



NRG SCHOOLS COACHING AWARDS
FOUNDATION GYMNASTICS KEY STAGE 1

COMPULSORY PASS CRITERIA

Attend practical course

Complete signed off Self- Assessment sheet

DAY 1 PRACTICAL (Full Day)

Technical 1: Floor Skills

Gymnastic Shapes

Basic Jumps & Balances

Basic Rolls

Shoulder Stand

Bunny Hop

DAY 2 PRACTICAL (Full Day)

Technical 1: Consolidation of Floor Skills

Technical Question Paper & Shared Feedback

Equipment Set-up & Safety

Practical:

Making Best Use of Equipment Circuits

Ideas for Lesson Planning

Self-Assessment & Sign-off