



## NRG COACHING AWARDS

### DEVELOPMENTAL GYMNASTICS AWARD 2

#### COMPULSORY PASS CRITERIA

- Must hold **Foundation Gymnastics**
- Or similar Nationally recognised Award
- Recommended 17 years plus on day of course.
- Attend practical course
- Hold First Aid & Safeguarding Certificate (Recognised body)
- Submit completed & signed off Logbook
- Complete 20 mentored practical hours

#### DAY 1 (Full Day)

##### Technical 2. Floor Skills:

- Bridge
- Forward Roll to Straddle / Pike / Walk out
- Headstand
- Handstand / Handstand Forward Roll
- Back Roll to Handstand
- One Handed Cartwheel
- Back Walkover
- Front Limber / Forward Walkover
- Round-off as Accelerator

#### DAY 2 PRACTICAL ( Full Day)

##### Theoretical:

- Effective Session Planning
- Session Management & Control

##### Technical 2: Vault

- Squat & Straddle Through
- Handspring Vault Progressions

##### Practical:

- Making Best Use of Equipment

#### *Optional APPARATUS ADD-ON ( Half Day)*

*No Formal Assessment*

##### Technical: Bars

- Traversing & Conditioning exercises
- Basic Swing
- Circle Down
- Casting
- Back Hip Circle

##### Technical: Beam

- Handstand
- Jump, Leaps & Spins
- Forward Roll
- Cartwheel