Fact Sheet 1

Pre-School Classes



We run sessions for 3-4 age groups

Children need to be active every day to promote their healthy growth and development. Those who establish healthy lifestyle patterns at an early age will carry them - and their benefits - forward for the rest of their lives - and this is important to us at CSoG. There are many benefits to be gained - including the role of physical activity in helping children to be 'school ready.'

Our fully qualified, enthusiastic, and specially qualified Class Manager with the help of our Sports Leaders and UKCC Level 1, Assistant Coaches on our **CSoG** Coaching Team provide a range of fun-filled classes toddlers and pre-schoolers of all ages and provide an excellent introduction to physical activity. Our classes are highly recommended with parents telling all their friends about us and advertising to their Nursery School or Infants School

Once children are confident in the gym, we encourage you to try our structured pre-school classes (Mini Movers) which will really start to develop your little one's gymnastics skills and school-readiness skills.
These classes are fully structured and lead by one of our fully qualified and experienced pre-school coaches. The classes are typically suitable for Tiny Tumblers from age 3yrs will develop your child's cooperation and listening skills – as well as their fundamental movement skills.



Our Pre-School Tiny Tumblers from the age of 3yrs are taught in an independent class.
These sessions are fully structured and lead by one of our fully qualified and experienced pre-school coaches - with several helpers / young leaders on hand to provide additional support.
These sessions are designed to further develop independence, cooperation and listening skills alongside gymnastics skills as little ones begin nursery or school.

Parent and Toddler classes are organised during School holidays.

www.carmarthenshireschoolofgymnastics.co.uk

Fact Sheet 1

Pre-School Classes Award Scheme



Children need to demonstrate their ability to undertake the following tasks as outline within the three awards.
They will receive a certificate and award badge on completing the following tasks.

Here are the tasks they need to complete:-

1st Award: Tasks include the following...

1 Land on to a higher surface
2 Safe Landing
3 Static balance on one leg
4 Weight on hands, supporting the body on any apparatus
5 Land safely from height
6 Land safely after leaping or jumping over an obstacle
7 Upside down shapes
8 Weight on hands and travel in support on any apparatus
9 Upside down in handstand variations
10 Static balances on different body parts
11 Weight on hands with small swings in support on any apparatus
12 Hang upside down from a bar adult supported

2nd Award: Tasks include the following...

1 Running on the spot
2 Hopping
3 Jump up high
4 Jump a distance
5 Leap or jump over an obstacle
6 Skipping
7 Roll down an incline
8 Start and stop running on command
9 Weight on hands and travel in different shapes and directions
10 Run with changes in direction
11 Roll in different directions with and without an apparatus
12 Fast Running

3rd Award:
Tasks include the following...

1 General development and co-ordination using pulling of the upper body
2 Climb up appararatus to hang from the hands then swing
3 Upside down sideways
4 General development and co-ordination using hand apparatus
5 Swing and hang with a tucked body or bent legs
6 Throw hand apparatus to a target and collect it
7 Swing and hang on higher apparatus with a stretched body shape
8 Collect hand apparatus and drop into a target
9 General development and co-ordination for core strengths
10 Throw a ball up, let it bounce and catch it
11 Dynamic balance, keeping in control during movement
12 Roll or slide hand apparatus to a target and collect it
13 Balance circuit
14 Swing on a rope
15 General development and co-ordination using pushing strength of the upper body
16 General development and co-ordination involving partner and team games

