



Gymnastics

Gymnastics is a very popular sport in the UK with many gymnasts finding great success at international competitions such as the Olympics' and world championships.

Within the UK there are many gymnastics clubs covering all the different types of gymnastics, including men's, women's, and team gym.

Sport Coaching Group aspires to provide the opportunity for all children to access sport as well as providing an inclusive environment in which to operate. Our experienced and highly trained coaches exhibit an engaging environment where children are able to strive for excellence whilst also being equipped with the appropriate skills to participate in sport for life.

Key Stage 1

At this stage of development, we would be looking at the fundamentals of gymnastics. This breaks down to strength, flexibility, power, agility, coordination, and balance. At this age our emphasis will be on providing fun and engaging activities that will help improve their gymnastics skill at their own pace. We also aim to help all children improve other skills such as Confidence, Commitment, Control, Communication, Concentration.

Key Stage 2

During this stage of development, we start to focus on more sport specific skills and move onto more advanced topics within gymnastics such as routines, group work and safe use of equipment. This will still be through different fun and engaging activities which will be constantly varied. They will still work on the fundamentals such as strength, flexibility, power, agility, coordination, and balance.

General Information

Our company always provides a high quality of coaching no matter what sport we provide and we always encourage and allow children to strive for excellence and inspire them to achieve greatness. However, our main priority is to provide the children with the opportunity to get involved under any circumstance. Inclusion, diversity and equality are essential in all our lessons and we strive to equip each child with the appropriate knowledge and skill set in order to compete and learn to use in and most importantly out of our sessions in everyday life.