

TEACHERS' INTERMEDIATE GYMNASTICS COURSE



This is a two-day course delivered by Gary Kirby which is a follow on from the introductory course.

The course is certified by British Gymnastics and will provide learners with the confidence to deliver quality gymnastics sessions during curriculum time and in an afterschool club environment.



Syllabus

PROGRAMME

- Body Management
- Basic floor skills (Part one)
- Basic floor skills (Part two)
- Flight (including rebound)
- Acrobatic gymnastics
- Partner/rhythmic gym
- General principles of support



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.

**Thursday 18th Jan 2024
9.00am - 4.00pm**

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

£299.00

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



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