



Our Gymnastics Programme

Our gymnastics programme, for stage 1 & 2 level classes, has been developed around the Scottish Gymnastics award scheme and our own apparatus awards.

The table below shows what awards can be attained within each stage of class.

Stage	Floor	Vault	Bars	Beam (girls)/Parallel Bars (boys)
1 (1 hour class)	Scottish Gymnastics awards 1-3	Bronze	Bronze	Bronze
2 (2 hour class)	Scottish Gymnastics awards 4-6	Silver and Gold	Silver and Gold	Silver and Gold
Lothian GC (Floor and Vault section)	Scottish Gymnastics awards 7 & 8	Silver and Gold	Silver and Gold	Silver and Gold

Progression

The coaching team use the award system as a tool to determine when a gymnast is ready to progress, once a gymnast has passed all the awards covered in their current level of class they will be invited to progress to the next level. The content of each award can be found within your members portal, it is also displayed on our centre noticeboards.

Gymnasts will be assessed on all awards within their stage every 6 months, this provides 2 opportunities, per award, per year for a gymnast to attain the award

The table below shows the period that each award is assessed. Coaches will assess between 1 and 3 skills per session; therefore, poor attendance will affect your child's assessment opportunities. Although each period has an assessment focus, gymnasts will continue to practise on all apparatus during all periods.

Period	Stage 1 level classes (1 hour)	Stage 2 level classes (2 hours)
January - March	Floor: Scottish Gymnastics awards level 1-3 Bar: Gymtastic Bronze award	Bars: Gymtastic Silver and Gold award. <i>Gymnasts will also learn a routine based on their current level</i> Beam (girls only): Gymtastic Silver and Gold award. <i>Gymnasts will also learn a routine based on their current level</i> Parallel Bars (boys only): Gymtastic Silver and Gold award. <i>Gymnasts will also learn a routine based on their current level</i>
April – June	Vault: Gymtastic Bronze award Beam (girls only): Gymtastic Bronze award	Vault: Gymtastic Silver and Gold award. <i>Gymnasts will also practise the set vault for the club competition</i>

	<p>Parallel Bars (boys only): Gymtastic Bronze awards</p> <p>Floor: Scottish Gymnastics award level 1 only. <i>Gymnasts will also learn a floor routine based on their current ability; this routine will be performed during our presentation week. Gymnasts are also invited to perform their routine at our club competition, gymnasts will compete against other club members of a similar age/level</i></p>	<p>Floor: Scottish Gymnastics awards level 4-6. <i>Gymnasts will also learn a floor routine based on their current ability. Gymnasts are invited to perform their routine at our club competition, gymnasts will compete against other club members of a similar age/level</i></p>
July – September	<p>Floor: Scottish Gymnastics awards levels 1-3</p> <p>Bar: Gymtastic Bronze award</p>	<p>Bars: Gymtastic Silver and Gold award</p> <p>Beam (girls only): Gymtastic Silver and Gold award</p> <p>Parallel Bars (boys only): Gymtastic Silver and Gold award</p>
October – December <i>(parent open week will also take place in December)</i>	<p>Beam (girls only): Gymtastic Bronze award</p> <p>Parallel Bars (boys only): Gymtastic Bronze awards</p> <p>Vault: Gymtastic Bronze award</p> <p>Floor: Scottish Gymnastics award level 1 only</p>	<p>Floor: Scottish Gymnastics awards, level 4-6</p> <p>Vault: Gymtastic Silver and Gold award</p>

Scottish Gymnastics Awards

There are 8 levels in this award scheme which covers skills on Floor. Level 1-3 is covered in our stage 1 (1 hour) classes, level 4-6 in our stage 2 (2 hour) classes and Level 7+ in the Lothian Gymnastics competitive Floor and Vault classes. Gymnasts will have 2 periods throughout the year when they focus on these awards. A number of the skills assessed within these awards are included in the gymnasts warm up (flexibility/basic/fundamental gymnastics shapes etc).

Apparatus Awards & Apparatus Competition

These awards cover skills the following apparatus; Bars, Vault, Beam for girls and Parallel Bars for boys.

Each apparatus has 3 levels to attain; Bronze (covered in our stage 1/1 hour classes), Silver and Gold (covered in our stage 2/2 hour classes). Gymnasts will have 2 periods, per apparatus, throughout the year where they will focus and be assessed on the skills within these awards.

Gymnasts in stage 2 classes are invited to take part in an annual Bar and Beam/P Bar competition. Gymnasts will learn routines based on their current ability and compete against club members of a

similar level and age. The event takes place towards the end of March and is held in Gymtastic Broxburn. There is a small fee to enter this event.

Club Floor and Vault Competition

The club Floor and Vault competition takes place in June and is held in Ladywood Leisure Centre, Penicuik. This is a great experience for the gymnasts to take part in a competition with a friendly atmosphere. Gymnasts will perform a routine based on their current ability, each gymnast will also perform a Vault, based on their age group. The coaching team strongly encourage, especially gymnasts in stage 2 classes, to take part in this annual event. All the gymnasts that participate are presented with a medal/certificate. There is an additional fee to take part in this event.

Other benefits of participating in Gymnastics

1. Gain strength and power
2. Improve flexibility
3. Improve coordination
4. Develops determination and perseverance
5. Helps develop listening skills
6. Develop goal setting
7. Gain self-esteem and confidence
8. Fundamental skills which will benefit other sports
9. Social Interaction
10. Having fun!