

Primary Teachers Workshop

Developing the Skills

This workshop is an introduction to teaching basic gymnastics skills in a school setting. The skills are applicable to all ages and ability. The workshop will cover technical progressions and development for the key curriculum-based skills and offer Fundamental ideas for teacher to use. It is practical based, and the core objective is to improve candidate's knowledge and confidence for teaching gymnastics in their school.

Workshop Duration: 4 hours

The workshop is practical-based therefore please bring appropriate attire for indoor use to allow you to participate in Gymnastics-Related Activity.

Workshop Pre-Requisites: None

Who is it for? The workshop is aimed at any Primary teacher who is interested in gymnastics and who wishes to extend or refresh their knowledge of building up and progressing the basic skills and activities. This workshop is also designed as a stepping stone towards the other mod-ules and coaching courses.

No experience required

Experienced primary teachers may be interested in attending one of the other workshop in this programme, such as Floor and Vault, Acrobatics, Trampolining or Rhythmic.

Workshop Content: The workshop will introduce some key aspects in the following areas:

- Warm-ups
- Key Fundamental curriculum-based skills; rolling, jumping & landing, balancing, movement and sequencing
- Additional activities such as acrobatic group balancing and rhythmic gymnastics (hoop/ribbon)
- Practical activities and games
- Basic safety and equipment setup

Workshop Assessment: No formal assessment. Full attendance is compulsory for certification.

Workshop Fee: This workshop is run through the Local Sports Partnership (LSP) network. € Price will vary depending on LSP support. All fees must be paid to the Workshop Coordinator in full by commencement of workshop.

Application Procedure: Teachers should contact Aimi Baker from Gymnastics Ireland via aimi@gymnasticsireland.com or their local Sports Partnership to confirm their interest.