



NRG SCHOOLS COACHING AWARDS

DEVELOPMENTAL GYMNASTICS KEY STAGE 2

COMPULSORY PASS CRITERIA

Must hold **NRG Foundation Gymnastics KS1** award
or equivalent nationally recognised award

Attend practical course

Complete & return signed off Self Assessment Sheet.

DAY 1 PRACTICAL (Full Day)

Technical: KS2 Floor Skills

Headstand

Forward Roll to Straddle Stand / Walk out

Backward Roll to Straddle and to Stand

Handstand

Handstand Forward Roll

Cartwheel Sideways & Front to Back

Bridge

Practical Application & Assessment:

Making Use of Equipment Circuits

Consolidation of Skills learnt

Ideas for Lesson Planning

Self Assessment & Sign-off

DAY 2 APPARATUS (Full Day)

Apparatus: Beam & Bench

Basic mounts

Basic traversing

Jump & Leaps

Forward Roll

Apparatus: Ideas for Frames & Ropes

Specific to equipment

Apparatus: Ideas for Bars

Shapes & Traversing

Basic Swing

Circle Down

Circle Up

Apparatus: Vault

Run-up and Hurdle Step

Squat and Straddle on & Through