



NRG COACHING AWARDS

FOUNDATION GYMNASTICS AWARD 1

COMPULSORY PASS CRITERIA

Recommended age 14 Years on day of course

Attend practical course

Submit completed & signed off Logbook

Sign off Self-Assessment

Complete 10 mentored practical hours

DAY 1 PRACTICAL (Full Day)

Technical 1: Floor Skills:

The Warm-up & Gymnastics Stretch
Gymnastic Shapes, Jumps, Balances
Basic Rolls
Forward Roll
Backward Roll
Bunny Hop / Handstand Progressions
Cartwheel

Technical 1: Vault:

Run up & Hurdle Step
Squat & Straddle on

Technical 1: Beam

Basic Complexes
Simple Jumps & Turns
Simple Mounts

DAY 2 PRACTICAL (Full Day)

Theoretical:

Technical Question Paper & Shared Feedback

Equipment Set-up & Safety

Effective Session Planning

Session Management & Control

Technical 1: Consolidation of Floor Skills

Making Best Use of Equipment Circuits