



# Barrowby Church of England Primary School

March 2025

Dear Parents

## Grantham and District Primary School Sports Association Gymnastics Competition – Sunday 16th March 2025

As we lead up to the Gymnastics Competition on **Sunday 16th March**, we would like to advise you of the timings for the events. Barrowby CE Primary School will be entering teams in to all 3 age group categories, under 7's, under 9s and under 11s.

The children have been working very hard on their routines and we are very much looking forward to seeing them perform on the day. To enable practice over the weekend, please see the routines below:

### Set Floor Routine for U7

As U9/U11 set routine with these changes:

- Cartwheel ¼ turn in (second foot joins first foot to end with feet together)
- Backward roll to feet
- Jump down to one knee, arms at side horizontal, immediately jump upwards and ½ turn to land on other knee, arms swing up on jump and out to land
- Roll back into shoulder stand (arms supporting under hips) hold for 3 seconds (lower slowly)
- Roll down to lie on back and push up to bridge, hold for 3 seconds
- Lower to lie down on back
- Lift to tucked dish (arms extend to ceiling by knees) and hold for 3 seconds.
- Lower to lie on back and roll over onto stomach. Keep body tight and extended in log roll over.
- Lift to arch and hold for 3 seconds. Lower to floor.
- Front support.
- Jump to crouch
- Stretch jump to stand
- Forward roll
- Hurdle step/run 2 or 3 steps and this is a Jump
- Half Turn at the end of the routine

### Novice Set Floor Routine for U9 & U11

- Handstand forward roll (hold handstand for 2 seconds)
- Cartwheel ¼ turn in (second foot joins first foot to end with feet together)
- Backward roll to feet
- Jump down to one knee, arms at side horizontal, immediately jump upwards and ½ turn to land on other knee, arms swing up on jump and out to land
- Roll back into shoulder stand (arms supporting under hips) hold for 3 seconds (lower slowly)
- Roll down to lie on back and push up to bridge, hold for 3 seconds
- Lower to lie down on back
- Lift to dish and roll to arch (hold both for 3 seconds), lower and push to front support, hold for 3 seconds, jump to crouch and stretched jump to land, arms up
- Forward roll
- Jump full turn
- Hurdle step/run 2 or 3 steps and Roundoff stretched jump to land

Please could you support your children to look through the routine and help them to remember the various elements of the routine.

All children will need to arrive ready to perform 15 minutes before their warm up time to meet myself and Mrs Ward. All parents are required to stay during the competition.





## *Barrowby Church of England Primary School*

The warm up times for the following categories are as follows (please arrive 15 minutes before start time);

- Under 7 Girls 7 Boys: 10:15am (arrive at 10.00am)
- Under 9 Girls & Boys: 1.00pm (arrive at 12.45pm)
- Under 11 Girls & Boys: 3.15pm (arrive at 3.00pm)

The under 7's will compete in the right hand corner of the main hall and are to wait with parents/teachers until they are called. The presentation for the Under 7's will be held at 12.15pm.

The Under 9 and Under 11's are both being held in the afternoon, please see specific warm up times above for age categories. Children and parents are to wait downstairs in the main hall or on the balcony overlooking until they are called to start.

The afternoon presentation will be approximately 5.45pm. If you would like to go home between the session please return to the hall at 5.15pm in readiness for the presentation.

Thank you for your continued support and I am very much looking forward to seeing our children compete in this annual event. Go team Barrowby!

Yours sincerely

A handwritten signature in black ink, appearing to read 'L Batey'.

Mr L Batey

