

# Kirkcaldy Gymnastics Coaches Manual 2022

**Kirkcaldy  
Gymnastics  
Club**



*SCIO Charity No. SC051453*

Name:.....

[www.kirkcaldygyclub.org](http://www.kirkcaldygyclub.org)

[www.facebook.com/kirkcaldygyclub](https://www.facebook.com/kirkcaldygyclub)

Training at Kirkcaldy High School and Bruce Street Hall, Dunfermline



## Contents

Coach Checklist: .....	4
Contacts 2022 .....	4
Qualifications 2022 .....	4
Mentoring 2022 .....	4
Coaches Code of Conduct .....	5
PVG (Disclosure Scotland).....	6
To obtain your PVG .....	6
Safeguarding .....	7
10 Safeguarding Questions .....	7
Safeguarding Qualifications .....	8
To book a course:.....	8
Course Information   Scottish Gymnastics .....	9
<b>Safeguarding and Protecting Children</b> .....	9
<b>Safeguarding 2</b> .....	9
<b>Safeguarding 3</b> .....	9
Coach Education & Development Pathway .....	10
Coaching Qualifications .....	11
Becoming a Coach   Scottish Gymnastics.....	11
<b>Level 1</b> .....	11
<b>Level 2</b> .....	11
<b>Level 3 Technical Modules</b> .....	11
<b>Level 3 Theory</b> .....	11
Insurance.....	12
To Insure .....	12
Training needs analysis (TNA) & Personal Development Plan (PDP).....	13
Step 1: SMART Goals:.....	15
Step 2: Scottish Gymnastic Coaches Training Needs Analysis .....	16
Step 3: Scottish Gymnastics: Coach Personal Development Plan.....	17
Coach/ Mentoring Observation Checklist:.....	18
Appendix 1: .....	22
Contacts at Scottish Gymnastics .....	22
Appendix 2: Skills Lists for Levels .....	23
General Level 1 Skills:.....	23
General Level 2 Skills:.....	26
Men's Level 1 skills: (MAG) .....	28

Men's Level 2 Skills: (MAG).....	31
Women's Level 1 skills: (WAG) .....	34
Women's Level 2 Skills: (WAG) .....	36

### Coach Checklist:

It is YOUR responsibility as a coach to ensure your qualifications and training are up to date in order to be suitably insured. Any new qualification certificates please take a photo and send to Dawn ([secretary@kirkcaldygymnasticsclub.co.uk](mailto:secretary@kirkcaldygymnasticsclub.co.uk) or by personal WhatsApp).

### Contacts 2022

Qualification	Who to contact	Email
Safeguarding	Robert Gassner Dawn Blair	<a href="mailto:safeguarding@kirkcaldygymnasticsclub.co.uk">safeguarding@kirkcaldygymnasticsclub.co.uk</a> <a href="mailto:secretary@kirkcaldygymnasticsclub.co.uk">secretary@kirkcaldygymnasticsclub.co.uk</a>
Insurance	Dawn Blair	<a href="mailto:secretary@kirkcaldygymnasticsclub.co.uk">secretary@kirkcaldygymnasticsclub.co.uk</a>
PVG	Robert Gassner	<a href="mailto:safeguarding@kirkcaldygymnasticsclub.co.uk">safeguarding@kirkcaldygymnasticsclub.co.uk</a>
First Aid	Dawn Blair	<a href="mailto:secretary@kirkcaldygymnasticsclub.co.uk">secretary@kirkcaldygymnasticsclub.co.uk</a>
Coaching (level 1 or 2)	Lorraine Thomson Dawn Blair (or your mentor)	<a href="mailto:headcoach@kirkcaldygymnasticsclub.co.uk">headcoach@kirkcaldygymnasticsclub.co.uk</a> <a href="mailto:secretary@kirkcaldygymnasticsclub.co.uk">secretary@kirkcaldygymnasticsclub.co.uk</a>

### Qualifications 2022

Qualification	Who	Up to date (Yes or No)
Safeguarding	ALL	
Insurance	ALL	
PVG	16+ years old	
First Aid	Optional (But level 2 coaches desired)	
Coaching (level 1 or 2)	16+ years old	

### Mentoring 2022

Activity	Mentor	Complete (Yes or No)
SMART coaching goals		
Training Needs Analysis		
PDP		
Observation		

## Coaches Code of Conduct

- Coaches must respect and champion the rights of every individual to participate in gymnastics.
- Coaches must develop a relationship with the gymnasts in their care based on openness, honesty, mutual trust, and respect
- Coaches should avoid working alone and unobserved with an individual
- Use only SG advised techniques for spotting and handling
- Coaches should only coach skills included in their level of qualification
- If a group of gymnasts need to be supervised in the changing rooms coaches should supervise in pairs
- Similarly, coaches should avoid transporting gymnasts or, where the need arises, explicit permission from the parent/guardian should be sought and the coach should try to take more than one child, and where possible another adult
- Never engage in rough or sexually provocative games
- Never make suggestive remarks to a member – even in fun
- The coach should at all times be concerned for the safety, well-being, protection and future of the gymnast
- Coaches must demonstrate proper personal behaviour and conduct at all times
- Coaches must not use mobile phones in the training session but turn them on silent and put in bag.
- Whilst representing the club, coaches should wear club uniform and be of a clean and tidy appearance
- Coaches should maintain good time keeping and should notify lead coach if running late for any reason
- **Coaches should give at least one week's notice if they are unable to attend a session due to other commitments**
- Coaches should notify the head coach by as early as possible if they are unable to attend a session due to illness or unforeseen circumstances
- Coaches should attend full training sessions including apparatus set up, warm-up/ tidy up periods
- To maximise benefits and minimise the risks to athletes, coaches must attain a high level of competence through holding appropriate qualifications and making a commitment to ongoing training that ensures safe, correct and best practice
- Coaches should not publicly criticise fellow coaches or other clubs/gymnasts
- Any conflict between coaches should take place in private, not in front of members. Any disagreements that cannot be satisfactorily resolved through discussion and compromise should be reported to the head coach at the first available opportunity
- All matters concerning the business of the gym club should be kept confidential at all times
- Coaches must not divulge any confidential information relating to a gymnast, member, or fellow coach to any third party without the explicit permission of that person or their parent/guardian
- Coaches have an obligation to declare to the gymnastic club any other current coaching commitments. Coaches who become aware of any conflict affecting their obligation to the club must bring the situation to the attention of the head coach immediately
- All coaches have a professional duty of care that includes a responsibility to ensure all equipment is safe to use, suitable for the purpose of the exercise and appropriate for the ability level of the gymnasts participating. A visual risk assessment of apparatus should be undertaken before use
- The duty of care extends to include an obligation to record any health and safety issues in the health and safety book, and bring them to the attention of the Head Coach immediately
- Coaches must discourage unsafe and inappropriate behaviour at all times, and are obliged to follow guidelines in the disciplinary policy when dealing with any incidents
- If a coach enlists the help of an unqualified person during their session the coach has full responsibility for that person's actions during the session
- For the comfort and safety of all coaches using the gym, equipment should be stored safely and in the appropriate places after every session
- The use or possession of drugs or alcohol, or being under the influence of drugs or alcohol while on the premises is strictly prohibited, any person breaking this rule will be dismissed
- All coaches are required to complete a CRB disclosure form via Scottish Gymnastics. If during the course of their employment any coach is convicted of a criminal offence they are obliged to report this to Safeguarding Officer immediately

## PVG (Disclosure Scotland)

Contact: Robert Gassner      [safeguarding@kirckaldygymnasticsclub.co.uk](mailto:safeguarding@kirckaldygymnasticsclub.co.uk)

ALL coaches aged 16+ years MUST have a PVG to be allowed in the gym.

To obtain your PVG

- Email Robert Gassner.
- Complete the 2 forms required online
  - Self-Declaration document (including 2 references: one can be a coach)
  - ID Verification form
- Arrange with Robert to bring in the relevant ID for verification.
- Email the completed forms back to Robert who will submit them to SG.
- Check your emails for a link from SG to complete your PVG application (it expires 7 days after it is emailed).
- Robert will arrange payment through the Club.
- PVGs remain active for your lifetime.
- SG will renew your expiry date annually.
- If you change your contact details e.g. address, phone number, email, employer please update these via 'manage your PVG': [Manage your PVG membership - mygov.scot](https://mygov.scot)

Click here, scroll down do find the links to the 2 documents as above:

Scottish gymnastics website; safeguarding, PVG:

[PVG | Scottish Gymnastics](#)

Any issues: email Robert first then if still unresolved email: [PVG@scottishgymnastics.org](mailto:PVG@scottishgymnastics.org)

## Safeguarding

Clubs have a duty of care not only to the children and young people in their club but also to the coaches, helpers and officials working within the club. By adhering to the policies and procedures set by Scottish Gymnastics and adopting best practice, the risk of harm should be reduced and allow all those participating in gymnastics to enjoy a safe, fun and positive experience.

Safeguarding training through Scottish Gymnastics is mandatory for all those working with children, young people and protected adults whether in a paid or voluntary capacity.

### 10 Safeguarding Questions: **can you answer these? If you are unsure, ask!**

- |  |     |    |
|--|-----|----|
| 1. Is your club registered with Scottish Gymnastics?   | Yes | No |
| 2. Are all the coaches, helpers and officials working with children and young people members of Scottish Gymnastics?                         | Yes | No |
| 3. Are all the coaches qualified and insured to the appropriate level?   | Yes | No |
| 4. Have all coaches and helpers working with children and young people been recruited using Scottish Gymnastics safe recruitment procedures? | Yes | No |
| 5. Have all coaches and helpers working with children and young people attended safeguarding training organised through Scottish Gymnastics? | Yes | No |
| 6. Does the club have a safeguarding policy which reflects Scottish Gymnastics guidelines?   | Yes | No |
| 7. Does the club operate a sign out register for children?   | Yes | No |
| 8. Does your club hold relevant medical and special requirement information on each child and parent/carer emergency contact details?        | Yes | No |
| 9.a) What are your procedures for reporting issues or concerns about the wellbeing of children and young people?                             |     |    |

b) Who should we speak to about a concern?

10.a) Does the club have a named and trained safeguarding officer who is responsible for overseeing the safeguarding and wellbeing of children and young people? Yes No

b) Who is this person?

c) What are their contact details?

[safeguarding@scottishgymnastics.org](mailto:safeguarding@scottishgymnastics.org)

## Safeguarding Qualifications

1. When does your Safeguarding qualification run out?.....

2. What course will you need to book on to next?.....

Please check your **GymNet** account for expiration dates.

At age 14 years you can book on to this course

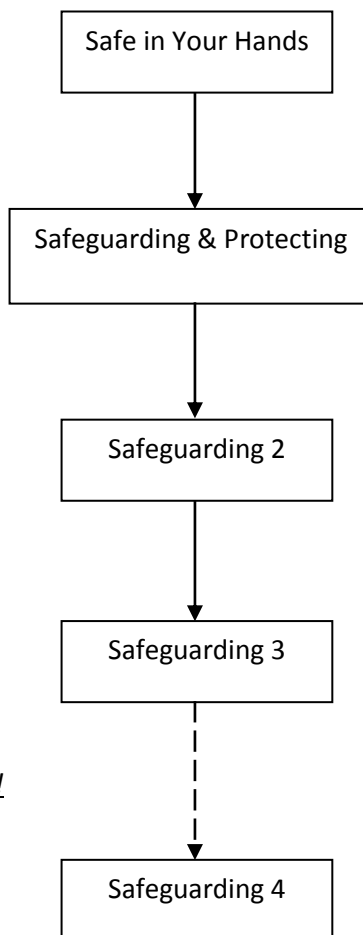
At age 16 years you **MUST** book on to this course

At age 18+ years you **MUST** book on to this course if your Safeguarding & Protecting has expired

At age 18+ years you **MUST** book on to this course if your Safeguarding 2 has expired

Coming soon!

At age 18+ years you **MUST** book on to this course if your Safeguarding 3 has expired



To book a course:

- Scottish Gymnastics website: Safeguarding: Find a Course: 2022 Course calendar
  - [Find A Course | Scottish Gymnastics](#)
  - [2022 Calendar\\_10.pdf \(scottishgymnastics.org\)](#)
- Book on to the relevant course through your ABSORB account
  - if you do not have an absorb account please register:
  - [Simple and easy online training platform | Scottish Gymnastics \(absorb.scot\)](#)
- Pay the fee
- Email your receipt to Kevin Thomson [treasurer@kirkcaldygymnasticsclub.co.uk](mailto:treasurer@kirkcaldygymnasticsclub.co.uk) to be reimbursed



## [Course Information | Scottish Gymnastics](#)

### **Safe in Your Hands**

Is a two-hour module aimed at young helpers aged 14 and 15 years to raise awareness of Safeguarding, good and bad practice, how to protect yourself as a young helper and how or where to report any concerns or issues they may have. Many young helpers are working within clubs, leisure centres or local authority classes who seem to be unaware of the various aspects of working and dealing with children, parents and other coaches. This is an ideal opportunity to introduce young helpers to what can be a very emotive subject, in a less formal manner. We are in the process of updating the course content with the addition of a staying safe on social media guidance.

The minimum age to register on this course is 14.

**Please note this award is valid for two years from date of attendance. However, when a young helper turns 16, they should attend the below Safeguarding & Protecting course regardless of whether your Safe in Your Hands has expired or not. A Safe in Your Hands award does not insure you as a helper when you turn 16 or insure you as a coach.**

### **Safeguarding and Protecting Children**

Is a three-hour module, which is designed to raise awareness on issues surrounding the protection of children, young people within sport and covers topics such as: duty of care, good/inappropriate practice, recognising acceptable and unacceptable behaviour, how to protect yourself as a coach and the Scottish Gymnastics Code of Conduct. This training is mandatory for all those working with children and young people.

The minimum age to register on this course is 16. **All helpers 16 years+ and candidates attending a Level 1 coaching course must attend this course to comply with SG membership and insurance.**

Please note this award is **valid for three years** from the date of attendance.

### **Safeguarding 2**

Safeguarding and Protecting Children 2 course for those who require completing the course for a second time. The course content includes: awareness of national legislation relevant to role being performed within the club, self-protection techniques in relation to working with children and young people, responding appropriately to situations and the signs and indicators of misconduct and or abuse, identify appropriate action if concerns are raised and defining the role and responsibilities of the coach, Safeguarding Officer, club and Scottish Gymnastics.

The minimum age to register on this course is 18.

Please note this award is **valid for three years** from date of attendance.

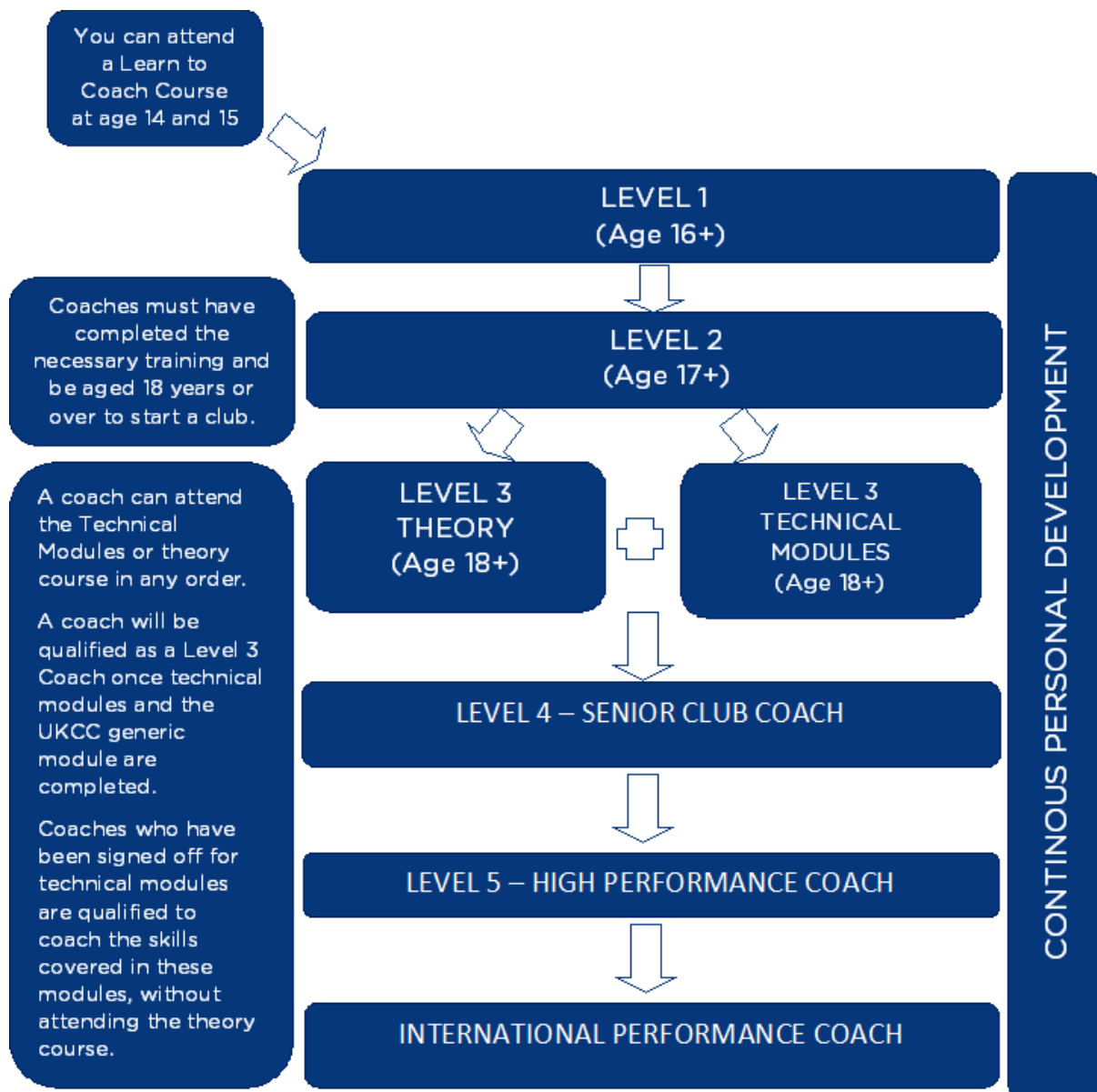
### **Safeguarding 3**

Safeguarding 3 Course is designed specifically for those have already attended the Scottish Gymnastics Safeguarding 2 (SG 2) course. If you have not received an email from the safeguarding team at Scottish Gymnastics, please do not purchase this course. Safeguarding 3 follows on from Safeguarding 2 to keep our coaches, helpers and safeguarding officers safe, knowledgeable and provide the world class protection to children we pride ourselves on. In this course we blend the learning with the first part online followed by a group face-to-face session that will cover more scenario-based situations.

Please note this award is **valid for three years** from date of attendance.

## Coach Education & Development Pathway

Please speak with a **senior coach or your mentor** about your progression. Progression is **not automatic**, and we must insure you are ready to undertake the next coaching level. This will be discussed and decided based on your **experience and commitment** to the Club.



## Coaching Qualifications

### [Becoming a Coach | Scottish Gymnastics](#)

#### Level 1

Level 1 courses are delivered in a Blended Learning format. Coaches must complete a number of online modules to enhance their learning of the “How to Coach” skills before attending the contact days. Candidates have access to the online modules as soon as they book on to the course.

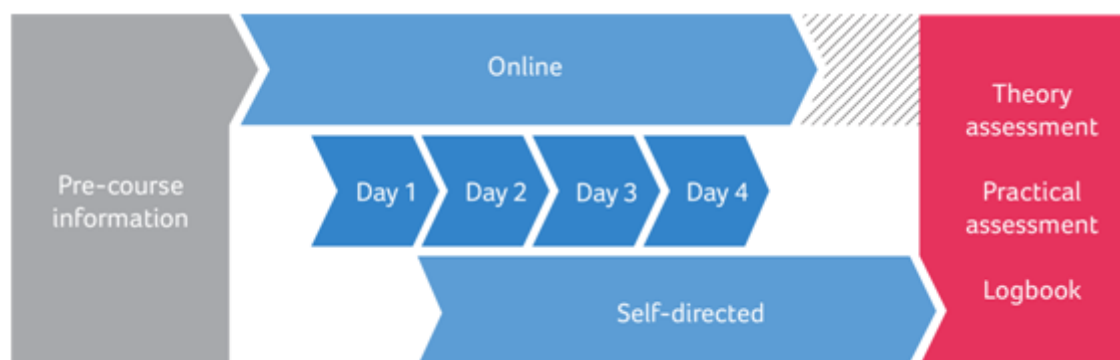
The Level 1 structure will be delivered over 2 days normally 9am until 5pm (14 hours), covering all practical delivery. There will then be an exam date, around 3 months after the course to allow time for mentoring to take place and for the candidates to complete all the tasks within their logbooks. Applicants must be **16 years by day 1 of the course**.

#### Level 2

Level 2 courses are delivered in a Blended Learning format. Coaches must complete a number of online modules to enhance their learning of the “How to Coach” skills and an introduction to sports science topics before attending the contact days. Candidates have access to the online modules as soon as they book on to the course.

Candidates will attend 4 tutor contact days normally 9am – 5pm. Day 1 of the course is generic and will reinforce the learning from the e-learning modules. The tutor on this day will explain the logbook tasks. The coach will then be expected to complete the tasks within their mentored hours; it is the candidate’s responsibility to complete all tasks within their logbook. There is a checklist on the BG Academy along with other supporting documents.

As with the Level 1, there will be an exam date around 3 months after the course. This course is open to those over the age of **17 years by day 1 of the course**.



#### Level 3 Technical Modules

Level 3 Technical Modules structure varies depending on the discipline. Each Module is fully practical and there will then be a sign off date, around 3 months after the course. This course is open to those **over the age of 18 years only**.

#### Level 3 Theory

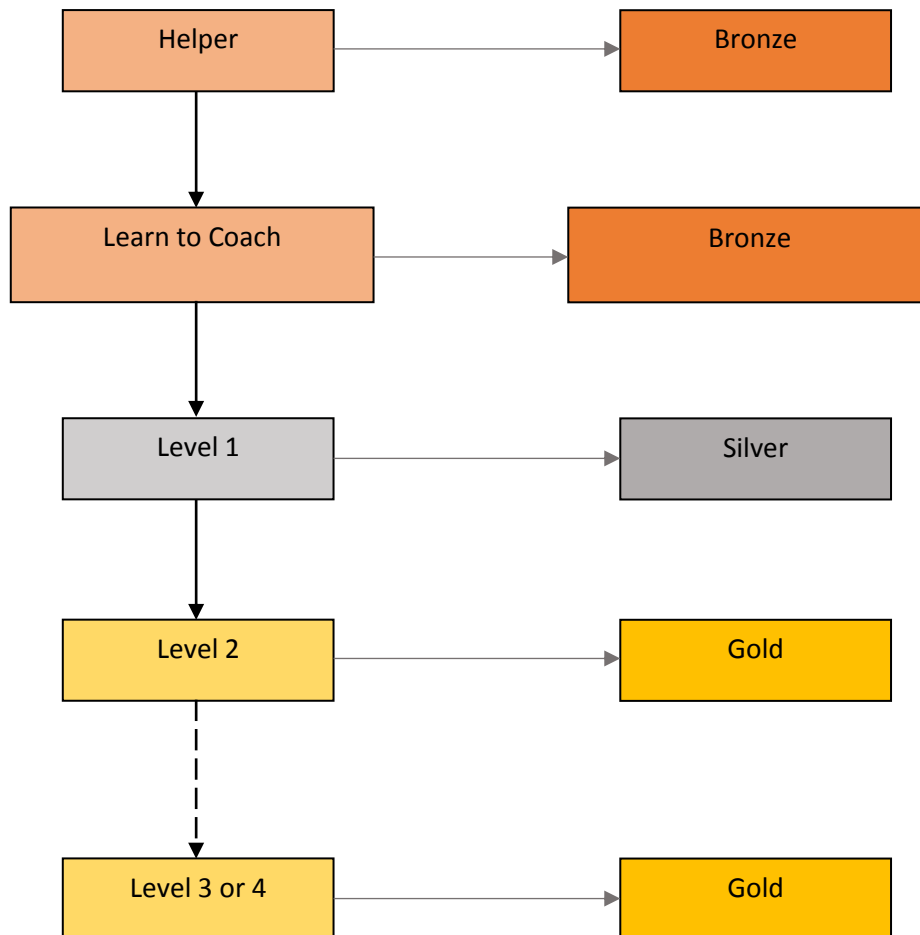
The Level 3 Coaching Theory course is delivered over 2 days and focuses on developing and implementing a plan for a gymnast of your choice, ensuring learning is relevant to your current coaching practice. This generic course open to coaches from all disciplines. To effectively engage in this course, you will need to bring a laptop computer that has wireless capability and Microsoft Excel. This course is open to those **over the age of 18 years old**.

## Insurance

To be a coach you must be insured through Scottish (SG) and British Gymnastics (BG).

### To Insure

- Scottish gymnastics website: JOIN (if joining for the first time e.g. Parent coach) or RENEW to update your insurance if it has become invalid
  - JOIN: [GymNET \(british-gymnastics.org\)](http://GymNET (british-gymnastics.org))
  - RENEW: [My Account \(british-gymnastics.org\)](http://My Account (british-gymnastics.org))
- You will need your log in details: membership number/email address and password.
- From the age of 16+ years it is advised you contact BG to have your account separated from your parent so that it is easier to navigate for courses etc. You can do this in GymNET.
- Select the correct Insurance as below: the Club pay your insurance.



## Training needs analysis (TNA) & Personal Development Plan (PDP)

Information on how to use and complete these documents!

### *Stage 1: Coaching Goals for 2022*

The first stage of the process is to look at setting themselves goals for their coaching. These goals will allow coaches to start to think about the following areas:

- What are their coaching aspirations?
- What kind of coach do they want to be?
- What is it they want to achieve?

SMART Goals:

Specific	Make it as precise as possible – what do they want to achieve?	Prompting questions: Who do you see yourself working with? What level of participants are you coaching and want to coach? What do you want to achieve with this group?
Measureable	Can the coach monitor progress	
Achievable	Is it really achievable and within the times frames	
Realistic	Is it challenging but still achievable?	
Time framed	Make sure its time framed	

### *Stage 2: Training Needs Analysis (TNA)*

The TNA is very specific to every individual that completes it. The TNA is based on the coach's perceptions of the knowledge attributes and experience needed to coach and achieve their long term goals. The same format should be followed for every coach irrespective of level.

Step 1:	Set the framework for the TNA	What are their motivations for coaching? What is their philosophy? What are their beliefs and values?
Step 2:	Identify what skills, knowledge, attributes and experience are required to achieve the long term goals	Who are they working with now and in the future? What environments are they working in, does this highlight any requirements of the coach? What do their gymnasts require to develop
Step 3:	Self-reflect on their current strengths and areas for development	Complete the TNA
Step 4:	Rate themselves against these areas and prioritise the importance of these areas	Complete the TNA

### Stage 3: Completing the PDP

When supporting coaches to complete the PDP it's important to understand that coaches learn in different ways. The PDP is owned and developed by the coach with guidance from the lead support and should be a reference point of discussion in future meetings. One key aspect for completing the PDP is making sure that its objectives are SMART and linked to their long-term goals.

The key things to think about when supporting a PDP is knowledge of what learning opportunities are out there for the coach internally within the organisation or externally.

Formal Learning	Courses with a standard curricular. NGB sessions, Sport Scotland courses.	Ask the coach:  How do they learn? Prioritise their top 3 methods from: Coach observations, podcasts, watching tv/videos, courses, workshops, eLearning, books, magazines, coach discussions.
Non-Formal Learning	Coaching conferences Workshops Seminars Coaching clinics Online courses, books, webinars, blogs etc.	
Informal learning	Practical coaching experience Interaction with other coaches Mentoring Self-directed learning	

Step 1: SMART Goals:

*Give 3 Goals you would like to achieve in your coaching in 2022:*

Specific Goal 1	
Measureable: how will you show progress?	
Achievable	Yes      No
Realistic	Yes      No
Time framed	How long needed to achieve:  Date to achieve:

Specific Goal 2	
Measureable: how will you show progress?	
Achievable	Yes      No
Realistic	Yes      No
Time framed	How long needed to achieve:  Date to achieve:

Specific Goal 3	
Measureable: how will you show progress?	
Achievable	Yes      No
Realistic	Yes      No
Time framed	How long needed to achieve:  Date to achieve:





Step 3: Scottish Gymnastics: Coach Personal Development Plan



<b>Name</b>		<b>Date</b>	
-------------	--	-------------	--

Long term coaching goal	Short term goal: Areas identified in the TNA	Actions to achieve the short term goal	What support you need	Timescale for achieving this?	How will you know you have achieved it?	



	Feedback & interventions:
<b>Personal coaching approach and behaviour</b>	
Did the coach: maximise involvement in the sessions, use appropriate language for the age and skill level of participants, create a positive learning environment, stay composed and even under pressure, take the initiative to change things	Observation:
	Feedback & interventions:
<b>Organisation</b>	
Did the coach: manage participants, time, space and equipment effectively	Observation

	Feedback & interventions:
<b>Instruction</b>	
Did the coach: explain the task and skills correctly, use the correct coaching points linked to skills, show a clear progression for skills and sessions development	Observation
	Feedback & interventions:
<b>Communication skills</b>	
Did the coach: demonstrate suitable communication skills for the age and abilities of the group, check for understanding from the participants, utilise their voice projection and clarity, ensure effective positioning and body language	Observation

	Feedback & interventions
<b>Observation and feedback</b>	
Did the coach: have an awareness of the whole group while working with individuals, provide constructive feedback to participants on their performance, listen to the feedback form the gymnasts, manage success and failure with the gymnasts in the session.	Observation
	Feedback & interventions

Signed coach..... Signed mentor..... Date.....

## Appendix 1:

### Contacts at Scottish Gymnastics

Coach and Judge Education	<a href="mailto:coacheducation@scottishgymnastics.org">coacheducation@scottishgymnastics.org</a>
Insurance & Accident Reporting	<a href="mailto:info@scottishgymnastics.org">info@scottishgymnastics.org</a>
Membership & Club Development	<a href="mailto:membership@scottishgymnastics.org">membership@scottishgymnastics.org</a>
General Safeguarding & PVG Enquiries	<a href="mailto:safeguarding@scottishgymnastics.org">safeguarding@scottishgymnastics.org</a>
General Enquiries	<a href="mailto:info@scottishgymnastics.org">info@scottishgymnastics.org</a>
Safeguarding and Child Protection Concerns	<a href="mailto:safegym@scottishgymnastics.org">safegym@scottishgymnastics.org</a>

## Appendix 2: Skills Lists for Levels

### General Level 1 Skills:

During the UKCC Level 1 course you will be given instructions on the safe preparation, progression and technique for the listed practical skills. In addition, classroom based theory will be delivered, aiming to broaden your knowledge of important topics.

#### Common Core Theory:

- Ethical coaching responsibilities
- Safety in coaching
- Group organisation
- Physical, cognitive and emotional development
- Basic anatomy and physiology
- Basic nutrition and healthy living
- Biomechanical principles
- Erection and dismantling of apparatus
- Principles of spotting

#### Fitness and Well-being- Physical Preparation:

- The warm up
- Pulse raising (aerobic) activities
- Flexibility training
- Basic conditioning
- The cool down session

#### Co-ordination and Agility:

- Throwing and catching
- Rolling the apparatus
- Bouncing the ball
- Skipping

#### Biomechanics- Level 1:

- Introduction, mass, centre of mass and balance
- Force and weight
- Projectile motion
- Rotating and pivoting

#### Body Management:

- Jumping
- Leaping or springing
- Execution of safe landings
- Landing safely from falls

## Music and Rhythm

### Non-Locomotive Skills:

- Body shapes
- Straddled fold: japana
- Front splits
- Half lever position
- Single leg balances

### Floor Skills:

- Jumps and leaps
- Rolls
- Handstand
- Handstand forwards roll
- Cartwheel
- Cartwheel with 1/4 turn inwards

### Vault Skills:

- Vault preparation
- Introduction of vaulting
- Squat on, jump off
- Squat vault
- Straddle vault

### High Single Bar Skills:

- Safety when working on a single bar
- Body shaping for correct swing technique
- Body shaping drills
- Developing grip strength and grip change awareness

### Low Bar Skills:

- Teaching the upward circle
- Backwards hip circle
- Cast from support on single bar
- Half forwards circle dismount

### Bench, Beam and Platform Skills:

- Bench and beam apparatus arrangements
- Bench, beam and platform awareness activities
- Static balances
- Mounting the beam
- Jump to support and swing
- Dismounting from bench, beam or platform



### **Working Together:**

- Introduction to partner activities
- Mirroring and matching activities
- Partner obstacle exercises
- Partner supported moving activities
- Weight bearing balances
- Counter balances
- Other simple counter balances

## General Level 2 Skills:

During the UKCC Level 2 course you will be given instructions on the safe preparation, progression and technique for the listed practical skills. In addition, classroom based theory will be delivered, aiming to broaden your knowledge of important topics.

### Online:

- Coaching Philosophy – part 1 and 2
- Coaching styles
- Safety management
- Planning
- Fitness and training theory – part 1 and 2
- Preparation for assessment

### Common Core Theory:

- Ethical coaching responsibilities
- Safety in coaching
- Group organisation
- Physical development
- The growing and developing gymnast
- Fitness and training theory
- Basic nutrition and healthy living
- Development of talent
- Physical training profile norms
- Post course and preparation for assessment
- Revision of biomechanics level 1
- Biomechanics level 2

### Practical Delivery:

- Warm up and physical preparation
- Coordination and agility
- Jumps and landings from platforms

### Floor Skills:

- Straddle lever
- Splits
- Box splits
- Balances for floor
- Headstand
- Handstand
- Y balance
- Arabesque

### Acrobatic Skills:

- Handstand forwards roll
- Cartwheel quarter turn inwards
- One handed cartwheel
- Round off

- Handstand bridge to stand
- Forwards and backwards walkovers
- Handspring
- Back flic

#### **Vault Skills:**

- Run up
- Take off, hurdle step and jump from board
- Handspring to back lie
- Handspring vault

#### **Bars Skills:**

- Upwards circle
- Cast to land on the floor
- Cast to backwards hip circle
- Backward hip circle on high bar
- Cast to squat on low bar, stand to jump to front support high bar
- Undershoot from standing
- Undershoot from sole support - pike or straddle
- High bar work
- Hand grips
- Body shaping
- Trolley swing
- Swinging to the horizontal on chalk bar and in gloves and loops
- Working in gloves and loops on polished bar
- Swing with half turn

#### **Bench/Beam Skills:**

- Squat and straddle on
- Walking into chasse
- Forwards and backwards turns
- Turns on one foot
- Jumps
- Stretched jump and the basics of all other jumps
- Jumps for bench and beam
- Basic skills for bench and beam
- Adapting basic skills from floor to beam
- Handstand on the beam
- Dismounts
- Cartwheel quarter turn off
- Round-off
- Handspring dismount

#### **Partner Work:**

- Leap frog and cartwheel over base
- Balances and partner
- Front support group
- Headstand, handstand group
- Counter balance group
- Trampoline

## Men's Level 1 skills: (MAG)

During the UKCC Level 1 course you will be given instructions on the safe preparation, progressions and technique for the listed practical skills. In addition, classroom based theory will be delivered, aiming to broaden your knowledge of important topics.

### Common Core Theory:

- Ethical coaching responsibilities
- Safety in coaching
- Group organisation
- Physical, cognitive and emotional development
- Basic anatomy and physiology
- Basic nutrition and healthy living
- Biomechanical principles
- Erection and dismantling of apparatus
- Principles of supporting and spotting

### Fitness and Well-Being- Physical Preparation:

- Warm up
- Flexibility training
- Basic conditioning
- Additional conditioning exercises

### Floor Skills:

- Developing key skills
- Bridge
- Straddle stand
- V sit
- Straddle v sit
- ½ lever
- Tucked Russian lever
- Tucked top planche
- Side splits
- Single leg balances - Y balance and arabesque
- Headstand tucked and stretched
- Rolls
- Forwards roll
- Backwards roll
- Roll to straddle stand
- Piked rolls
- Handstand
- Handstand forwards roll
- Cartwheel
- Cartwheel ¼ turn in
- Round off (in prep for the R/O flic)
- Hurdle step
- Handstand bridge to stand
- Forwards and backwards walkovers
- Jumps
- Straight jump
- Tuck jump

- Star and straddle shaped jumps
- Straight jump with  $\frac{1}{2}$  and  $1/1$  turn
- Using the trampette and spring board for teaching jumps
- Learning how to fall

#### **Vault Skills:**

- Run up
- Take off hurdle step and jump from the board
- Landing drills
- Squat vault
- Handspring to flatback

#### **High Bar and Asymmetrical Bars Skills:**

- Introducing bars to beginners
- Grasping the bar
- Straight hang
- Back hang
- Learning to swing
- Swing on high bar
- Work in gloves and loops
- Swing and  $\frac{1}{2}$  turn
- Dismounting from the high bar
- Upward circle
- Cast to land on the floor
- Cast to backward hip circle
- Cast towards handstand
- Undershoot from standing (for MAG only)

#### **Introduction to Dance:**

- Pliés
- Tendues
- Arm positions for girls
- Arm positions for boys

#### **Pommel Horse Skills:**

- Pendulum swings and single leg swings
- Pendulum swings
- Variations on the pendulum
- Developing the double leg circles

#### **Ring Skills:**

- Static elements
- Muscle up
- Basic swing in hang
- Layout to swing from inverted hang
- Tucked backwards somersault dismount

#### **Parallel Bar Skills:**

- Swinging in full support
- Face vault dismount
- Flank vault dismount
- Undershoot from the end of the bars
- Swinging in hang
- Upper arm swing
- Pike swing under the bars (float swing)

## Men's Level 2 Skills: (MAG)

During the UKCC Level 2 course you will be given instructions on the safe preparation, progression and technique for the listed practical skills. In addition, classroom based theory will be delivered, aiming to broaden your knowledge of important topics.

### Online:

- Coaching Philosophy – part 1 and 2
- Coaching style
- Safety management
- Planning
- Fitness and training theory – part 1 and 2
- Preparation for assessment

### Common Core Theory:

- Ethical coaching responsibilities
- Safety in coaching
- Group organisation
- Physical development
- The growing and developing gymnast
- Fitness and training theory
- Basic nutrition and healthy living
- Development of talent
- Physical training profile norms
- Post course and preparation for assessment
- Revision of biomechanics level 1
- Biomechanics level 2

### Practical Delivery:

- Physical preparation
- Dance and choreography
- Rebound as an aid to teaching gymnastics
- Elements syllabus

### Floor Skills:

- Top planche
- Straddle lift to handstand
- Hecht dive roll
- Handspring
- Handspring to 1 leg
- Flayspring
- Headspring
- Backwards roll, straight arms
- Forwards somersault
- Flic
- Backwards somersault
- Round off flic, backwards somersault to stand
- Free cartwheel

### **Pommel Skills:**

- Forwards scissor
- Backwards scissor
- Double leg circles
- Loops
- Bucket work

### **Ring Skills:**

- Still inlocation
- Muscle up to half lever
- Back lever
- Front lever
- Handstand development
- Bent arm bent body press
- Inlocation 1
- Inlocation 2
- Dislocation
- Backwards somersault straight

### **Vault Skills:**

- Flight 1 and 2: forward
- Vaulting table contact: technique 1 and 2
- Floor contact
- Handspring vault

### **Parallel Bar Skills:**

- Russian v
- Manna
- Swing to handstand
- Full pirouette in handstand
- Front uprise to straddle sit
- Shoulder roll to straddle sit
- Drop upstart
- Float upstart
- Swing in hang
- Face vault dismount
- Flank vault dismount
- Forwards somersault preparation
- Backwards somersault preparation

### **High Bar Skills:**

- Clear back hip with release to dismount
- Float upstart
- Cast to handstand
- Upstart to handstand
- Undershoot from front support
- Straddle sole circle/stoop circle



- Undershoot from straddle and stoop on
- Preparation for swinging on a bar
- Cast from hang into swing
- Basic swinging/shaping
- Three quarter long swing
- Back long swings
- Giant swing forwards

## Women's Level 1 skills: (WAG)

During the UKCC Level 1 course you will be given instructions on the safe preparation, progressions and technique for the listed practical skills. In addition, classroom based theory will be delivered, aiming to broaden your knowledge of important topics.

### Common Core Theory:

- Ethical coaching responsibilities
- Safety in coaching
- Group organisation
- Physical, cognitive and emotional development
- Basic anatomy and physiology
- Basic nutrition and healthy living
- Biomechanical principles
- Erection and dismantling of apparatus
- Principles of supporting and spotting

### Fitness and Well-being - Physical Preparation:

- Warm up
- Flexibility training
- Basic conditioning
- Additional conditioning exercises

### Floor Skills:

- Developing key skills
- Bridge
- Straddle stand
- V-sit
- Straddle v-sit
- ½ lever
- Tucked Russian lever
- Tucked top planche
- Side splits
- Single leg balances - Y balance and arabesque
- Headstand tucked and stretched
- Rolls
- Forwards roll
- Backwards roll

### Floor Skills Continued:

- Roll to straddle stand
- Piked rolls
- Handstand
- Handstand forwards roll
- Cartwheel
- Cartwheel ¼ turn in
- Round off (in prep for the R/O flic)
- Hurdle step
- Handstand bridge to stand

- Forwards and backwards walkovers
- Jumps
- Straight jump
- Tuck jump
- Star and straddle shaped jumps
- Straight jump with  $\frac{1}{2}$  and  $1/1$  turn
- Using the trampette and spring board for teaching jumps
- Learning how to fall

#### **Vault Skills:**

- Run up
- Take off hurdle step and jump from the board
- Landing drills
- Squat vault
- Handspring to flatback

#### **High Bar and Asymmetrical Bars Skills:**

- Introducing bars to beginners
- Grasping the bar
- Straight hang
- Back hang
- Learning to swing
- Swing on high bar
- Work in gloves and loops
- Swing and  $\frac{1}{2}$  turn
- Dismounting from the high bar
- Upward circle
- Cast to land on the floor
- Cast to backwards hip circle
- Cast towards handstand

#### **Introduction to Dance:**

- Pliés
- Tendues
- Arm positions for girls
- Arm positions for boys

#### **WAG Add-on:**

- Walks
- Adaptation of feet and hands on beam
- Runs
- Pivot turns
- Changing levels
- Jumps and leaps
- Stretched, tucked and star jump
- Split leap for beam and floor
- On the beam: simple balances, splits, jumps
- Conditioning on the beam

## Women's Level 2 Skills: (WAG)

During the UKCC Level 2 course you will be given instructions on the safe preparation, progression and technique for the listed practical skills. In addition, classroom based theory will be delivered, aiming to broaden your knowledge of important topics.

### Online:

- Coaching Philosophy – part 1 and 2
- Coaching styles
- Safety management
- Planning
- Fitness and training theory – part 1 and 2
- Preparation for assessment

### Common Core Theory:

- Ethical coaching responsibilities
- Safety in coaching
- Group organisation
- Physical development
- The growing and developing gymnast
- Fitness and training theory
- Basic nutrition and healthy living
- Development of talent
- Physical training profile norms
- Post course and preparation for assessment
- Revision of biomechanics level 1
- Biomechanics level 2

### Practical Delivery:

- Warm up, cool down and physical preparation

### Dance and choreography:

- Head, foot and arm positions, and good posture in classical dance
- Ballet barre elements including: demi plie, full plie, battement tendu and grande battement
- Dance elements including: chasse, split leaps and pirouettes/turns

### Vault skills:

- Run up and take off, landing drills
- $\frac{3}{4}$  somersault to back onto a safe landing
- Handspring to back lie and handspring vault
- Jumps and landings from platforms of varying height, taking due care and attention of the age and stage of development of the participants. Jumps to include previously learned body shapes moving forwards and backwards

### Bar skills:

- **Low bar skills:** Clear hip circle backwards; clear hip circle to float; short and float upstarts; upstart to handstand; cast to handstand in undergrasp and overgrasp; stoop and straddle sole circle

- **High bar skills:** Various types of handgrip; body shaping (arch to dish); traversing along the bar; cast from hang into basic swing (trolley swing); correct dismounting technique; recovery skills
- **Transitions:** Squat on low bar jump to hang/swing on high bar
- **Polished bar skills:** Shaped swings with amplitude towards the vertical and supported swings passing over the bar in gloves and loops; forwards and backwards giants in gloves and loops
- **Dismounts:** Undershoot from front support; undershoot from straddle/stoop on

#### Beam skills:

Adaptations for hands, feet and transferring skills from floor to beam:

- Walk runs and pivots
- Changing level: from sit to stand, astride sit, swing to squat on
- Handstand on beam - cross and side positions
- Basic skills on beam, cartwheel, forwards and backwards walkovers, lunge shape for landing
- $\frac{3}{4}$  turn to backwards somersault dismount

#### Floor skills:

- **Static elements and advanced levers:** russian lever; top planche. Development of sideways/forwards splits and japana; japana through side splits to front prone lying
- **Handstands:** Straddle lift to handstand; backwards roll to front support; backwards roll to handstand with straight arms
- **Dynamic movements:** Flighted forwards roll, headspring, handspring; flyspring and combinations of these skills, free cartwheel – free walkover, flic, round off, running forwards somersault tucked, round off flic, backwards somersault tucked
- **Physical Preparation:** As a pre-requisite to the elements listed above

#### Jumps and leaps for beam and floor skills:

- Split leap
- Stretched jump with turn leading to 2/1 turn
- Split, stag, tuck, 1/1 straddle and W jumps
- Straddle jump with 1/1 turn
- Sissone
- Up to 1/1 spins
- Arabesque
- Using lines to aid dance and basic element training
- Using beam to develop balance
- Correct body alignment

#### Rebound:

The safe use of the rebound situation as an aid to teaching gymnastics elements listed in the syllabus.

The level 2 coach must demonstrate proficiency in the following topics:

- **Safety:** in the erection, use, dismantling and storing of rebound equipment including the trampette and trampoline. Safety in the use of elastic rebound equipment, including fast track, air track, trampette and trampoline as an aid to teaching gymnastics skills within the syllabus
- **Trampoline:** introduction to correct techniques for front drop; seat drop; back drop; jumps with half and full turn and combinations of these skills as core elements for the teaching of gymnastic elements