Fact Sheet 2

General Classes



We run sessions for 5-7 years and 8+ yrs.

Your child will enter our recreational programme where we will teach the fundamentals of gymnastics and ensure that children develop confidence in using the gymnastics apparatus safely, for example, the ability to land safely from a height. We aim for children to work with the same coaches each session so that they can develop the rapport which we deem essential.

Initially children attend once each week. At this stage they will develop basic movement patterns (hopping, jumping etc.), rolling, swinging, balancing, and rebounding, using apparatus which is appropriate to their size and experience.

Our youngest children spend their time working to develop their physical literacy using our smallest pieces of apparatus. It is essential that children have fun and develop the movements and coordination to enable them to progress working on larger piece of apparatus safety and appropriately.

In these classes children will begin working on the **Carmarthenshire School of Gymnastics Proficiency Awards**

Scheme as well as the **British Gymnastics Proficiency Awards** as the proposed **Welsh Gymnastics Proficiency Awards**

In these classes, the session is structured around the above-mentioned Awards Scheme. When your child achieves an award, you will receive a letter and will be invited to purchase a certificate. We feel that children thrive on rewards, so we continually seek for your children to improve and achieve their Awards.

Once children have developed the necessary skills and demonstrate that they are eager and able to learn additional skills, they will be invited to progress into the General Squad Class with a view to compete in **...**

- **CSoG** local Gymnastics Championships,
- Welsh Gymnastics Championships (Rotary Disability Gymnastics Championship,
- Gym Spire and the Preliminary Gymnastics Championships.



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Competitive General Squad

Selected children who have achieved the requirements may be invited to join our Competitive Recreational classes called the General Squad. This level of training is for children aged 6+ and will involve a minimum of 2 sessions per week and could increase to 5 session per week. This group requires a higher level of effort and commitment compared with the previous General 1hr class as children will be invited to take part in 3/4 competitive events each year.

Recreational Assessment Programme
It must be recognised that being asked to be part of a squad is a privilege few children achieve. Therefore, most children will remain within our recreational programme, enjoying gymnastics and developing their skills. However, where children demonstrate certain, rare, attributes (body shape / type, attitude, strength, flexibility, confidence) they may be invited to join our Recreational Assessment Programme. The aim of this Programme is to give gymnasts the opportunity to gain experience, working alongside our squad gymnasts and coaches and for coaches to assess how a child may cope with the demands of squad gymnastics.

Recreational Important Information for Members
- Recreational gymnasts must always wear an appropriate leotard – Please refer to the attachment in your Welcome E-mail regarding British Gymnastics/ Welsh Gymnastics recognised suitable attire to train in.

- No jewellery, including belly piercings, can be worn for gymnastics sessions. There is a no tolerance rule regarding this, and no fees can be refunded if children are excluded for this reason.
- Hair must be tied back securely.
- Gymnasts should attempt to attend every scheduled class, and any absence should be conveyed to the office prior to the class start time as our classes are in high demand.
- Gymnasts should always be on time; the warmup is an essential part of any session. Gymnasts who arrive more than 10 minutes late will not be permitted to join the class.
- Please ensure that your children are collected promptly so that coaches and volunteers can dedicate themselves to children in follow-on sessions.
- Gymnasts should always bring a drink of water to training. Your child's body will work best when it is hydrated. We also have drinks for sale in the office / vending machines at public venues.
- Coaching time is precious so if you need to talk to a coach please do so before or after a training session or ask to liaise with one of our Welfare Officers who will arrange a meeting (where appropriate).
- We will always aim to get the absolute best out of your child. If you have any queries, please speak to your child's coach or one of our Welfare Officers who can arrange a meeting (where appropriate).

Please also read a copy of the General Class Induction Package outlining all the rules and regulations.

General Awards



8th Award: Tasks include the following...

1 Run on the spot for 30 seconds
2 Fun gym shapes - sit in tuck, pike, straddle, stand with tall stretch and star
3 Front and back support
4 Jump in and out of hoop
5 Transfer weight from 1 foot to the other
6 From couch, bunny jump
7 Rock backwards and forwards in tuck
8 Matched and mirror sequence fo arm positions
9 Explore patterns using ribbons or scarves
10 Walk forwards on a bench on tiptoes

7th Award: Tasks include the following...

1 Run freely for 45 seconds
2 Bend leg dish
3 Back support raising 1 leg at a time towards the virtical
4 Stand and jump to a safe standing
5 1 foot balance or bench or box top
6 From front support, jump in and up
7 Rock backwars and forwards in pike and straddle
8 Front and back support, lower to the floor with control
9 Bounce and catch a ball 3 times
10 Walk forwards along a bench and full turn in the middle

6th Award: Tasks include the following...

1 Follow my leader in pairs using different actions for 1 minute
2 Dish and Arch
3 Press-up forwards and backwards
4 hop jump, hop jump along the floor
5 Piked v-sit with hand support
6 Travelling bunny jumps
7 Rock backwards and forwards tucked to stand
8 Side support on 1 arm, turn slowly to the other
9 With parner, roll or catch a ball or hoop
10 Walk backwards along a bench and full turn in the middle

5th Award: Tasks include the following...

1 Leap from 1 leg to the other
2 Japana to 45*
3 Move sideways from dish to arch
4 Hop, skep and jump
5 T-balance
6 Bunny jump over a bench side-to-side
7 Tucked orward roll down an incline
8 Front support with partner
9 Roll a ball or hoop, travel at its side and pick it up
10 Run, hurdle step and 2 footed rebound jump

4th Award: Tasks include the following...

1 Skip for 30 seconds
2 Low lunges with both legs - forwards and backwards
3 Shoulder stand with hips supported
4 Cat leap, 2 times, each leg
5 Frog balance
6 Straddle bunny jumps across a bench side-to-side
7 Tucked backward roll down an incline
8 Chassis steps with arm swing, facing partner
9 Hoola hooping
10 From box top - star jump to safe landing

3rd Award: Tasks include the following...

1 Skip for 45 seconds
2 Japana flat
3 Headstand with knees bent and lower into frog
4 Tuck jump
5 Headstand with knees bent
6 Cartwheel
7 Forward roll
8 Teddy bear roll - back to back with partner
9 Throw, jump and catch hand apparatus
10 Squat on box top and stretch jump off

2nd Award: Tasks include the following...

1 6 Shuttle runs
2 Bridge
3 Half leaver with 1 foot only raised - change legs
4 Jump half turn
5 Headstand
6 Cartwheel quarter turn off bench
7 Backward roll
8 Counterbalance
9 Single knee balance, throw and catch hand apparatus
10 Squat on box top and tuck jump off

1st Award: Tasks include the following...

1 10 Shuttle Runs
2 Front Splits or Side Splits
3 Half leaver or straddled half leaver
4 Jump full turn
5 Moving toward handstand using apparatus
6 Change leg handstand
7 Handstand forward roll
8 Matched and mirrored sequence - to include roll, jump and balance
9 Throw hand apparatus, perform a leap, catch and perform a balance
10 Straddle on box top and straddle jump off

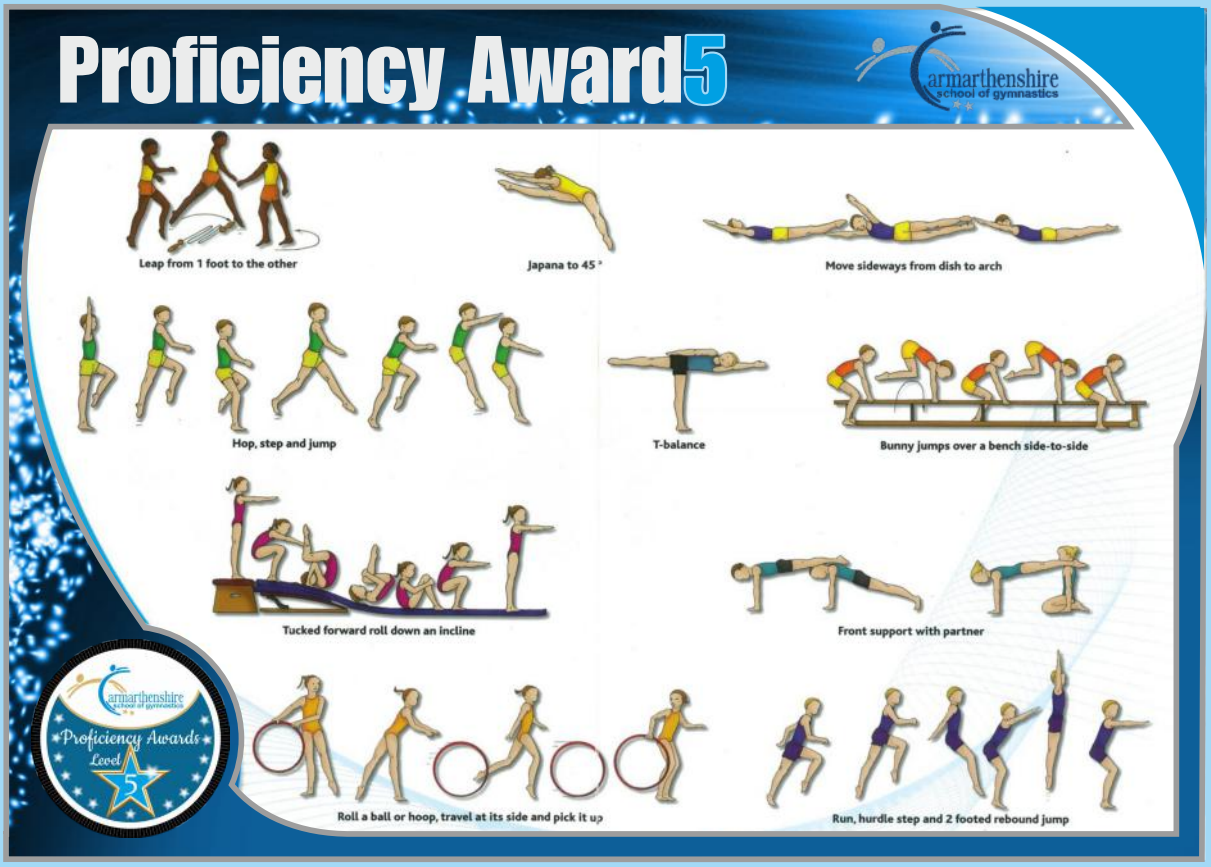
General Awards - Tasks Explained





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General Awards - Tasks Explained



