

An overview of the Gymnastics Development within the Vale School Sports Partnership: Sept 2005 to July 2007

The Challenge: What problems did we want to address?

To increase the provision for high quality teaching, coaching, and thus performance and competition in gymnastics across curriculum time and after school clubs.

British Gymnastics Community clubs are full and have waiting lists of three to five years. This makes exit routes from school gymnastics to club gymnastics impossible.



Meeting the Challenge: What happened and what strategies were used.

Continuing Professional Development courses:

- Learning in and through gymnastics for Teachers, (Key Stage 1 and 2 National Curriculum Support) *this course was attended by 18 Teachers from 18 schools across the partnership.*
- Challenging the more talented gymnasts and setting up an after school gymnastics club (Key Stage 1 and 2 teachers, Teaching Assistant, Parents and Volunteers) *This course was attended by 9 primary school teachers and 3 adults other than teachers (AOTT's) from 8 schools*
- 15 Secondary PE teachers attended CPD course in gymnastics

Curriculum time Support / Teacher Support

- Level 2 Artistic Gymnastics Coach led curriculum time lessons within 32 Schools covering the National Curriculum syllabus from foundation year through to year 6
- 15 Full staff insets across the partnership covering basic skills and equipment safety in gymnastics

OSH Gymnastics Club support

- Community Sports coach visited 22 after school gymnastics clubs of which 9 were new provision



Gymnastics Features in a Disability Sports Taster Day in Berkshire



Summary of Success

- 🌹 60 Individuals with a disability experienced a Gymnastics Taster Session
- 🌹 Complete excitement from the students and positive feedback from Staff
- 🌹 Gymnastics coach gains invaluable experience with disability coaching
- 🌹 Teachers and students interested in Gymnastics
- 🌹 Involvement of Gymnastics alongside other sports

Introduction

Gymnastics had not previously been included in any Berkshire Sport Disability event. This event was advertised through the Regional Development Officers network of coaches and club contacts as well as the Regional Gymnastics website. The advert asked for coaches who wanted to gain experience of coaching people with disabilities to volunteer to run some sessions. Rebecca Taylor came forward to volunteer herself along with an assistant coach Louise Watson. The enjoyment these participants gained from this experience was amazing.

Key Partners

- 🌹 Berkshire Sport Disability Officer – Lisa Davies
- 🌹 English Gymnastics Regional Development Officer – Helen Bushell
- 🌹 Gymnastics Coach – Rebecca Taylor
- 🌹 Gymnastics Assistant Coach – Louise Watson
- 🌹 Schools and Organisations within Berkshire

For more information about this or other PESSCL projects in the Southern Region please contact Helen Bushell helen.bushell@englishgymnastics.org



Another successful year for Gymnastics at the Berkshire Festival of Sport



Summary of Success

-  48 children selected from partnership festivals or after school clubs attended and performed their routines
-  21 young leaders trained as judges for partnership events
-  6 young leaders successfully judged on the day
-  Provided the opportunity for young people to experience a competition environment in a facility dedicated to gymnastics
-  Teachers given mentoring opportunities and children given additional quality coaching

Schools from around Berkshire came together on the 1st April to be involved in the *Berkshire Festival of Sport*. In the Gymnastics event 48 children from 4 partnerships performed the Key Step 2 routines in Body Management, Floor and Vault. These children represented the achievements of their partnerships' work in the delivery of gymnastics for this academic year.

The partnerships selected their teams through the support of local clubs and / or from pre-qualifier events. The surrounding schools, with the assistance of expertise from clubs, community sports coaches, competition managers, English Gymnastics and other external partners, prepared their teams for the big event. The extra training sessions that were organised prior to the event allowed the children to perfect their routines. This was evident in the excellent standard of routines on the day.

Key Partners

-  English Gymnastics
-  Berkshire School Sports Partnership
-  Berkshire Sport
-  Local GymMark accredited Clubs
-  Community Sports Coaches









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The support of a Gymnastics Development Group and the engagement of local GymMark accredited clubs enabled Gymnastics for the second time to feature in the Bucks Youth Games

Summary of Success

-  128 children competed in a combined Key Steps and Floor and Vault competition
-  Involvement and support of local GymMark accredited clubs
-  S.N.U.G.S. display team represented disability gymnastics in the county
-  4 newly qualified Key Steps judges judged their first competition with the support of experienced judges
-  14 young volunteers aided with the smooth running of the event and expressed an interest to be involved in further events and to train as judges
-  The formation of Milton Keynes Gymnastics Development Group

The aim of having a Gymnastics event at the Bucks Youth Games was to:

1. Bridge a gap in the competition pathway from participation in OSH clubs to British Schools and County Novice competitions by holding a Key Steps Competition (level 2 routines)
2. Provide the opportunity for talented gymnasts to train together and represent their district in a Floor & Vault competition.
3. Encourage school – club links and increased club membership.

This case study will explore the extent to which these aims have been met by reporting on good practice and by considering areas for improvement.

Key Partners

-  Bucks Gymnastics County Committee
-  Bucks School Sports Partnership
-  Bucks Sport
-  Community Sports coaches
-  English Gymnastics
-  Local Authority Sports Development Officers
-  Local GymMark accredited clubs



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A co-ordinated approach to Gymnastics Development in Cherwell, North Oxfordshire



Summary of Success

- Newly formed Cherwell Gymnastics Development Group
- Introduction of a Key Steps Gymnastics and Competition programme in Banbury
- Partnership working to include all partners promoting each other
 - Communication between each Gymnastics club
 - Cherwell Gymnastics Development Promotional leaflet
- Development of OSH activity in Kidlington and Bicester based on Banbury's Model
- Securing of funding

Key Partners

- Cherwell District Council Sports Development
- Community Sports Coach
- English Gymnastics Regional Development Officer
- Local GymMark Accredited Clubs
 - Bicester and District Gymnastics Club
 - Kidlington Gymnastics Club
 - Wade Gymnastics Club
- Oxfordshire County Sports Partnership
- North Oxfordshire Partnership Development Manager

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Club Links Case Study – South region

BOOKER GYMNASTICS CLUB

Summary

School-club links were encouraged and developed as a result of *Booker Gymnastics Club* becoming *GymMark accredited*. The head coach, *Kate Dutton* has worked to develop gymnastics within **5 schools**, to build the confidence and knowledge base of teachers and to inspire over **200 children**. This work has had amazing results, which will continue to benefit the community.

Objectives

- Development of strong mutually beneficial school-club links.
- Aim to improve the quality and confidence in the delivery of the gymnastics curriculum within schools.
- Increase participant engagement in gymnastic activities.
- To increase the number of children involved in gymnastics through the setting up of after school clubs.

The main aspirations of the project were to provide support and guidance to schools within the area of Booker Gymnastics Club, which would result in sustainable benefits.

History

In 2003, Kate Dutton became the manager of Booker Gymnastics Club. She spoke of the club as being a 'flourishing club offering recreational gymnastics with a small general competition squad.' It was not long after this that she became aware of GymMark and decided that this would be the way forward for the development of the club. Booker Gymnastics Club already had many of the key aspects for GymMark accreditation in place. This included having qualified coaches and performing regular equipment checks. However, the club prior to GymMark accreditation had no school-club links in place. This has since been achieved and what a difference it has made to the development of gymnastics in the area.

What happened

GymMark accreditation has encouraged Booker Gymnastics Club to start school-club links. Following this the club received a grant from English Gymnastics to develop and strengthen their links by releasing the head coach to go into surrounding schools to help develop gymnastics.

The use of the Key Step Gymnastics was an invaluable resource for use within the schools. It enabled the teachers to learn the teaching of gymnastics in a progressive, systematic step-by-step way. The head coach was able to explain and demonstrate the use of Key Steps, which allowed the teachers to implement this on subsequent sessions.

At the **Disraeli School** all aspects of Key Steps was taught as well as introducing different ways to use equipment such as the wall bars, benches and tables. This promoted the creativity of the teachers. The inclusion of a child with Down's Syndrome was achieved at the **Meadows County Combined** by adapting the skills when necessary. **St John's School** made very quick progress and had the full support of the Headmaster. The teacher of year 2 at **Beechview** said that he could not wait to teach his year 5 class the following year. This is incredible given that a lot of teachers are scared to teach gymnastics because it is perceived as being a dangerous and difficult sport to teach within a school setting.