



Resources & Awards

BRITISH GYMNASTICS

BSCA

Gymnastics England

Gymnastics Enterprises Ltd
Unit 1, Lilleshall Hall Farm, Newport, Shropshire, TF10 9AS
Tel 0845 1297129 ext 2355
Email awardschemes@british-gymnastics.org
Registered in England No. 1630001
VAT Reg No. 207 9654 44

BRITISH GYMNASTICS



The **Key Step** and **Next Step** resources have been designed to integrate with the **BC Proficiency Resources and Awards** which focus on developing essential gymnastic skills.

Skills Development

Next Step Trampoline Acrobatics
Key Step Cheerleading

Core Proficiency

Pre-School Proficiency

Developing Competitions

Next Step Gymnastics

- Next Step builds upon the basic skills learnt in Key Steps through discipline specific skills found in Proficiency Advanced
- The pack is designed to be used as a gymnastic competition portfolio
- A choice of one or more discipline-specific packs containing work cards for 6 routines
- A DVD demonstrating the routines and skills at each Step
- Colourful A2-size posters depicting the skills and sequences in the work cards
- Guidelines on how to judge, organise and deliver the competitions including templates, letters, score sheets and apparatus layouts

Key Step Gymnastics

- Designed to enable children to experience the thrill and challenge of intra and inter school competition
- Based on skills and techniques in Proficiency Core
- 9 work cards depicting floor sequences, vault progressions and body preparation exercises (for strength & flexibility) all with guidance on developing skills
- A DVD demonstrating the routines, common faults and corrections
- Colourful A2 sized posters of the sequences, vaults and exercises
- Guidelines on how to judge, organise and deliver the competitions including templates, letters, score sheets and apparatus layouts

Developing Skills

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pre-school gymnastics

- Built on the fundamental building blocks 'A', 'B', 'C' – Action, Balance and Coordination
- Inclusive and developmental activities which develop physical literacy and movement skills - particularly suitable for children from 3 years
- 40 activities and 3 levels of reward
- Can include the use of music, action songs and imagination to focus a child's attention



core gymnastics

- Includes 10 types of activity and 8 levels of attainment
- Inclusive and progressive resources with 40 work cards
- Suitable for children of primary school age and above
- Provides a sound framework for the progressive development of core skills such as balance, strength, flexibility and co-ordination and incorporates compulsory pulse-raising activities
- Provides an excellent entry into first level competitions, including Key Steps competitions



advanced gymnastics

- Offers a range of activities from core fitness, floor, vault, pairs & groups, hand apparatus, dance and apparatus with 3 levels of attainment - Bronze, Silver & Gold
- Includes a compulsory core fitness activity to raise overall physical fitness
- Suitable for children of secondary school age
- Broadly underpins development work for Grades and National Development Plans



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trampoline

Awards 1-5


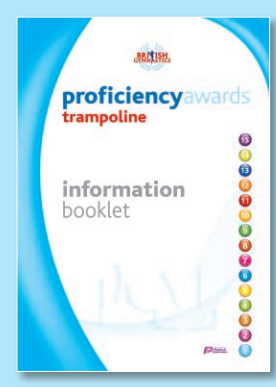
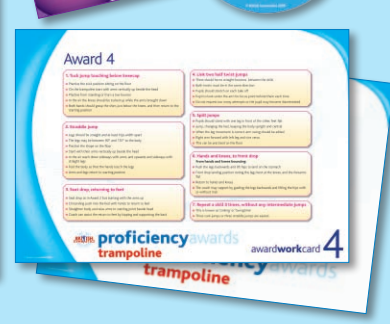
- Inclusive and developmental activities suitable for pre-school and beginners
- 7 activities per level, requiring 6 out of 7 to pass the award
- Levels 1-3 can be performed with assistance

Awards 6-10

- Suitable for primary & secondary children from 5 years
- Develops key trampoline gymnastics actions
- Awards up to level 8 provide an excellent entry into Next Steps Trampoline schools competition pack

Awards 11-15




- Suitable for competitive gymnasts
- Incorporates individual skill development and routine construction
- Suitable for children of secondary school age
- Broadly underpins development work for National competitions
- Includes a number of optional activities at each level

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cheerleading

- Offers a structured and progressive programme with levels of attainment and different types of activity
- Designed to meet the needs of schools, gym clubs and leisure centres
- Provides a sound framework for the progressive development of cheerleading skills
- Meets the needs of coaches & teachers wishing to assess progress in the quality of performance
- Promotes an active and healthy lifestyle
- Fully endorsed by the Association for Physical Education (AfPE) in conjunction with UK Cheerleading Association (UKCA)
- Provides gymnasts with motivation, encouragement and reward in the form of badges, certificates and a gold medal



- **Developing skills**
- **Entry Level Competitions**

Encourage Motivate Reward

www.british-gymnastics.org

