD		£24.95	
	Proficiency Core Pack & Key Steps Pack (with 5% discount)		£98.80	
Postage & Packing - Scotland, Eire, Channel Islands & Overseas please contact us for prices		1 item	£3.99	
		2+ items	£6.50	
Total				

I enclose a cheque for £ made payable to 'GEL' Credit/Debit card – Visa/Mastercard/Delta/Maestro

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Please allow 28 days for delivery

Send to: Gymnastics Enterprises Ltd, Unit 1, Lilleshall Hall Farm, Newport, Shropshire. TF10 9AS
 Tel: 0845 1297129 ext: 2355

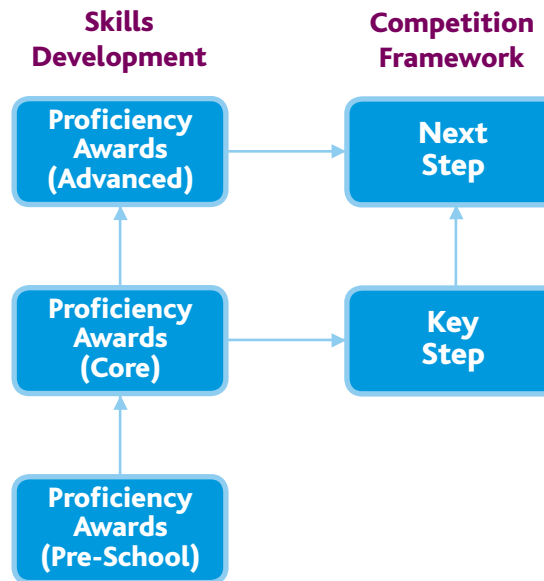
Proficiency Distributor

The Key Step and Next Step resources are distributed exclusively in the UK by Gymnastics Enterprises Limited (GEL), a wholly owned subsidiary of British Gymnastics: Gymnastics Enterprises Ltd, Unit 1, Lilleshall Hall Farm, Newport, Shropshire, TF10 9AS

THE FRAMEWORK

The Key Step and Next Step resources have been designed to **integrate with the BG Proficiency Awards** which focus on developing essential skills.

Your Next Step pack includes your choice of one or more discipline modules, containing work cards, judging information, score sheets, a DVD of skills and A2 wall charts.



Competition Resources For GYMNASTICS



Aimed at **Key Stages 1 and 2 or those new to gymnastics**, the Key Step Gymnastics competitions provide children with a chance to experience the thrill and challenge of intra and inter school competition. The format allows for endless variations, allowing competitions to be introduced in a fun, friendly and progressive way.

Based on the **British Gymnastics Proficiency Awards**, each pack contains:

- 3 Work Cards depicting floor sequences, vault progressions and body preparation exercises (for strength & flexibility) all with guidance on developing skills
- A DVD of pupils demonstrating the routines, common faults and corrections
- Colourful A2 sized posters of the sequences, vaults and exercises
- Guidelines on how to judge, organise and deliver the competitions including templates or letters, score sheets, apparatus layouts etc

Key Step Gymnastics is the recommended competitive format for use by:

Competition Managers, Primary Schools, School Sports & Partnerships in England, and by Leisure Centres



Targeting **Key Stages 3–5**; Next Step builds upon the basic skills learnt in Key Step by introducing **more complex, discipline-specific skills**. The Next Step resource provides a flexible competitive format to suit the abilities and aspirations of the young people involved. The Next Step pack is designed to be used as a gymnastic competition portfolio. It contains:

- An introduction and the aims of the Next Step Programme
- Recommended and alternative formats for competitions
- 3 body management routine cards for use in preparing gymnasts and in competition
- A choice of 1 or more discipline-specific packs containing 6 work cards depicting routines and providing advice on developing skills, a DVD of students of varied ability demonstrating the routines, a set of colourful A2 sized posters showing the routines, guidelines on how to set up and judge a competition and judging score sheets
- Advice on managing and running gymnastics competitions
- Information about officiating and the use of volunteers and leaders
- Templates for score sheets, competition programmes, and invitation letters

Next Step Gymnastics is the recommended competitive format for use by:

Competition Managers, Secondary Schools, Clubs, Colleges, School Sports Partnerships and Leisure Centres

Your Next Step pack includes your choice of one or more discipline modules, containing work cards, judging information, score sheets, a DVD of skills and A2 wall charts.

The Next Step resource is designed to be expanded by allowing **other disciplines to be added to your folder**.

Discipline packs are available separately as follows:

Trampoline Gymnastics
Now Available

Acrobatic Gymnastics
Available April 2009

Cheerleading
Available June 2009

Floor & Vault Gymnastics
Available Autumn 2009

Rhythmic Gymnastics
Available 2010

Aerobic Gymnastics
Available 2010

Discipline packs will be available at www.british-gymnastics.org

