








Regional Key Steps Competition






Summary of Success

-  Over 110 children took part
-  5 out of the 6 counties in the Eastern Region attended the event
-  17 teams consisting of 6 children attended the competition
-  200 spectators came to watch the event
-  2 out of 4 Leadership Academies contributed to the event





Overview of the Project

On the 24th June 2010, 110 children gathered for the first Regional Key Steps Schools Gymnastics Competition ever to take place in the Eastern Region. We ran the Lower Key Stage 2 competition from 11:00am – 1:00pm and the Key Stage 1 competition from 1:00pm – 3:00pm. Five out of the six Counties came along to show their support. Competition Managers were used as Judges, Scorers and Score Runners alongside the support of Young Leaders from two of the Leadership Academies in the Region. The club where we held the event were very supportive and included some of their staff in the Judging, Announcing and Floor/Vault Manager roles.

Key Partners

-  Regional Development Officer – Gymnastics England
-  Eastern Counties Gymnastics Association
-  Pipers Vale Gymnastics Club
-  Norfolk Gymnastics Leadership Academy
-  North Hertfordshire Leadership Academy




Project Objectives

-  To give children the chance to train in an Olympic Gymnastics Club
-  To involve more children in curriculum and after school club gymnastics
-  To offer children the chance to enhance their team skills and support and encourage one another
-  To give the children the chance to compete in a facility where all of the East Region Competitions currently take place





Description of what happened/how the project was delivered

In May 2008 a working group was set up to run a Regional Key Steps competition. Two representatives from each of the Counties in the East Region, as well as the RDO came along to show their support in getting the running of the project started. After several meetings with this working group a set of rules, based on the Key Steps pack were agreed. There were some adaptations to the original Key Steps pack for example, Key Stage 1 children were expected to complete a group Floor routine consisting of Floor and Body Management elements; they were to compete this to music as opposed to performing an individual Floor and Body Management routine on their own which may have been daunting for them. Each of the County representatives was then expected to go away and roll these rules out across their SSP's and Counties. It was decided we would all meet on the 24th June 2010 to run the first Regional Key Steps Competition.

Impact/Outcomes

-  Children were positive in performing their routines
-  All children enjoyed the event and went home with a certificate, if not a medal
-  The attendees from the two Leadership Academies had further experience in judging a Key Steps Competition

Why did the project work? - Key Success Factors?

-  All of the County representatives from the working group wanted the competition to be successful
-  We had motivated volunteers who came along to support the event
-  The club where we held the competition were pro-active and wanted to support us in anyway possible
-  All teachers and coaches who brought teams along left the event with enthusiastic children and wondering when the next competition was going to take place

Future Developments

It is hoped that in future years the Regional Key Step competition continues and all six Counties will enter teams to compete in the event.

There has also been feedback that we may look to make the competition bigger next year and include upper Key Stage 2 children, years 5 and 6.

Contact Details:

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