

What are the CORESKILLS Progress Reports?

The CORESKILLS Progress Reports take 6 core gymnastics skills and break them up into 8 progressions, plus an advanced version of the skill. The first progressions will be taught in the early years of gymnastics starting with a very basic drill. The final progressions will be taught in the later years of gymnastics when they are able to successfully complete the entire skill safely and correctly. Some skills such as handstands may progress more quickly and other more difficult skills such as backflips may take longer to progress. On average, the goal is that gymnasts are able to complete at least one new progression each year for each skill. Gymnasts are assessed at the progression for each skill that their coach feels they are ready for, and a progress report is issued at the end of the end of the assessment period.

Each of the 6 core skills has many lead up skills, drills and progressions which must be learnt before the final skill safely and correctly. You may be surprised to learn that your child rocking like a little ball on the floor is teaching them to one day do a backsault, and that lying on a cylinder and rocking back and forth is teaching the necessary motion to one day perform a backflip!

Once my child completes their CORESKILLS for that year, does that mean they move up a level?

CORESKILLS Testing is not the same as GYMSKILLS Level Testing that occurs at the end of the year where children receive a level badge, but rather it is a progress report on what stage your child is up to in their development of 6 core skills of gymnastics. These 6 skills are some of the most exciting for gymnasts.

Is there a special day that the CORESKILLS Assessment occurs?

Gymnasts will be assessed on their CORESKILLS during their normal class time, over a 2 week time frame. In 2018, this occurs from Monday 28th May – Saturday 9th June.

What happens if my child is away for the designated CORESKILLS class?

If you are aware in advance that your child will be absent from their class during the designated CORESKILLS weeks (eg. If you have a holiday planned), please let either your coach, the coordinator, or the office know. Your coach will then plan to conduct your child's CORESKILLS assessment before or after the designated class, depending on the circumstances. If your child is absent due to unforeseen circumstances (eg. Illness) your coach will undertake the assessment in the next suitable class.

I believe my child can do more than they have been passed on, why has this happened?

There are times when a child may be able to complete a skill, but not with the correct technique safety requirements, or to the standard that we are aiming for. In this situation, coaches will only award a pass up to the progression where good quality and technique is shown. If you feel there has been an error, please speak to your child's coach before or after class time or call the office on 9887 9611.

Why has my child been passed at the same progression as last year?

This occasionally occurs where gymnasts will progress more quickly on some skills than others, and sometimes they need extra time on a particular skill. If you are unsure – please ask your coach.