

2024 GfA 1 hour programme explained

Term 1

Twelve week programme (3.01.2024- 24.03.2024)

- **Badges Weeks:**

Program running over two weeks including Hinckley Gymnastics Badges (8-1) scheme testing.

- **Ten week Programme:**

Skill development program running over ten weeks. Including learning and mastering a variety of gymnastics skills dependent on the children's age and ability using Floor, Vault, Beam, Bar, P. Bar, Pommel, Rings, Air track, Trampoline, Trampoline.

Term 2

Twelve week programme (25.03.2024- 16.06.2024)

- **Bounce Week:**

Program usually runs for one week. Focusing on a variety of leaps, jumps, hops and rebounding jumps. Working on apparatus such as air track, trampettes, trampolines and springboards.

- **Easter Fun Games:**

One week program. Including improving the fitness level of the children using Gymnastics games on Floor and Beam.

- **Seven Week Programme:**

Program running over seven weeks including learning and mastering gymnastics skills on different apparatus such as: Floor, Vault, Beam, Bar, P.Bar, Pommel, Rings dependent on the children's age and ability. Also working on improving the fitness level of the children.

- **Two Week Competition Programme:**

Program running over five weeks including HGC 1-hour GfA competition program. Learning and mastering skills required for the age groups and learning routines on the apparatus, including: Floor, Vault, Bar, Beam, P. Bar, H. Bar

Term 3

Twelve week programme (17.06.2024- 15.09.2024)

- **Three Week Competition Programme:**

Program running over five weeks including HGC 1-hour GfA competition program. Learning and mastering skills required for the age groups and learning routines on the apparatus, including: Floor, Vault, Bar, Beam, P. Bar, H. Bar

- **Summer Fun Games:**

One week program. Including improving the fitness level of the children using Gymnastics games on Floor.

- **Badges Weeks:**

Program running over two weeks including Hinckley Gymnastics Badges (8-1) scheme testing.

- **Six Week Programme:**

Program running over six weeks including learning and mastering gymnastics skills on different apparatus such as: Floor, Vault, Beam, Bar, P.Bar, Pommel, Rings dependent on the children's age and ability. Also working on improving the dance level of the children.

Term 4

Thirteen week programme (16.09.2024- 20.12.2024)

- **Four Week Programme:**

Skill development program running over four weeks. Including learning and mastering a variety of gymnastics skills dependent on the children's age and ability using Floor, Vault, Beam, Bar, P. Bar, Pommel, Rings

- **Gym Challenge conditioning Programme:**

HGC conditioning testing program running over two weeks. Fitness level testing of the children including strength and power, flexibility, speed and agility.

- **Bounce Week:**

Program usually runs for one week. Focusing on a variety of leaps, jumps, hops and rebounding jumps. Working on apparatus such as air track, trampettes, trampolines and springboards.

- **Five Week Competition Programme:**

Program running over five weeks including HGC 1-hour GfA competition program. Learning and mastering skills required for the age groups and learning routines on the apparatus, including: Floor, Vault, Bar, Beam, P. Bar, H. Bar

- **Christmas Fun Games:** Program running over one/two week (usually before the Christmas break). Including a variety of gymnastics games. Aiming to develop skills like teamwork, competitiveness, confidence and emotional wellbeing.