

GYMSTART

Apparatus & Group Awards

THE PERFECT START TO DEVELOPING
AND REWARDING GYMNASTS

Following on from the Floor Awards, the Apparatus & Group Awards are the second addition to the GymSTART Award Scheme. These awards have been designed to be a fun, challenging and reward-based programme for gymnasts of all ages, to be used both in a club or school setting.

They are the perfect teaching aid to help structure gymnastic sessions, provide a method of assessment, and most importantly, motivate gymnasts to work, achieve and succeed within their own abilities.

Structure

These awards focus on the use of basic equipment including;

- bench /beam
- springboard
- vault
- single bar
- rhythmic apparatus e.g. ball, hoop, ribbon & rope
- each other - acrobatics

The awards provide opportunities to work in groups and to sample, practise and become proficient at skills from a variety of gymnastic disciplines.

There are 10 progressive levels, with 10 skills per level using a variety of apparatus. Ideally gymnasts will demonstrate proficiency in 7 skills before moving up to the next level.

Store

The posters are available in sizes A2, A3, A4, in packs of 10 (1 of each level per pack) and can be purchased, along with certificates and medals, in our online store: store.gymnasticsireland.com or by contacting the office.

Sport Starts Here.
www.gymnasticsireland.com



10 SKILLS, 7 TO PASS

<p>1. Bunny Jumps</p> <p>Look for! - Reaching the length of the beam. - Arms up and over ears. - Arms straight throughout.</p> <p>Why not try? - Arms not up as they pass over the beam. - Arms not straight throughout.</p>	<p>2. One Foot Stand</p> <p>Look for! - Feet flat, with all body parts fully extended. - Arms up position may be performed.</p> <p>Why not try? - Feet on toes while balancing.</p>	<p>3. Soft Steps</p> <p>Look for! - Feet flat, with all body parts fully extended. - Arms up position may be performed.</p> <p>Why not try? - Feet on toes while balancing.</p>
<p>4. Hurdle Step Preparation</p> <p>Look for! - Feet flat, with all body parts fully extended. - Arms up position may be performed.</p> <p>Why not try? - Feet on toes while balancing.</p>	<p>5. Side to Side Stretch</p> <p>Look for! - Feet flat, with all body parts fully extended. - Arms up position may be performed.</p> <p>Why not try? - Feet on toes while balancing.</p>	<p>6. 'Wiggle' - Rope</p> <p>Look for! - Feet flat, with all body parts fully extended. - Arms up position may be performed.</p> <p>Why not try? - Feet on toes while balancing.</p>
<p>7. Partner Roll</p> <p>Look for! - Feet flat, with all body parts fully extended. - Arms up position may be performed.</p> <p>Why not try? - Feet on toes while balancing.</p>	<p>8. Partner Side Chased Step</p> <p>Look for! - Feet flat, with all body parts fully extended. - Arms up position may be performed.</p> <p>Why not try? - Feet on toes while balancing.</p>	<p>9. Partner Rock 'N' Roll</p> <p>Look for! - Feet flat, with all body parts fully extended. - Arms up position may be performed.</p> <p>Why not try? - Feet on toes while balancing.</p>
<p>10. Standing Counter Balance</p> <p>Look for! - Feet flat, with all body parts fully extended. - Arms up position may be performed.</p> <p>Why not try? - Feet on toes while balancing.</p>	<p>Please Note</p> <ul style="list-style-type: none"> - 'Why not try?' describes some simple ideas to develop the skills. Gymnasts may use one per level as an additional skill to achieve the award. - For Apparatus & Group Awards, any of the listed apparatus may be used if appropriate. - All skills can be performed by boys and girls. - If specific equipment is not available an alternative may be used. - Please consider abilities and limitations of the apparatus to be used, bearing in mind that children's safety is the priority. - Any skill can be modified or adapted to a suitable task, to include children with disabilities. - The illustrations should be used as a guide only. - It would be preferable for anyone using these awards as a coaching or teaching tool to have participated in a formal gymnastics coaching course. <p>Disclaimer: Gymnastics Ireland does not accept responsibility for any injury to coaches or gymnasts using these awards.</p>	



For more information and booking enquiries:

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