

Sessions that reach the combined objective for the Children, the Parents and the Club

Objectives For All Groups

Objectives	Children	Parents	Club
Gymnastics basics	Understand the importance of the basics and work hard to maintaining basic skills with precision	Understand the reason for the repetition of basic skills are based on safety and preparation for development	To reach a competent level of basic gymnastic shapes and style to enable safe development
Development	Wanting to be capable of more challenging skills and keep progressing through gymnastics by trying new things that are exciting and fun	Want to see their children improving, learning new skills and also knowing that they are getting value for money	To manage the safe development of each gymnast based on competencies achieved at the basic level of gymnastics using appropriate preparation drills and supporting techniques
Fun	To enjoy gymnastics and want to come back into the gym having had a positive experience	Understand that the children will have a mixture of fun that also reflect their gymnastics	Understand what this looks like to the gymnasts and build this into every session in a structured way to manage fun time safely
Teamwork	To develop children's ability to work together in gymnastics by encouraging communication, building trust and supporting and motivating one another in practice and competition	To know that the children are working well with others and supporting their teammates through training and competitions	Work as a team, celebrate our teammates successes and respect others skill levels and differences. Showing respect for all other children, coaches and equipment