



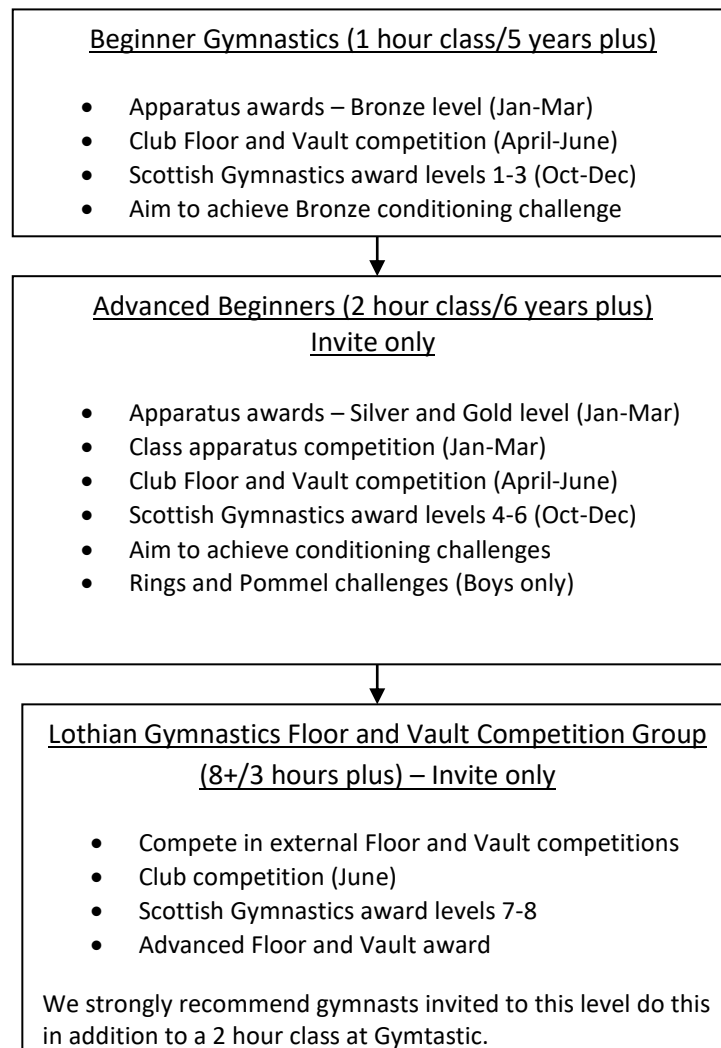
Our Gymnastics Programme

Our gymnastics programme (5 years plus) is based on the Scottish Gymnastics award scheme and our own apparatus awards.

January - March	Apparatus award assessments - including a class competition for 2 hour classes
April – June	Floor and Vault competition (routines based on Scottish Gymnastics awards)
July – September	Improve skills/New skills (classes run over summer holidays)
October - December	Scottish Gymnastics award assessments (including an open week and presentation of certificates)

Progression

The coaching team use the awards as a tool to determine when a gymnast is ready to progress, once a gymnast has passed all the awards covered in their current level of class they will be asked to progress to the next level of training. The assessment sheets can be found on the centre notice board, these list all the skills required to pass each level.



Gymnast of the term

Each class has a reward chart on the gymnastics hall wall. The gymnasts can gain stickers by demonstrating excellent behaviour, lots of effort, great listening and by achieving new elements and showing improvement. Gymnasts that achieve 6 stickers are presented with a Star Award. The gymnast in each class with the most stickers by the end the term is awarded a medal.

Scottish Gymnastics Awards

There are 8 levels in this scheme covering skills on Floor and Vault. Level 1-3 is covered in our 1 hour classes, level 4-6 in our 2 hour classes and Level 7+ in the Lothian Gymnastics competitive Floor and Vault classes. Gymnasts will work towards passing a level each year (Oct-Dec).

Apparatus Awards

These were created to develop the skills required to allow gymnasts to progress to competitive gymnastics. Girls will cover awards for Beam and Bars. Boys will cover awards for Parallel Bars and Bars. There are 4 levels for each apparatus – Bronze level covered in our 1 hour classes, Silver and Gold covered in our 2 hour classes and an Advance award for gymnasts training more than 2 hours per week. Class competitions are held for gymnasts in 2 hour classes with routines based on the skills in the awards. Although the routines are based on the skills in the awards they are not part of the assessment process. The routines are designed in a way that all gymnasts should be able to perform them regardless if they have achieved a pass for the level they are demonstrating. As there are only 4 levels in this scheme gymnasts may not pass an award every year on each apparatus, the skills are harder and involve more strength, flexibility and practise to pass. All gymnasts at the end of the term (Jan-Mar) will be presented with the certificates for levels passed or a 'Keep up the hard work' certificate.

Club Competition

The club competition takes place in June and is held in Ladywood Leisure Centre. This is a great experience for the gymnasts to take part in a competition with a friendly atmosphere. The routines the gymnasts perform are based on the last Scottish Gymnastics Award they passed. This is to reinforce the skills. The coaching team strongly recommend that all the gymnasts take part as all gymnasts will work routines at classes during this term (April-June). All the gymnasts that participate are presented with a medal/certificate.

Conditioning Challenges

These challenges are aimed more towards the super strong gymnasts. The conditioning challenges have target number of chin ups and other strength based exercises on Bars. Gymnasts will have regular opportunities to pass the challenges throughout the year. Gymnasts who pass the challenges can gain stickers on the reward charts.

Rings and Pommel Challenges (Boys)

Boy's gymnastics also includes Pommel Horse and Rings. The apparatus awards do not cover these 2 pieces of apparatus but the boys have challenges on these apparatus to achieve stickers on the reward charts. Gymnasts in 2 hour classes will be given regular opportunities throughout the year to concur these tough challenges.

Other benefits of participating in Gymnastics

1. Gain Strength and Power
2. Good Flexibility
3. Improve coordination
4. Learn a range of movements
5. Learn to Listen
6. Learn to set goals
7. Gain Self Esteem
8. Skills which will benefit other sports
9. Social Interaction
10. Having fun!