

SYLLABUS:

Session Management: (Online)

Recap of Session Management from Foundation
Mentoring (Basic)

Online

Recap of Foundation
Basic Biomechanics

Physical Wellbeing

Rolling:

Straddle Roll,
Backward Roll,

Further Forward Roll

Floor Skills:

Drop Back to Bridge,
Forwards Walkover,
Backwards Walkover,
Headstand (Knees Bent),
Cartwheel (Inc 1 handed),
Further Twisting,
1.5 Twist Jump with Safe Landing,
Handstand Forward Roll

Dive Roll
Japana
Tick Toc
Roundoff
Handspring Front
Handspring Back

Vault Skills:

Off Squat Through
Through Vault Over Box
Handspring light support
Twisting Dismounts (Half / Full)

Cartwheel Dismount
Squat on straddle

Partner Work

Leap Frog
Weight Bearing

Partner Support
Counter Balance

Beam Skills:

Forward Roll
Donkey Kick from bench
Dismount Half and Full Twist
Dismount Roundoff
Handstand Progression

Tuck
Star
Twist (Half / Full)
Jumps on Beam

Linking Skills: Linking Elements Together to create a routine

PRE- REQUISITES:

STEP 2 RECREATIONAL GYMNASTICS

VIRTUAL OR IN-PERSON.

GYMNAST REQ.:

IT IS EXPECTED

FOR CANDIDATES TO

BRING AT LEAST ONE GYMNAST.

IF YOU ARE UNABLE TO DO THIS CONTACT US.

INFO@GYMNASTICBRITANNIA.ORG

WHAT TO EXPECT:

YOU CAN EXPECT A FUN AND INFORMATIVE COURSE THAT WILL TEACH YOU THE SKILLS AND HOW TO DEVELOP THE MOVES WITH FULL PROGRESSIONS, ALLOWING YOU TO ENSURE SAFE AND EFFECTIVE TEACHING OF YOUR STUDENTS.

YOU WILL ALSO LEARN THE SPECIFIC SKILLS AS PER THE SYLLABUS TO ENSURE SAFE PROGRESSIONS!

ASSESSMENT :

THIS COURSE WILL BE CONTINUALLY ASSESSED THROUGHOUT THE COURSE TO ENSURE THAT CANDIDATES ARE SAFE AND EFFECTIVE AND CAN INSPIRE THE STUDENTS THEY WILL BE COACHING.

THERE WILL ALSO BE A MULTIPLE CHOICE PAPER THAT WILL GENERALLY BE COMPLETED BEFORE THE COURSE AFTER PRE-COURSE LEARNING.