



ACTIVE SCHOOL

MORE SCHOOLS, MORE ACTIVE, MORE OFTEN

GYMNASTICS IRELAND



Contact Details – Schools Development

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PRIMARY Schools - Programmes and Resources

Check out the website for the promotional video <http://www.gymnasticsireland.com/coaching/gymstart>

1. **GymSTART Awards Scheme:** *The perfect start to developing and rewarding students in an inclusive environment*

The award scheme consists of:

- (a) GymSTART Floor Awards
- (b) GymSTART Apparatus and Group Awards

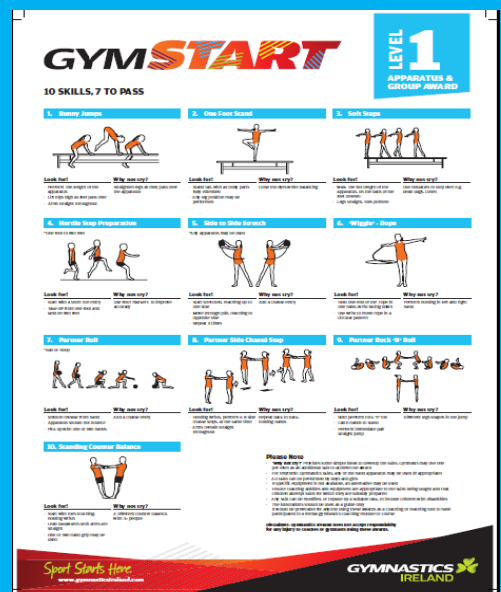
Both sets of awards come in a set of 10 laminated coloured posters in a variety of sizes (A4, A3, A2)

The skills are laid out in a progressive format, with teaching points and suggested tasks.

There is an accompanying medal and certificate package.

Objectives: To provide ...

- teachers with ideas for class plans, and guidance on skills progressions
- students with a visual display of skills, from the easiest to the hardest level
- a method of assessment for teachers to use with their students
- a tool for motivation for children at all levels and standards
- an inclusive opportunity for all students to discover the areas of gymnastics (Apparatus and Group Awards)



(a) Floor Awards:

In each award, the skills covered include locomotion, jumping & landing, rolling, balancing, shaping and performing sequences.

(b) Apparatus & Group Awards:

In each award, a variety of equipment (including each other) is used. For example bench, springboard, vault ropes, hoop, ball and includes acrobatic group skills. There is also an emphasis on sequencing development.

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2. GymSTART Teaching Modules: *The Perfect start for anyone interested in teaching gymnastics*

(a) Primary Teacher Specific practical workshops, run in junction with the Local Sports Partnership (LSP). Alternatively, if a school has a large number of teachers interested the workshop can be run for a individual school. *Costs apply.*

This is a 4-hour workshop aimed specifically at primary teachers who are looking for experience, confidence and ideas for teaching gymnastics in a school setting.

<http://gymnasticsireland.org/files/Coaching/GymSTART/GymSTART%20Modules/GymSTART%20Teachers%20Module.pdf>

Teachers interested in attending OR running a GymSTART workshop should contact their Local Sports Partnership or aimi@gymnasticsireland.com

3. GymSTART Coaching Courses: *The perfect start to anyone interested in becoming a qualified coach*

This coaching course is aimed at teachers, students and coaches who have a background in gymnastics and want a relevant coaching qualification, certified by Gymnastics Ireland and Coaching Ireland. It is a 2-day course and covers a little of everything to do with gymnastics e.g. floor skills, display work, vault, bars, trampoline, rhythmic and acrobatic/group work. Candidates will receive a fully recognised coaching certificate, accredited through Coaching Ireland. No experience necessary, however candidates must be 16 years or over to take part. If you are interested, contact the Gymnastics Ireland office to enquire about the next course **01 6251125** or email ask@gymnasticsireland.com

POST PRIMARY Schools – Programmes and Resources

All of the information above for Primary schools will also apply for Post Primary.

Additional information:

1. GymSTART Floor & Vault Modules: *The Perfect Introduction to Developing Basic Gymnastics Skills*

This module is 4 hours long and is designed to develop and enhance candidates' understanding, ability and confidence to teach basic gymnastics skills on the floor and vault. All skills are applicable to the PE curriculum. It is also designed as a stepping-stone towards any of our additional coaching courses. Ideal for participants with little or no experience, including teachers and students.

Please visit the GymSTART page on our website, and you will find individual PDF documents with detailed descriptions

<http://www.gymnasticsireland.com/coaching/gymstart>

2. GymEDGE – Teach the fundamentals of Gymnastics!

The GymEDGE programme is a continuous professional development (CPD) tool for any coach or teacher, involved in teaching/ coaching any sport, with any ability, who is interested in working on and improving the Fundamental Movement Skills of their students. It also provides a the different approach to teaching gymnastics in schools. The current workshop in this program is '*Fundamental Movement Skills (FMS)*'.

For more information check out the Gymnastics Ireland website for the promotional video and flyer

<http://www.gymnasticsireland.com/coaching/gymedge>

Other Courses - There are many other certified coaching courses offered by Gymnastics Ireland that teachers may also be interested in. For example, there are weekend courses specialising in trampolining, acrobatics, and tumbling. Please visit our website to get a detailed description of all our courses

<http://www.gymnasticsireland.com/coaching/welcome>