

WGC Educational GYMSKILLS Program



Gymnastics is not only a fantastic sport in its own right it also teaches an exceptional base level of coordination, skill and confidence that can assist children achieve in all their other sports and life skills. The Waverley Gymnastics Centre (WGC) GYMSKILLS Program is designed for all gymnasts (5-14 years of age) participating in educational gymnastics once a week (normally 1-2 hour sessions) at our Mt Waverley, Glen Waverley and Armadale campuses. It allows gymnasts to move up through the levels learning and achieving technically correct skills at a pace suited to each child's differing abilities (whilst having lots of fun!). Our Team Leader coaching staff are all qualified, experienced and registered with Gymnastics Australia to ensure the best possible experience and learning outcome for your child.

The GYMSKILLS program allows gymnasts to competently achieve attainable goals in their class in a safe and positive environment, as well as move them up the GYMSKILLS gymnastics ladder. It is aimed that each child in the program will pass one GYMSKILLS level badge each year. GYMSKILLS level testing occurs in November each year and every gymnast is tested by either their class coach or another WGC judge/coach.

The GYMSKILLS levels contain all of the equivalent National level skills as well as a number of other skills, including trampoline routines, sports acrobatics, strength and flexibility targets as well as progressions for more difficult skills to ensure all aspects of gymnastics are being taught. The program is set out clearly to assist gymnasts and coaches in their learning pathways as well as to direct and inform parents of their children's progress in gymnastics.



WGC GYMSKILLS PROGRAM TERM GOALS

Term 1: The goal of term 1 is to teach all the fundamentals of the GYMSKILLS program for the appropriate level.

Term 2: The goal of term 2 is to pass the Extended GYMSKILLS testing certificate. The Extended GYMSKILLS testing takes 10 key advanced gymnastics skills and breaks each one into 10 progressive steps. These include backflips, frontsaults & round-offs. This is used as a stepping stone for gymnasts to complete their GYMSKILLS level in term 4. Parents will receive a report of their child's progress in the Extended GYMSKILLS testing.

Term 3: The goal of term 3 is to learn the Gym For All (GFA) competition skills and routines which focuses on developing many of the important GYMSKILLS skills. All gymnasts in our GYMSKILLS program are invited to compete in two optional competitions per year held in term 3 known as GFA competitions. The competitions are based on fun and learning and give the gymnasts an opportunity to experience a gymnastics competition in a completely relaxed, fun and rewarding environment.

Term 4: The goal of term 4 is for gymnasts to pass their GYMSKILLS level badge test. Gymnasts will learn the final skills needed for their GYMSKILLS testing. Parents will receive a report of their child's progress through the GYMSKILLS level test. In addition a fun end of year display is held (all family and friends invited free of charge) so that gymnasts can show parents what they have been learning!



During gymnastics classes children are taught in a "circuit" style of teaching (so that each child is as active as possible throughout class). Circuits are set up based around Floor, Vault, Tramp, Bars/Rings and Beam, and lessons are planned so that children can progress each week. We continually teach and build upon the basics of gymnastics including rotation, swing, jumping, aerial awareness and developing flexibility and strength. Our GYMSKILLS classes teach artistic gymnastics with emphasis on spatial and body awareness allowing children to develop confidence in their ability to control their bodies while enhancing their co-ordination, strength and flexibility.

The GYMSKILLS program is an outstanding program for children attending school aged 5 – 14 years. All children participating in this program are also regularly assessed by our coaches to ensure they are in the most appropriate class for their abilities. WGC will send home to parents a progress report for each gymnast at the end of terms 2 and 4, but if parents ever have any questions they should not hesitate to ask their child's coach about their progress or level before or after class. We also welcome parent's questions about any aspect of the GYMSKILLS program – simply contact Katrina Knight in the office on 9887-9611. For further details and specific requirements, please see the GYMSKILLS levels posted up on the boards in the foyer along with the GYMSKILLS badges.