

**As a teacher, do I need a qualification to teach gymnastics in my school?**

**You do not need a specific gymnastics qualification to deliver gymnastics in your school however you should have QTS. It is the headteacher's responsibility to ensure the deliverer has the relevant technical expertise to deliver gymnastics.**

**If you would like to further enhance your knowledge, you can attend a Teachers Award Course or register for the Partner School Programme.**

**Who can attend a Teachers Award Course?**

**The courses are for teachers with a QTS or those working towards this, however teaching assistants who hold a formal qualification can also attend. Coaches delivering in a school environment are not able to attend a Teachers Award Course.**

**What is the Partner School Programme?**

**The programme has been created to increase teacher's confidence to deliver high quality gymnastics in their school.**

**What is the cost of the Partner School Programme and what does my school receive?**

**The programme costs £60 for an academic year.**

**Once registered, you will receive a complimentary Rise Activation Pack of your choice and access to Rise Hub, you will also have access to:**

- **24 session plans with strong curriculum links. Plans include teaching points, equipment tips and progression opportunities.**
- **10 Active Classroom cards. 5-10 minute gymnastics inspired activities to deliver in a classroom space to increase activity and focus between lessons.**
- **A support guide including how to progress gymnasts of different abilities and how to create your own session plans.**
- **Access to inclusive gymnastics e-learning.**
- **Online CPD workshops calendar.**
- **Entry into a prize draw for a Great Britain squad gymnast to visit your school.**
- **Discount to British Gymnastics events.**
- **Termly newsletter with top tips and information.**
- **Covid-19 support and guidance.**
- **Eligibility to enter GymFusion.**

**Is the Partner School Programme available to any school?**

**Yes, the 24 session plans focus on beginner gymnasts and links to the primary curriculum, but these can be adapted to suit different age groups.  
Rise Gymnastics is suitable for gymnasts from pre-school to advanced recreational.**

**Is the Partner School Programme the same as BSGA membership?**

**No, The British Schools Gymnastics Association is a separate organisation, and you will need to purchase their membership independently to access competitions.**

**Can coaches deliver gymnastics in my school?**

**Yes, gymnastics in schools should be delivered by a teacher with QTS or a UKCC Level 2 or above or a Gymnastics Activity Instructor under the guidance of a teacher with QTS.  
It is the headteachers responsibility to ensure a deliverer has the relevant technical expertise to deliver gymnastics.**

**Where can I get support to make gymnastics sessions inclusive?**

**As a Partner School, you can access to inclusive gymnastics e-learning course, support guide and online workshops.  
On the British Gymnastics [website](#) there are several resources including bitesize videos, communication videos using British Sign Language and support guides.**

**What equipment do I need to deliver gymnastics in my school?**

**Minimal equipment is needed to deliver recreational gymnastics in your school, much of which will probably already exist in your school.  
We would recommend: Mats, these do not need to cover the whole space but can be used for certain skills. Hoops, beanbags, various size balls, ribbons or scarves, feet markers or spots, benches and skipping ropes. Additionally, to be able to teach higher level skills you may also wish to have different height boxes or tables, inclines, springboards and landing mats.**