

TEACHERS' INTRODUCTORY GYMNASTICS COURSE



This is a one-day course delivered by Gary Kirby which is a practical introduction to teaching Gymnastics.

The course is certified by British Gymnastics, as Introductory Level Gymnastics. It is regarded as the required qualification for teaching Gymnastics to primary age pupils.

No previous experience is required, neither is it necessary to be a qualified teacher. It is suitable for both specialist and non-specialists.

✓ Syllabus

PROGRAMME

- Introduction: Warm up and Shapes
- Connection Skills: stepping, spinning, jumps, turns, leaps and cartwheel
- Rolling Skills: log, egg, side, forward, backward, teddy bear
- Balance: points and patches, including headstand and handstand
- Hand apparatus: hoops, balls and ropes
- Partner Balances: working with partner and small groups

✓ Outcomes

- Build confidence in your approach to gymnastics
- Develop the necessary skills required to teach set moves
- Give you the ability to incorporate apparatus and sequencing into lessons
- Help you to understand and underpin good body management
- Teach you how to identify and remedy common faults
- Develop your subject knowledge for future courses

British Gymnastics





Tutor Gary Kirby

Gary Kirby was a GB international gymnast. He is an International Performance Coach, and has coached medallists in both Olympic Games and World Championships. He was appointed men's Technical Director at the 2002 Commonwealth Games, and was subsequently Gymnastics Development Officer for Liverpool. He is one of Britain's leading Gymnastics judges, having officiated at World and European Championships and two Commonwealth Games.

**Wednesday 17th Jan 2024
9.00am - 4.00pm**

**Curwen Primary School
Atlas Road
Plaistow
E13 0AG**

**£199.00
Price includes British
Gymnastics resource pack
and certification.**



**To book contact Paul Belcher:
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