

### SYLLABUS:

#### Session Management (online)

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

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

**Rolling:** Logroll Forward Roll Rock Back & forwards  
Backward Roll Preparations Linking Skills Linking Basic  
skills together

**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

**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

### PRE- REQUISITES:

STEP 1 FOUNDATION GYMNASTICS

### 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](mailto: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  
FREESTYLE 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.