

BRITISH GYMNASTICS



AWARD SCHEME COACHING

CANDIDATE INFORMATION PACK

Section 1	What is an Award Scheme Coach?
Section 2	Sample Organisation
Section 3	Information on the Award Scheme
Section 4	Safety
Section 5	Assessment
Section 6	Course Programme

SECTION ONE

WHAT IS AN AWARD SCHEME COACH?

Award Scheme coaches will all be existing club associate members of a BG Club or registered BG Leisure Centre Scheme. They will all be at least 14 years old at the start of the course. They may still be a participant in gymnastics or a gymnast who has recently retired from active participation in the sport.

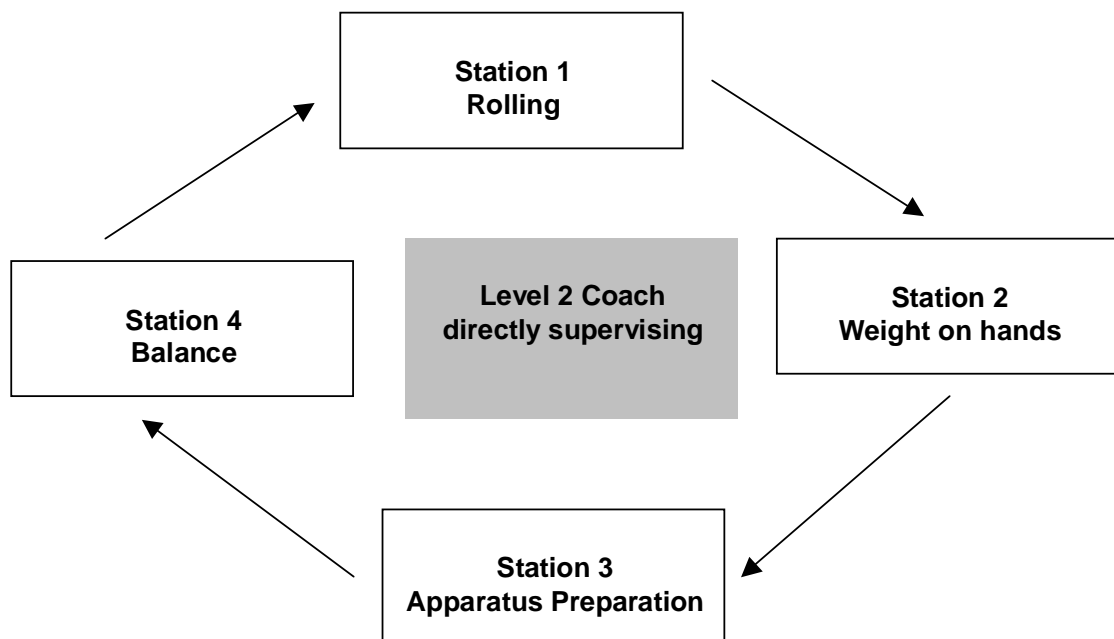
Award Scheme coaching is the first rung on the ladder of a coaching career. They can work with a maximum of 8 gymnasts at any one time under the **direct** supervision of a minimum Level 2 or above, coach. Using the Proficiency Award Scheme, the Award Scheme Coach will help with the teaching of the skills content of the scheme by way of demonstration and instruction. The Award Scheme coach will also understand how the Proficiency Scheme works, and how to assess the children in their group.

SECTION TWO

SAMPLE SESSION 1

Using as an example, a recreational class of 32 children, the Level 2 Coach would introduce the session and conduct a warm-up. Four Award Scheme coaches would help the children with the activities during the warm-up, especially those related to the awards.

The group would then be split into 4 groups of 8, with one Award Scheme coach helping at each station of the main part of the session.

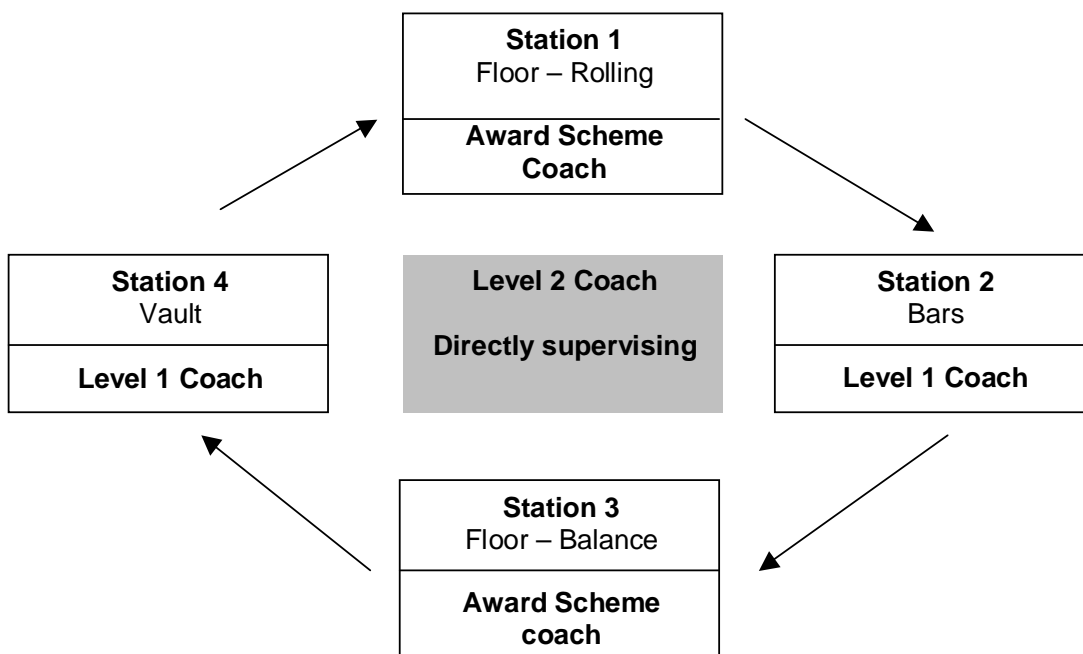


Depending on the duration of the session, each group of children would rotate (eg every 15 minutes), the Award Scheme Coach would remain at their station. The Level 2 Coach would have distributed work cards from the Award Scheme for the ASC to use during the session. The Level 2 coach is responsible for apparatus set-ups and a cooling down at the end of the session.

SAMPLE SESSION 2

Award Scheme Coaches can be used in conjunction with Level 1 Assistant Coaches as long as they are all under the direct supervision of at least one Level 2 Coach.

Again using the example of 32 recreational children the rotations can now include apparatus work if the club has one Level 2 coach, two Level 1 coaches and 2 Award Scheme Coaches.



In this way, the children can experience elements of the Award Scheme in conjunction with apparatus work. The Level 2 Coach should not have responsibility for a group but directly supervises all four coaches.

It is possible for the Level 1 Coaches to conduct the general warm-up under the supervision of the Level 2 Coach with the ASCs helping.

The other option is to have two separate rotations where the Level 1 Coaches work with up to 12 gymnasts, each rotating around Floor, Vault, Bars and Bench with the coach staying with their own group. At the same time, the ASCs stay at their station and different groups of 8 move round while the coaches remain at their station. The Level 2 coach directly supervises all groups.

SECTION THREE

THE AWARDS

This Proficiency Awards Scheme is built around 10 different types of activity, each offering 8 levels of attainment.

The resource pack comprises several elements:

- The information booklet
- An activity chart showing the complete scheme and how the various levels and types of activity relate to each other
- 40 work cards, each relating to 1 or more of the 80 activities, containing illustrations of the activity, key teaching points, preparation activities, safety advice and other relevant information
- 8 wall charts illustrating the range of moves for each of the 8 levels
- A DVD (Windows compatible), indicating good performance of each skill from both front and side views and providing freeze frames of critical points in each move, together with coaching/teaching points
- Group and personal achievement charts that can be printed from the DVD providing the coach/teacher the means of recording group/class progress and the gymnast the means to monitor personal progress

In addition to the resource pack, there is a badge and certificate available for each level to reward attainment and achievement. There is also a gold medal available to those completing the full scheme successfully. These are a popular way of motivating and rewarding the gymnast.

Please note that the skills demonstrated in the Proficiency Awards provide an excellent entry into first level competitions. A complementary resource covering ideas for developing competition structures and sequences is available as Key Steps and distributed in the UK by British Gymnastics' subsidiary: Gymnastics Enterprises Ltd.

Award Scheme Coaches who wish to join the main BG Coaching Structure can enrol on a UKCC endorsed Level 1 Course from the age of 16.

The course aims to develop:

- An understanding of safety principles when working in gymnastics
- The ability to teach a range of individual and apparatus based skills and activities in a safe, progressive manner that takes into account the age and stage of development of the children.
- A knowledge of how to incorporate partner work and sequence development into your planning
- An understanding of good body preparation that underpins skill development
- The ability to identify and remedy faults
- The knowledge of wider organisational aspects of running a session and/or club environment

For up-to-date information on our range of coach and teacher courses, please visit www.british-gymnastics.org and view under 'Coaching' or contact British Gymnastics coach Education on: 0845 1297 129, Ext 2392

SECTION 4

SAFETY FOR AWARD SCHEME COACHES (ASC)

The Level 2 Coach is responsible for all safety aspects of the session. ASCs should be aware of good practice and should be constantly vigilant to the safety of their group in relation to apparatus, personal attire etc.

The following information is intended only as a guide:

The Facility

The Level 2 Coach will ensure that regular checks are carried out regarding the condition of the building, heating, lighting, ventilation, floor plates of floor fixings, and ceiling and wall fixings.

Equipment and Apparatus

The Level 2 Coach will arrange all apparatus and matting for the session. The ASC should always check apparatus has not moved and is arranged as it is supposed to be, for the activity they are helping with.

Check the following in your group:

- Gymnasts and you wear appropriate clothing, which does not impede the freedom of movement required by the activities and is not too loose as to constitute a hazard. Tuck your shirts in!
- No clothes with buckles or clasps
- No jewellery or watches
- Long hair may become a hazard and should be tied back to avoid accidents
- Gymnasts should work in bare feet or gymnastics slippers. Do not permit the wearing of socks only, particularly on polished or slippery surfaces, eg benches

These are the responsibility of the Level 2 Coach, but ASCs should always check their groups

SECTION FIVE

ASSESSMENT OF AWARD SCHEME GYMNASTS

The Proficiency Awards use textual content, illustrated figures and video clips to indicate good examples by which to measure individual performance. All such information is offered as guidance in assisting the coach/teacher to arrive at a suitable informed decision as to attainment of each skill and activity.

Whilst working to the technical models provided in this Scheme, the prudent coach will use their experience and knowledge of each individual in their session/lesson to:

- Assess according to individual need and ability
- Pay due respect to the amount of effort put in
- Consider the amount of improvement in ability over time
- Make any relevant adaptations to each skill and/or activity according to the needs of each individual, although still ensuring that it remains challenging to the individual

References to 'good posture' essentially mean the body shapes to be performed as part of the skill and/or activity as dictated by the technical descriptions, supported by the figurines and video clips. Any deviations from this will necessitate the coach/teacher again utilising their understanding of the needs of each individual and making the necessary adjustments.

Some key questions when assessing (according to individual ability):

- Is the skill and/or activity performed with control without any undue wobbles or breaks in rhythm?
- Is the skill and/or activity coordinated?
- Where required, has a position been held long enough?
- Are the actions fluent and smoothly performed?
- Where skills are linked together is there a smooth transition from one movement to another?
- If the skill has a designated shape, is this clearly shown throughout?
- Does the gymnast show body tension and limb extension when executing the skill?

SECTION SIX

COURSE PROGRAMME

9.00am – 10.30am	Introduction and warm-ups including use of: <ul style="list-style-type: none">• Skills from the pulse raising strand• Basic shapes• Flexibility and posture strand• Strength strand• Jumping strand
10.30am – 11.00am	The Balance Strand up to and including Headstand
11.00am – 12.00noon	The Weight on Hands Strand including Handstands and Cartwheels
12.00noon – 1.00pm	Lunch
1.00pm – 2.00pm	Short warm-up plus Rolling Strand
2.00pm – 2.30pm	The Partner Work Strand
2.30pm – 3.00pm	The Hand Apparatus Strand
3.00pm – 3.45pm	The Apparatus Preparation Strand
3.45pm – 4.00pm	Plenary