



Barrowby Church of England Primary School

25th February 2026

Dear Parents

Grantham and District Primary School Sports Association Gymnastics Competition – Sunday 8th March 2025

As we lead up to the Gymnastics Competition next week on **Sunday 8th 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; 46 gymnasts in total.

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

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: 1.15pm (arrive at 1.00pm)
- Under 11 Girls & Boys: 3.30pm (arrive at 3.15pm)

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 approximately 12.30pm.

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 for the U11 and U9 teams will be approximately 6.15pm. If you would like to go home between the session please return to the hall at 5.45pm in readiness for the presentation.

Next week, your child/ren will bring home their leotard to wear for the competition. Please can you ensure your child is competition ready when they arrive at the Meres Leisure Centre.

Those children with longer hair need to have a hairstyle which prevents their hair from going in to their faces e.g. bun, French plaits. We have also been advised that the girls performing should not wear underwear underneath their leotard please and that the boys should wear their navy blue PE shorts.

We kindly ask that the leotard is washed after the competition before returning it to the main office, in a bag with your child's name clearly written on. Please follow the instructions below:

Handwashing Instructions

- All garment(s) must be washed separately.
- Turn garment(s) inside out.
- Use a mild liquid detergent and gently hand wash in cold water. Rinse immediately.
- **DO NOT** allow garment to soak.
- Hang to dry.
- **DO NOT** use fabric softeners.
- **DO NOT** dry clean.
- **DO NOT** iron.





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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 at home, 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. Visit our school's [Facebook page](#) to see some of the skills that the squad have been working on, over the term-more to follow next week.

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

Mr L Batey

Headteacher

