



# GYMNASTICS

## Beginners

### **Previous Knowledge**

None needed, although must be school age.

### **Course Duration**

10 sessions x 1 hours

### **What is the aim**

To pass the first proficiency badge within 2 terms.

### **What will I learn**

Have basic movement and co-ordinates, learn basic gymnastics shapes. You will have the knowledge of equipment and safety rules and you will also be working towards BAGA basic badge scheme (7/6).

### **How will course be taught**

Demonstration/practical

### **What to bring**

Wear comfortable clothing that you can move easily in and a drink.

### **Any other Costs for Course**

Badges

### **Where can I progress**

Improvers classes.

### **Qualification awarded**

BAGA basic badge.