

SYLLABUS:

Covers Winstrada Gymnastics Primer Awards 1-3

This course covers Disabilities and Pre-school which is the foundation to all gymnastics and full inclusion.

Session Management (online)

Safety in Session: Equipment Setup/Derig Problem Solving Ethics within coaching Organisation of groups

Physical Wellbeing (online): Warming up Aerobic Activity Flexibility & conditioning Cool down session Healthy Living.

Rolling: Logroll Forward, Roll Rock Back & forwards Backward Roll Preparations

Floor Skills: Basic Skills Jumps Leaps Balance Weight Transfer Skipping Squat Jump/ Positions Dish Bunny hop Shoulder Stand Front / Back support Press up front/back Teddy Bear Roll Handstand Bridge

Vault Skills: Straight/star/tuck Jump from Bench or box top with safe landing Hurdle Step Progressions Straight jump from Springboard with run-up Shaped Dismounts Squat on Straddle on

Hand Apparatus: Bean Bags, Rope Ball Ribbons, Hula Hoop, Parachute

Beam Skills: Walk along the Bench / Beam. Walk along on Toes with Half & Full. Turn 1-foot balance on the bench/beam. Walk Along Backwards. Walk Along Sideways. Walk Along, stepping over bean bags. Basic Beam Mounts Straight, Star, Tuck Dismount

Partner Work: Basic Skills Match and Mirror Using Hand Apparatus

How to use the Gymnastics Function Index

PRE- REQUISITES:

NON

HOWEVER, HAVING SOME EXPERIENCE IN GYMNASTICS OR GYMNASTICS MOVES WOULD BE ADVANTAGEOUS.

GYMNAST REQ.:

NOT ESSENTIAL

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.

NOT ONLY THIS, BUT YOU WILL ALSO LEARN THE ETHOS OF GYMNASTICS AND HOW TO IMPLEMENT IT WITHIN A CLUB SESSION.

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.