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# CURRICULUM

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## Beginner 1

### Block 1 Focus

Block one will focus on -

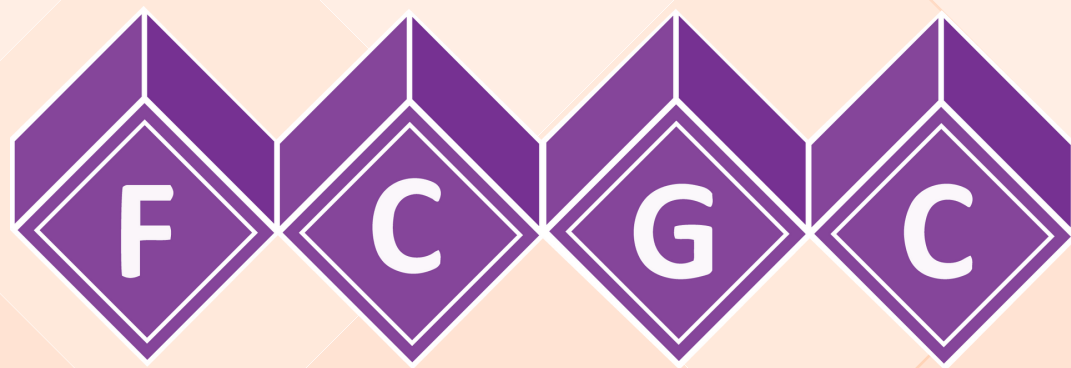
- Fundamental shapes and,
- Safety in the gym

Shapes will include -

- Motor bike
- Rocket, Soldier, Tuck, Star
- Pike & Straddle
- Front & Back Support
- Hangs & Supports on apparatus

Gymnasts will also learn how to safely participate in class

## Skills for Life



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# CURRICULUM

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## Beginner 1

### Block 2

Block two will focus on -

- Gaining confidence in the gym

Activities will include -

- Landing from various heights and onto various surfaces
- Swinging on various apparatus
- Balancing on the beams (static & dynamic)
- Going upside down and using rotations
- Various Jumps & springing activities
- Locomotion & coordination activities
- Partner & Group work

## Skills for Life



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# CURRICULUM ASSESSMENTS

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## Beginner 1

### Block 3 Skills

Block 3 will see the introduction of Skill tracking and assessments. Skills will include -

- **Wk 1** - Walk sideways on high beam
- **Wk 2** - Log roll
- **Wk 3** - Rocking horse to tuck sit
- **Wk 4** - 3x Spotted rings swing
- **Wk 5** - Hang no re-grip - 5 seconds
- **Wk 6** - Spider handstand
- **Wk 7** - Step Kicks on low beam
- **Wk 8** - 10x Tall jumps on spot (on trampoline)
- **Wk 9** - 5x Continuous donkey bucks
- **Wk 10** - Jump off 30cm box to MB

Skills for Life