



SCHOOL INFORMATION PACK - GYMNASTICS

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Schools Registration

British Gymnastics offers a free Online Schools Registration, which allows schools to register their details and record the levels and nature of participation in gymnastics. Registering will keep you better informed of developments and opportunities within school gymnastics. Registering allows the following benefits:

- Receive the latest news on Schools gymnastics
- Gain free access to the online shop to view resources available.
- Access development support locally.
- Information about professional development.

For more Information and to register visit:

www.british-gymnastics.org

Click 'schools'

Then click 'Register your school and affiliate with the BSGA'

British Schools Gymnastics Association (BSGA) Affiliation

BSGA exists to provide county, regional and national competitions for school pupils, enabling them to represent their school at competitions.

Affiliation runs, with the school year, 1st September to 31st August. School affiliation entitles **all or any** of your pupils to compete in gymnastic and trampoline competition, the **BSGA handbook** containing all the rules of the various competitions along with **contact names** etc. for all sorts of gymnastics/trampolining. Individual affiliation simply entitles the named pupil to compete in gymnastic and trampoline competition.

In addition, schools will receive:

- Electronic copy of the BSGA yearbook
- Dates of all BSGA regional and National competitions
- Contact details for regional and National competition organisers and officials.

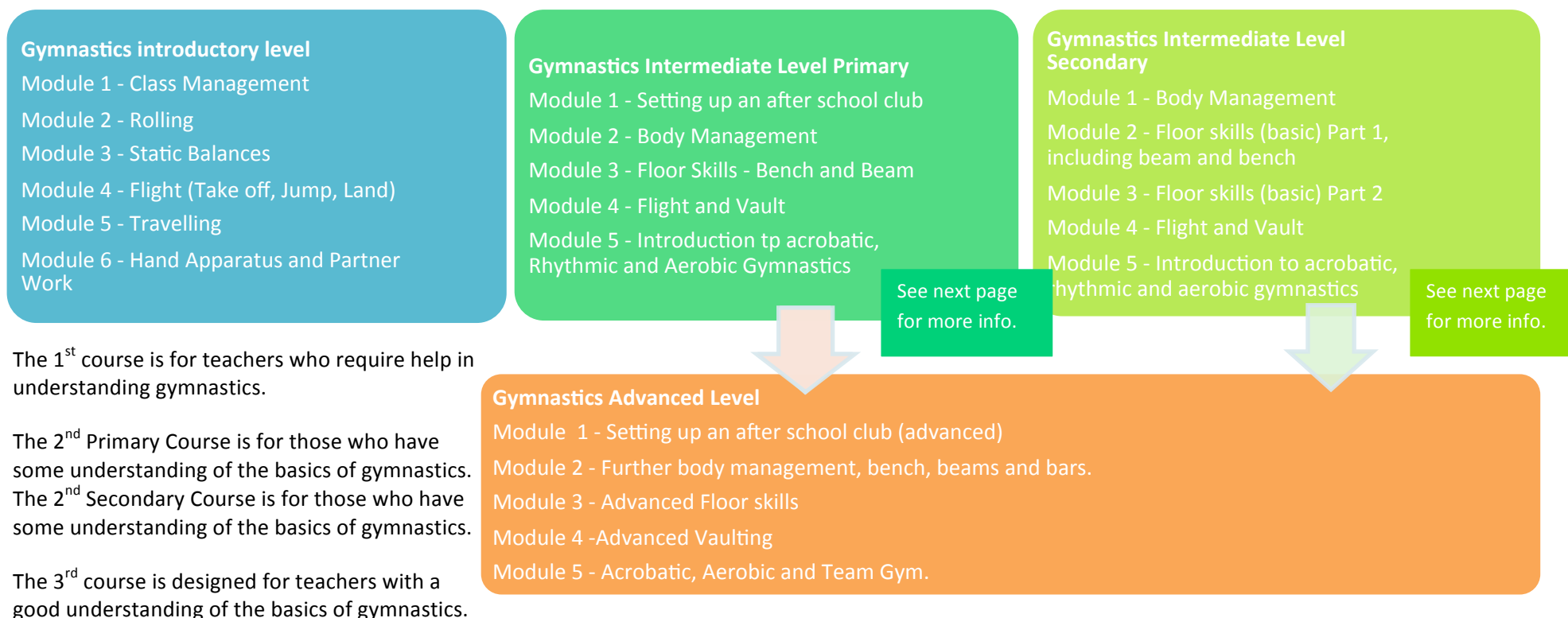
In order to register you will need your schools URN number and approximate numbers of pupils engaged in Gymnastics in your school. To affiliate to the BSGA you will need to register with British Gymnastics first, the option to affiliate to British Schools Gymnastics Association will be available at the end of registering.

British Gymnastics Teachers Courses

British Gymnastics offers a range of **Teacher Courses** specifically for use in a school setting. The Teacher Awards courses are regularly updated and expanded to meet the changing needs of the education system and to allow schools to provide the broadest possible provision of gymnastics for their pupils.

Gymnastics

Depending on the extent of your gymnastics background, you can go on an introductory level (no previous gymnastics background) or an intermediate level (some gymnastics background) course. Within the intermediate level there is a choice between courses with focus at a primary or secondary school content. There is the possibility for an advanced level course after the intermediate level course.



Skills Content for Teachers Awards

| Introductory | Advanced | Inter-primary | Inter-secondary |
|--|--|--|---|
| Warm up Body shapes and preparation Forward roll progressions Backward roll Use of apparatus to support learning Balancing on large body parts; Sitting, kneeling, all fours, straddle sit, on back Balancing on small body parts; One foot, shoulder stand, one knee Arabesque Dish and arch Front support, back support Bunny jumps Safe landings Jumps – straight, arch, dish, tuck, star Leaps Using springboard Travelling; Frog, caterpillar Squat in Straddle onto line Hand apparatus; Bouncing, rolling, skipping, swinging, snaking | Body management, including; Flexibility exercises Strength and endurance Bar work; Different grips Body shapes Traversing along a bar, and with ½ turns Basic under bar swinging in over grasp Trolley swing Upward circle Backward hip circle Cast Cast to backward hip circle Beam; Travelling Simple step turns Static balances Squat on Forward roll Floor; Handstand, handstand forward roll Handspring Bridge, handstand to bridge, back bend to bridge Bridge kick out, handstand bridge to stand Forward and backward walkovers Cartwheels, one handed cartwheel Round off Flic Splits Arabesque, Y scale | Setting up a club Display work Body management; Warm up, stretching, strength Bar work; Different grips Body shapes Traversing along a bar, and with ½ turns Floor; Static elements – straddle sit, pike sit, japana, tuck, V sit, straddle V sit, ½ lever, basic standing shapes One footed balances Shoulder stand Frog Headstand and handstand Forward and backward roll, handstand forward roll Backward roll to pike and straddle Log roll Teddy bear roll Front and back support Dish and arch Basic jumps Cartwheel Bench/beam; Adaptation of floor skills where relevant | Body management; Warm up, stretching, strength Bar work; Different grips Body shapes Traversing along a bar, and with ½ turns Basic under bar swinging in over grasp Trolley swing Floor; Static elements – straddle sit, pike sit, japana, tuck, V sit, straddle V sit, ½ lever, basic standing shapes One footed balances Shoulder stand Frog Headstand and handstand Forward and backward roll, handstand forward roll Backward roll to pike and straddle Log roll Teddy bear roll Front and back support Dish and arch Basic jumps Cartwheel Backbend to bridge, handstand to bridge, kick over Bench/beam; Adaptation of floor skills where relevant |

Pair work;

Mirroring simple shapes
Contrasting simple shapes
Supported balances
Bunk beds
Counter-balances

Vault;

Landings
Run up, pre-jump, take off, post flight
Squat on
Squat through
Straddle
Handspring

Pairs;

Standing on knees – variations
Front and back angel
Knee and shoulder balances
Standing on shoulders, base kneeling
Standing on shoulders, base standing
Stand on hands, short arm
Handstand on knee, base kneeling

Aerobics;

7 basic steps and sequences

Team Gym;

Content based on above where appropriate

Vault;

Safe landing
Run up, pre-jump, take off, post flight
Squat on
Squat through
Straddle

Pairs;

Supported headstand and cartwheel
Leap frog
Bunk beds
Simple one foot stand on knees
Handstand balance
Counter balances
Supported straight jump
Forward roll straight jump
Backward roll straight jump
Stand on shoulders

Rhythmic;

Basic body shapes
Rope – basic skipping, swinging, throwing, trapping
Hoop – skipping, swinging, throwing, rolling, rotating
Ball – bouncing, swinging, throwing, rolling
Ribbon – snaking, swinging, throwing, spiralling

Aerobics;

7 basic steps and sequences
Family of skills – push up, support, jump, turn, flexibility

Vault;

Safe landing
Run up, pre-jump, take off, post flight
Squat on
Squat through
Straddle

Pairs;

Supported headstand and cartwheel
Leap frog
Bunk beds
Simple one foot stand on knees
Handstand balance
Counter balances
Supported straight jump
Forward roll straight jump
Backward roll straight jump
Stand on shoulders

Rhythmic;

Basic body shapes
Rope – basic skipping, swinging, throwing, trapping
Hoop – skipping, swinging, throwing, rolling, rotating
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Ribbon – snaking, swinging, throwing, spiralling

Aerobics;

7 basic steps and sequences
Family of skills – push up, support, jump, turn, flexibility

British Gymnastics Teachers Courses - Trampolining

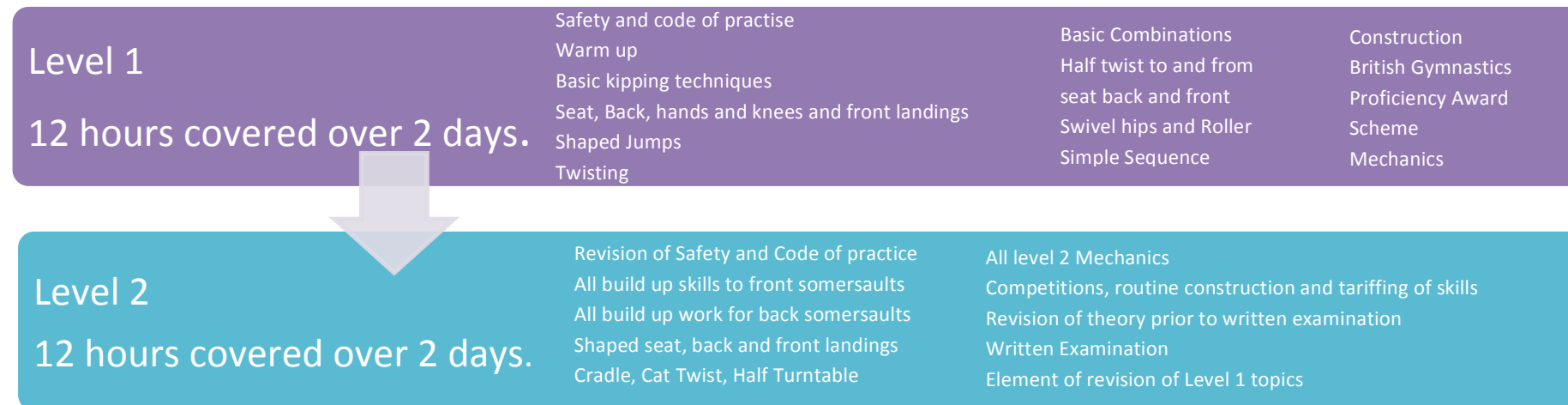
The course consists of two modules, Level 1 and Level 2. Candidates can choose to complete only the level 1 or both levels. It is not possible to skip the level 1 course.

Eligibility

They must be one of the following:

- (a) Specialist trained PE teachers (this includes a specialist PE qualification gained abroad).
- (b) Trainee PE teachers who are undertaking the GTP, SCITT or “Teach First” programme or who are about to complete their PGCE course. Students in either their Third or Fourth year of training to be PE teacher can also take the award.
- (c) Non PE specialists who are in possession of a current British Gymnastics Coach award (level 2) or higher in another discipline.

In addition it has been agreed that teaching assistants within special schools can, subject to meeting certain criteria, attend the level 1 course only. For more details please contact the Education Department on 0845 129 7129 Ext 2392.



Young Leaders Courses

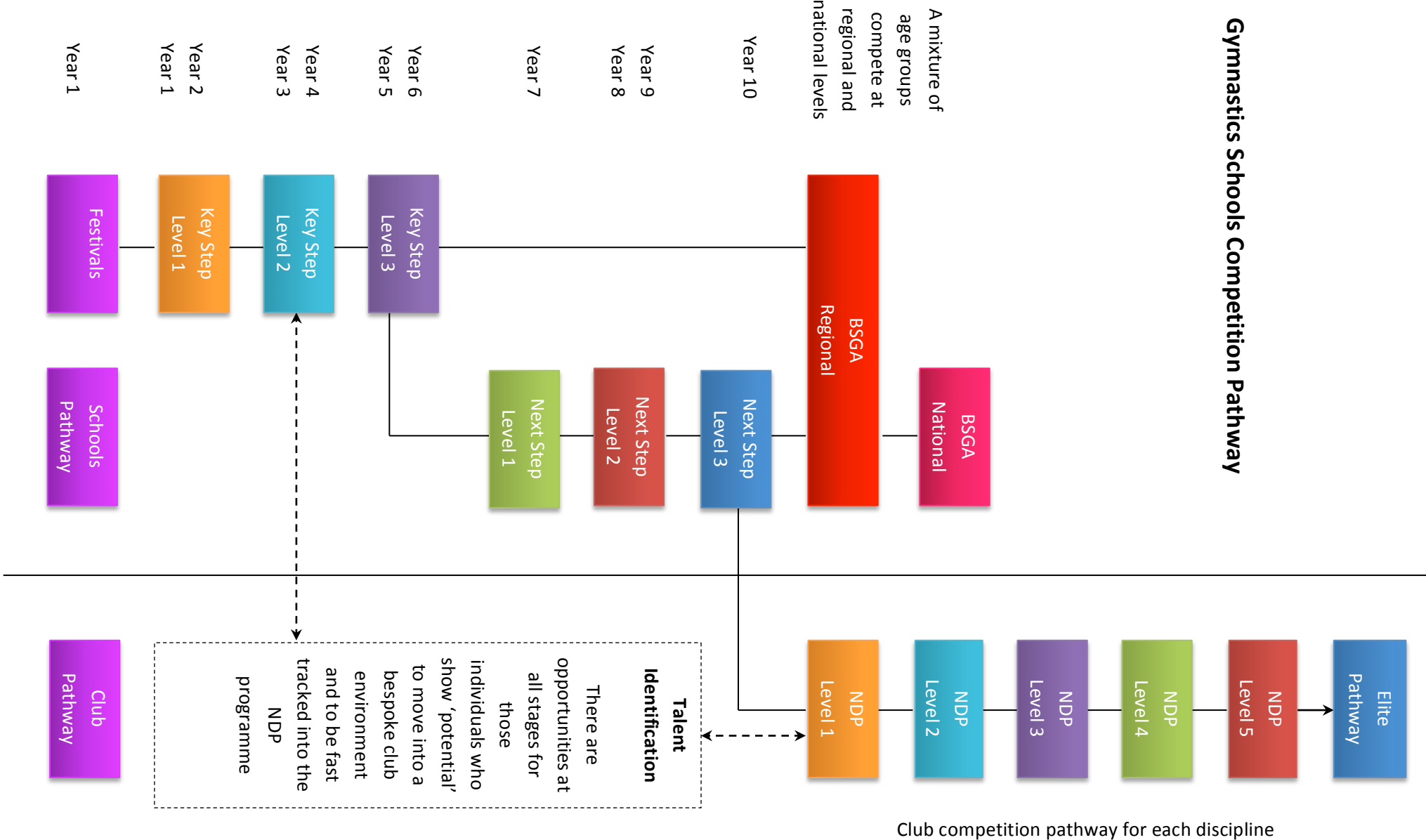
| Course | Course Summary | Age | Length Of Course | No. Candidates per Course | How to Arrange? |
|-----------------------------|---|--|--------------------------------|---------------------------|--|
| Introductory Judging Course | <p>This award provides a foundation in judging gymnastics and is linked to the key steps programme. It helps you to understand how gymnastic exercises are evaluated. It should give confidence, encouragement and experience to judge at beginner level competitions. Topics covered include: the role of the judge, competition procedures, how to judge an exercise, work out the score, completing a judging slip and gymnastics terminology.</p> | 13+ | 3 hours (theory) | 20 | Contact anna.murray@british-gymnastics.org |
| Event Officiating Course | <p>The main objectives of this award is:</p> <ol style="list-style-type: none"> 1. To provide an insight into the organisation of a gymnastics event. 2. To provide volunteers with a knowledge of officiating roles. 3. To develop key skills to undertake officiating roles at a gymnastics event. <p>It proves participants with an opportunity to learn and develop appropriate skills and attributes to assist with the officiating of gymnastics events.</p> | 14+ | 3 hours (theory) | 20 | Contact anna.murray@british-gymnastics.org |
| Helpers Award | <p>The helpers award covers the following topics:</p> <ol style="list-style-type: none"> 1. Helpers – What role you can play 2. The gymnastics Family 3. Helpers Responsibility and Safety in Gymnastics 4. Erecting and Checking Equipment 5. Physical Preparation 6. Working Towards Strong Shapes 7. Gymnastics Reward and Award Schemes 8. Organising Events <p>It is designed to encourage people of all ages, gender and ethnicities to help in the organisation and running of gymnastics and trampolining clubs, extracurricular sessions in schools, leisure centres and other community settings.</p> | 14+ (discretion can be used by tutor for any candidates under this age) | 6 hours (theory and practical) | 20 | Contact anna.murray@british-gymnastics.org |

| | | | | | |
|---|---|---|--------------------------------|----|--|
| BG Proficiency Award Scheme Coaching Course | The aim of the course is to provide an informal route into coaching which is appropriate for volunteers who want to help only for a couple of hours a week. It is based around the contents of the BG Core proficiency awards which include: Balance, Strength, Flexibility and co-ordination. There are 80 activities with 8 levels of attainment and provides an entry point into first level competitions | 14+ (Please note candidates must associate members of BG) | 6 hours (theory and practical) | 15 | Contact anna.murray@british-gymnastics.org |
| Trampolining Award Scheme Course | The course allows the candidate to help with recreational classes using the BG proficiency award scheme. They are designed to introduce volunteers into coaching. It is a stepping stone to help those that enjoy coaching to enter the formal structure of the BG coaching structure. The award scheme itself is designed to teach a complete beginner through to entry level competition standard. | 14+ | 6 hours (practical) | | Contact anna.murray@british-gymnastics.org |
| Fundamentals Award Scheme Course | The course allows the candidate to help with recreational classes using the BG FUNdamentals award scheme. The programme has been developed with 6 early learning goals in mind: Social, Physical, Linguistic, Intellectual, Creative and Educational. All the activities can be practiced safely under the guidance of the FUNdamentals coach. It is centred around 16 themes with songs colours and counting to support movement skills. | 14+ | 6 hours (practical) | | Contact anna.murray@british-gymnastics.org |

If you are a **secondary teacher** with **gymnastics background or knowledge** then you could become a **tutor** for the **Helpers award** and **Event Officiating award**.

For further information and to express an interest contact Anna Murray on anna.murray@british-gymnastics.org

Gymnastics Schools Competition Pathway



Key Steps Gymnastics

Key Step Gymnastics festivals can be run from years 1 – 6. Key Step Gymnastics is broken down into 3 levels, with all levels including a floor, body management and vault element.

It is designed to enable children to experience the thrill and challenge of intra and inter school competition. Key steps gymnastics is based on skills and techniques in proficiency core.

By the end of the academic year 2011 British Gymnastics would like all partnerships to be offering Key Step Gymnastics competition at years 3 & 4. The ideal model is to have each cluster/group of clusters combining to deliver the level 2 competition.

By the end of the academic year 2012 Key Steps at Primary age should be accessible to all year groups. Resources can be purchased through British Gymnastics www.british-gymnastics.org. Please visit the 'shop online' section and 'schools'.

For more information on Running your Cluster/SSP Key Step Gymnastics Competition please see [LINK TO GO HERE](#)

The School Games

The School games is a unique opportunity to motivate and inspire millions of young people across the country to take part in more competitive school sport.

The Games are made up of four levels of activity: Competition in schools, between schools, at county/area level and a national finals event:

- **Level 1** – Sporting competition for all students in school through intra-school competition
- **Level 2** – Individuals and teams are selected to represent their schools in local inter-school competitions
- **Level 3** – The county/area will stage multi-sport School Games festivals as a culmination of year round school sport competition
- **Level 4** – The Sainsbury's School Games finals: a national multi-sport event where the most talented young people in the UK will be selected to compete in out sporting venues (including the Olympic Park in 2012).

At a local level the School Games will be delivered by schools, clubs, county sports partnerships and other local partners. Local Organising Committees are being set up, chaired by Head Teachers to oversee the county festivals. County Sports Partnerships have an important role to play in helping to stage the festivals.

Level 1: Intra-School competition

Teacher Release posts

The [Department for Education](#) has made funding available to every secondary school in England to enable a PE teacher to be released one day a week to provide support for PE and school sport, both within their own school and across their family of feeder primary schools. The core tasks of the Teacher Release post are to help schools:

- Create sustainable school sport competitions both within and between schools
- Involve their staff, parents, local people, young leaders and volunteers in the delivery of competitive sport
- Engage pupils in sport who are less active or who do not have equal access to opportunities to compete (e.g. disabled pupils).

School Sport Organising Committees

Young people can play a fundamental role throughout the School Games. School Sport Organising Committees are groups of young people who join together to lead the planning and delivery of school sport clubs and intra-school competition programmes in their school. They influence and shape the school sport offer for their peers through deciding on the types of competitions to be held, their structure and where and when they take place, making it more attractive and accessible for all young people.

Level 2: inter-school competition

School Games Organisers

School Games Organisers are roles funded by the [Department of Culture, Media and Sport](#) and the [Department of Health](#) to drive, develop and deliver the School Games across groups of schools. Both departments lead and drive the co-ordination and management of both the School Games and Change4Life sports clubs at a local level. There are 450 School Games Organisers nationally, all based in host schools across the country.

School Games Organisers can login to the website using their username and password above.

Level 3: county/area sport festivals

Local Organising Committees

A Local Organising Committee (LOC) is a county or area-wide strategic group established to plan and stage a high quality School Games Level 3 festival linked to competition at Levels 1 and 2 or the School Games. The LOC should have as a minimum representation from:

- State and independent schools at a Head Teacher level
- The County Sports Partnership
- Local Government
- Young people
- NGBs and other local sports providers
- Local disability sport.
- School Games Organisers and Teacher Release posts should also have representation on this group.

Each LOC will be chaired by a Head Teacher and the group will be critical in identifying the opportunities to maximise the School Games and all it involves for the benefit of pupils, schools and the local community.

Local Organising Committees can login to the website using their username and password above.



Gymnastic Festivals - GymFusion

GymFusion is the British gymnastics National Festivals Programme. It offers the chance for teams of gymnasts to perform in a show style, non-competitive event where the emphasis is on fun and friendship.

It will involve all disciplines of gymnastics with or without apparatus and incorporate various forms of dance and musical interpretation. It offers both spectators and gymnasts a fantastic experience.

It was created for the following reasons:

- To bring together our gymnastics community
- To demonstrate the diverse nature of gymnastics
- To encourage participation and performance
- To value all disciplines, all ages and all stages of development
- To develop personal expression
- To experience the opportunity to perform and achieve in a fun, friendly and social environment

There is both a National GymFusion Event as well as an event for each region.

There is more info on each competition to be found at:

www.british-gymnastics.org

click on 'GymFusion' and then either select 'National GymFusion' or 'regional GymFusion'.

Entry is only open to those that are British Gymnastics Members.

Next steps

Next Steps competitions can be ran from Years 5 through to Further Education. Next Steps are broken down to 3 levels including a body management, set skills and set routine element. It is important to remember that Next Steps is a **School's** competition resource; however you can alter competition rules to accommodate for club competitors. There are different disciplines in Next Steps and these are:

- Trampoline Gymnastics
- Acrobatic Gymnastics
- Cheerleading
- Rhythmic Gymnastics

By the end of the academic year 2011 British Gymnastics would like all partnerships to be offering a Next Steps competition to years 7 & 8.

Resources can be purchased through British Gymnastics www.british-gymnastics.org. Please visit the 'shop online' section and 'schools'.

For more information on running your cluster / SSP Next Step Trampoline Competition please see [link to go here](#)

BSGA Competitions

Carita House Championship

Teams must consist of 5 or 6 gymnasts, boys or girls. Age groups are Junior: over 9 and under 11, and seniors over 11 and Under 16. There will be a Floor, Vault and Group routines (Where there are teams of 6 only 5 can compete in Floor or Vault but each gymnast must compete in 1 piece. The group routine may be made of 5 or 6). The best 4 scores from each discipline will be combined to an overall score.

Floor and Vault

Teams must consist of 4, 5 or 6 gymnasts mixed teams must include a minimum of 2 boys and 2 girls. Age groups are under 11's, under 13's and under 19's. There will be Floor and Vault routines. Again only 5 can perform on each apparatus. The best 4 scores from each discipline will be combined to an overall score.

Acrobatic Gymnastics and Tumbling

Age Groups: Under 11; Under 13, Over 13-Under 19.

Events are Boys pairs, Girls Pairs, Mixed pairs, Groups, Boys tumbling and Girls tumbling.

Rhythmic Gymnastics

Age groups are Under 11, Under 14 and Under 19.

There are 2 levels of competition in each age group. Schools can enter each section as a team of 4, 3 or 2 gymnasts.

Aerobic Gymnastics

Age Groups are Under 11's, Under 13's, under 16's and Under 18's.

Trampolining

Competitors are grouped by age and gender; each person enters as an individual with teams being formed by 3 or 4 individual competitors in any age/gender group.

There are 2 parallel competitions: the 'Novice' which is where the events are restricted to those not registered with BG for national competitions and 'Elite' which is open to athletes of any standard.

For more information please see the competition hand book at the address below or click the rule book picture.

http://www.british-gymnastics.org/site/index.php?option=com_docman&task=doc_download&gid=2708&Itemid=594



Useful Contacts

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Club Development Co-ordinator

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Club Development Co-Ordinator

West Yorkshire, North Yorkshire & Tees Valley

Clare Diggle

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Regional Gymnastics Website: www.yorkshire.gymnasticsengland.org

British Gymnastics Website www.british-gymnastics.org