

SCHEDULE OF EVENTS

Week 1: Back to Basics

As you may know, every term we always start off with 'back to basics'

With gymnasts having a nice summer break it always throws them off the radar a bit, so kick starting the term with basics always helps to blow out the cob webs. It also helps them get back into the swing of things, especially after that 6 week summer break.

Week 2: Rolling Week

This week we will be covering all types of rolls, the variation will help them understand how to position their hands, find spacial awareness and coordination

Week 3: Flexibility Week

This week we will looking at improving how flexible you are, we will be testing your splits, and hip actions. This also forms part of your British Gymnastics awards. Get practicing if you want to pass them

Week 4: Hulk Week

During this session we will be doing lots of conditioning, strengthening those muscles and using muscles that we never knew we had. We will challenge you to circuit exercises, make sure you have water, it will be a sweaty one

Week 5: Incline week

Right, this week the gymnasts will have to get used to different kinds of heights and levels. Today the gymnasts will rotate around the pieces of apparatus and will have the opportunity to learn new skills on different size platforms. These moves will include rolling backwards, forwards, sideways, backflips and much more.

So gymnasts I hope you enjoy it.

Week 6: Circuit Week

This week the gymnasts will be pushed to work them skills that they are having trouble doing. Complete a circuit to help them achieve them goals.

Breaking down the moves on the different parts of the circuit.

Week 7: Boot camp week

I have re-introduced our army boot camp. Yes it's back

And this will be the best army boot camp ever!

If you have never done an army boot camp before this is how it works; the gym will be turned into an army assault course, with all different exercises thrown into the mix. The exercises will include things like press ups, sit ups, and crash mat jumps and if that isn't enough the gymnasts will be going into true army mode with them having to crawl through tents, tunnels and a giant net.

So if you guys are up for the challenge don't miss it!

Week 8: Landing week

Today the gymnasts will be testing their landing skills, they will be challenged to games involving different types of landing positions and off different levels.

They will be split into teams and each team will be awarded points, the winning team gets a prize, Good Luck all!!

Week 9: Progression week:

This week the coaches will be looking at one skill for the session and breaking that move down into sections for the gymnasts to absorb more easily. Progressions for moves are very important as it helps the gymnast to understand the concept of the skill.

Remember the coaches could give you any skill of their choosing, so have a great session.

Week 10: British Gymnastics Proficiency Awards

Every Gymnasts favourite week-British Gymnastics Proficiency Awards. For the next week the Gymnasts will be continuing from where they left off last term and will be tested by the coaches to see if they pass their proficiency awards. 8 passed skills out of 10 are all that is needed to gain their Badge and Certificate. If this is the Gymnasts first term, or first attempt at British Gymnastics Badges, then they will start from the beginning so that they get a fair crack at passing the necessary skills.

Week 11: Rehearsal 's for Christmas Display

This is real tester for both Gymnasts and Coaches. This is the time of the term, when ideas are thrashed about in order to try and put on the best show for the parents before everyone breaks for their Christmas holiday. I'm not going to tell you what we have in store, but we know you're going to enjoy seeing what the Gymnasts have been up to all term.

Week 12: Christmas Display Day

This is the climax to our 12- week term! Our End of Term displays are always the most fun part of our term, and they are always a nice treat for the parents, families and friends to see what the children have been learning over the last 4 months.

We hope you enjoy the displays, and we would like to take this opportunity to wish all of our gymnasts and parent's a Merry Christmas and a happy New Year!

