WAVERLEY
Gymnastics Centre

EDUCATIONAL GYMNASTICS

Educational Gymnastics at Waverley:

- Our Educational Gymnastics Program teaches artistic gymnastics with emphasis on **spatial and body awareness**, allowing children to develop confidence in their ability to control their bodies while enhancing their **coordination, strength and flexibility**.
- The program is designed for **school aged girls and boys** who wish to participate in weekly gymnastics classes in a **fun and supportive** environment.
- Children will attend a weekly gymnastics class (normally 1-2 hours) at any one of our four campuses.
- Our coaching staff are **experienced, qualified and registered** with Gymnastics Australia to ensure the best possible experience and learning outcome for your child.
- **Structured lesson plans** allow children to progress through our eight GYMSKILLS levels, **learning and achieving** technically correct skills at a pace suited to each child's individual abilities – whilst having lots of fun!
- Circuits are set up covering floor/vault, bars, beam and trampoline, teaching skills such as **cartwheels, somersaults and handstands**.
- All of our classes incorporate **learning about safety** in the gym, including specific safety drills that teach children how to fall and land safely.

Program Goals:

- **OVERALL GOAL:** Learn the **fundamentals of gymnastics** at the appropriate level for each child, as assessed by the coach based on any previous gymnastics experience, as well as age and ability.
- **TERM 1:** Complete the **CORESKILLS Progress Report**. This includes 8 core skills, each broken down into 10 progressions. Our aim is for children to safely and correctly complete one new progression each year for each skill. Children are assessed on the progression for each skill that their coach considers they are ready for. A progress report is issued at the end of the assessment period.
- **TERM 2:** Complete the **GYMSKILLS Level Testing**. Children will be tested on the skills they have been learning throughout the year. There are eight GYMSKILLS levels and we aim for each child to pass one level per year. Parents will receive a report of their child's progress as well as a level badge.
- **TERM 3:** Participate in the **Gym For All (GFA) Competition**! All children are invited to compete in this optional event (held at our Mt Waverley campus), which provides an opportunity to experience a gymnastics competition in a relaxed, fun and rewarding environment. Children will learn the skills and routines within their normal classes, ready to perform at the competition. Every child receives an award at this event.
- **TERM 4:** Complete the **GYMSKILLS Level Testing**. Please see above.

- **TERM 4:** Participate in the **End of Year Display**. All children are invited to attend the End of Year Display (held at our Mt Waverley campus), which is a chance to show family and friends what they have been learning throughout the year.