

+++ **RIGOR** GYMNASTICS

PROGRAMME
& AWARD SCHEME

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SAMPLE PACK

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 **british**
gymnastics

Overview

What is a gymnastics programme

A gymnastics programme is a structured approach to session delivery that progressively develops fundamental movement patterns, gymnastics skills, and life skills.

What is an award scheme:

An award scheme is designed to assess the gymnasts ability to perform certain skills, where they progress through levels typically with increased difficulty of technical gymnastics skills.

How Rise Gymnastics Programme and Award Scheme works:

Rise Gymnastics Programme and Award Scheme can be used by clubs, leisure centres, and schools, and it can be adapted to fit your needs. It is split into three phases;

- Discover (preschool),
- Explore (school aged recreational gymnasts), and
- Excel (advanced and ambitious recreational gymnasts).

Each phase encompasses

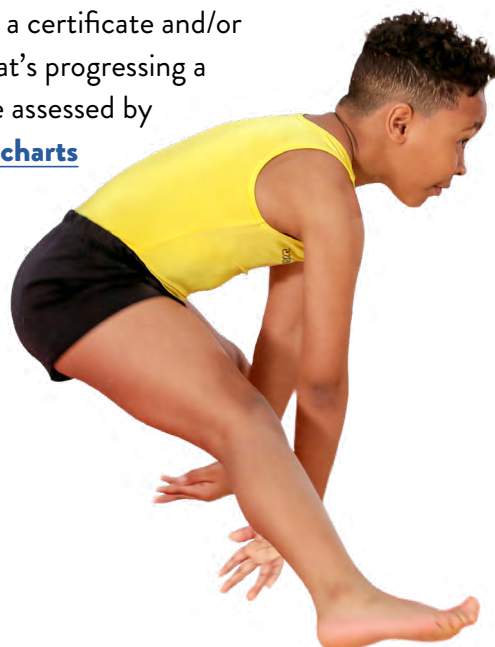
- Activity Cards
- Award Scheme
- Competition Framework (Explore and Excel only)

For Discover, the focus is on themed session delivery, such as 'Jungle', 'Space', 'People that help us', to encourage learning through play.

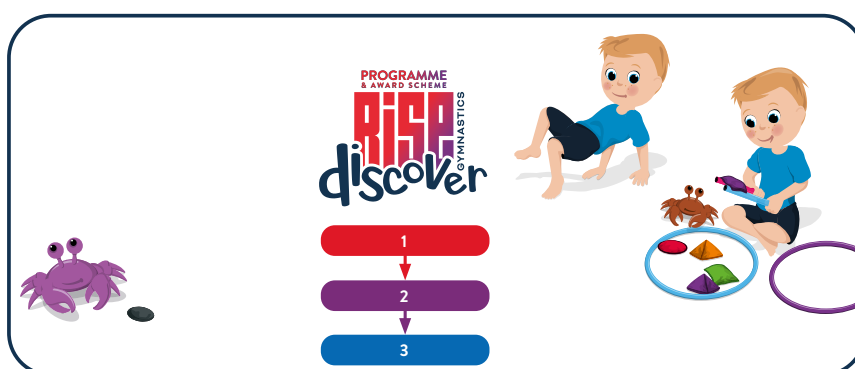
Explore and Excel is then split into strands; Core Skills, Apparatus, and Working Together. By utilising strands, gymnasts have ample opportunity to experience and be rewarded for different elements of gymnastics.

The activity cards have been designed to support the development of fundamental movement patterns.

The award scheme element of [Rise Gymnastics assesses the skills](#) that have been developed through gymnastics sessions using the programme. Once the gymnast can competently perform the skills within the level they are working on, they are rewarded with a certificate and/or medal and can then try out other awards, whether that's progressing a level in a strand or trying another strand. Skills can be assessed by coaches using our [free paper-based skill assessment charts](#) or digitally using [Rise Hub](#).



The award scheme is flexible and can be used in an agile way to suit the needs of the club, leisure centre or school you are delivering in, meaning you can choose which phases (Discover, Explore, Excel) you wish to deliver and which strands (Core Skills, Apparatus, Working Together) within Explore and Excel you wish to deliver. For example, you may decide you only want to deliver the Core Skills strand and the Small Apparatus strand, or equally you may decide to work on all strands.



Example Activity Cards

Across each of the phases, children have the opportunity to experience a wide range of fun and engaging activities. Not only does each activity card link to a skill within the Award Scheme but also supports a child's holistic development.

Benefits of using the activity cards:

- Learn through play whilst encouraging skill development
- Encouraging new ideas and promotes creative delivery
- Fantastic resource for coach development



USING THE ACTIVITY CARDS

The activity cards can be used across different points within a session;

- during the warm up,
- as side stations and group activities,
- or during the cool down.

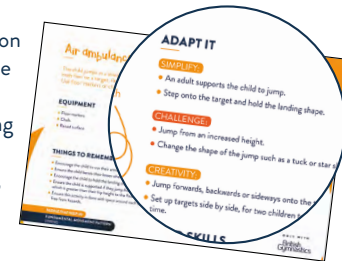
Use the activity cards alongside your own knowledge and skill progressions to create a session full of fun.

The front of the cards is aimed at the gymnasts, using pictures to demonstrate the activity.



The back of the card provides coaches with all the detail to use the activity card, such as a full description, equipment, and how to adapt it to suit the needs of the gymnasts.

Each activity card includes an 'Adapt it' section with examples of how a coach can simplify the activity, challenge gymnasts, and encourage creativity. Rise Gymnastics is flexible, allowing coaches to make adjustments for gymnasts who have impairments or medical conditions, ensuring sessions are inclusive.



HOLISTIC DEVELOPMENT

Taking part in gymnastics isn't just about improving a gymnast's physical skills. Being a great coach requires us to adopt a child centred approach and have the ability to develop gymnasts holistically.



The activities within Rise Gymnastics Discover have been carefully created to adopt a whole-child approach. The mnemonic SPLICE is an acronym used throughout our preschool frameworks, qualifications, and accreditations. It represents key development areas for preschool aged children and support children to reach key EYFS (Early Years Foundation Stage) developmental milestones.



The 'C' System, stemmed from UK Coaching, is designed to help coaches consider how they can include elements of holistic coaching and personal development in their coaching sessions.

The activity cards detail exactly which area of SPLICE or the 'C' System this card is aimed at.

Gardener

Balance like a wheelbarrow

- Place your hands flat on the floor.
- Keep your arms straight.
- Put your feet on the bench and bend your knees in a tuck shape.
- Balance the beanbag on your back.



Gardener's wheelbarrow

The child balances in front support with their hands flat on the floor, their feet on a bench and their knees bent, to create the shape of a wheelbarrow. An adult places a flower onto the child's back. Use a beanbag as a flower.

EQUIPMENT

- Bench
- Beanbags

Did You know?

The wheelbarrow is thought to have been invented in China nearly 2,000 years ago.

THINGS TO REMEMBER

- Discuss with the child what they might find in a garden.
- Encourage the child to keep their hands flat on the floor, shoulder width apart with their fingers forwards.
- Ensure the child keeps their arms straight and maintains the tuck shape.
- Sufficient matting should be in place around and under the bench.

PEOPLE THAT HELP US

FUNDAMENTAL MOVEMENT PATTERN
BALANCE

ADAPT IT

SIMPLIFY:

- Balance without a beanbag.
- Balance on the floor in a mountain, table, front support or back support shape.

CHALLENGE:

- Balance with straight legs, in a full front support.
- Balance in a tuck or straight shape with one foot lifted.

CREATIVITY:

- Use a song such as 🎵 There's a Worm at the Bottom of the Garden.
- Whilst balancing, use small steps to walk hands to each side.

AWARD SKILLS

- Table and mountain
- Balance small apparatus on the body
- Weight on hands with large apparatus
- Key positions
- Handstand using large apparatus

SPLICE FOCUS

PHYSICAL - Static balance and dynamic balance.

LANGUAGE & COGNITIVE - Sing a song.

CREATIVE - Imaginative play.

EDUCATIONAL - Discuss what is in a garden and understand the shape of a wheelbarrow.

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MUSICAL COUNTERBALANCES



Hold different counterbalances when the music stops



Award skills

- ♦ Counterbalance
- ♦ Counterbalance with a choice of skill
- ♦ A choice of supported skill

MUSICAL COUNTERBALANCES

- ♦ The gymnasts travel or dance around the space to music.
- ♦ When the music stops, the coach calls a number, and the gymnasts create and hold a counterbalance with this number of gymnasts until the music restarts.

EQUIPMENT

- ♦ Floor space
- ♦ Music

THINGS TO REMEMBER

- ♦ Discuss how to hold forearms during counterbalances to maintain safety and recap the coaching points of a counterbalance.
- ♦ Encourage the gymnasts to balance at different heights and in different directions.
- ♦ Ensure the gymnasts lean away from each other at the same time and with control.

ADAPT IT

SIMPLIFY:

- ♦ Use pictures for the gymnasts to copy.

CHALLENGE:

- ♦ Call two different numbers, the first is the number of gymnasts in the counterbalance, the second is the number of contact points with the floor for the whole counterbalance.

CREATIVITY:

- ♦ Counterbalance on different parts of the body, other than feet, such as shoulder stand counterbalances.

ACTIVITY TYPE

- ♦ Warm-up
- ♦ Group activity
- ♦ Cool-down

'C' SYSTEM

CONNECTION - Work together.

CHARACTER - Trust the others in the counterbalance.

CREATIVITY - Perform counterbalances on different body parts.

COMPETENCE - Static balance, core strength and upper body strength.

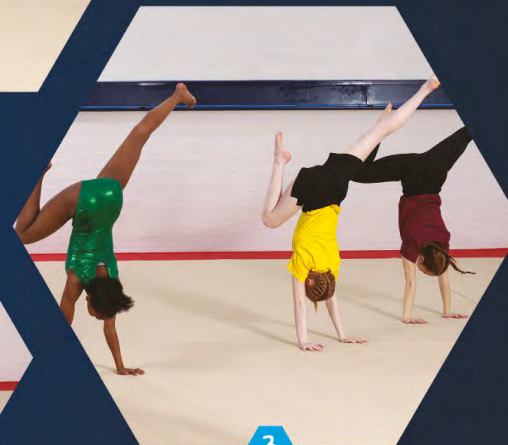
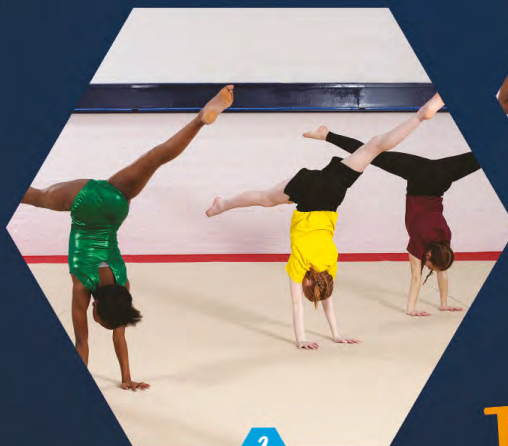
BALANCE 8

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HANDSTAND TWISTER

Follow the twister
combinations while you
balance in handstand

BALANCE 3



Improve

- Balance
- Coordination
- Core strength
- Flexibility
- Upper body strength
- Work together

HANDSTAND TWISTER

- The gymnasts work in a group and each start in a space on the floor.
- A combination of two shapes to be shown in a handstand is called out, such as left leg tuck, right leg straddle.
- The gymnasts kick to handstand and perform the combination before safely exiting.
- A different combination of shapes is called out and the gymnasts perform these.
- The gymnasts continue to perform the combinations as instructed.

BALANCE 3

EQUIPMENT

- Floor space

THINGS TO REMEMBER

- Discuss the key points of a handstand.
- Ensure this activity is done with space around each gymnast, free from hazards.

ADAPT IT

SIMPLIFY:

- Work in pairs, as one gymnast performs the handstand, while the other gymnast provides support.

CHALLENGE:

- Use more complex instructions, such as arms movements.

CREATIVITY:

- Work in a group and create the handstand combinations in canon or mirrored.

ACTIVITY TYPE

- Side station
- Group activity

AWARD SKILLS

- Handstand with lever down to stand
- Creative handstand
- Handstand with half turn
- Handstand with full turn
- Handstand with double turn
- Shoulder balance with knee support

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The award scheme - Assessing Gymnasts

What can gymnasts be rewarded for?

In each phase, gymnasts have the opportunity to be rewarded for multiple levels

Discover: Level 1, 2, and 3

Explore: Core skills 1, 2, 3, and 4; Apparatus 1, 2, 3, and 4; and Working Together 1, 2, 3, and 4.

Excel: Core skills 1, 2, and 3; Large Apparatus 1, 2, and 3; Small apparatus 1, 2, and 3; and Working Together 1, 2, and 3.

You can choose to deliver as many/little strands that suits you!

How are gymnasts rewarded:

Across Discover, Explore and Excel there are 27 opportunities to achieve a certificate and medal, plus an additional 12 themed certificates with the Discover phase.

Exciting, unique and vibrant medals and certificates are available to purchase to recognise and reward gymnasts' achievement throughout every level of the Rise Gymnastics Programme and Award Scheme. In addition to the award levels, gymnasts taking part in the Discover phase can also be celebrated with themed certificates, further enhancing their accomplishments.

Rewards can be purchased from My BG.

Discover certificate theme pack of 10: **£7**

Single medal: **£2.70**

Pack of 8 medals: **£17.50**

Award Scheme certificates pack of 10: **£7**

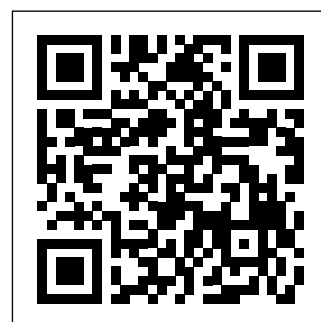


You can find the skills in each phase on the strand, and level, example certificates, and examples of our paper based assesment charts on the following pages.



Scan the QR code to go to the Rise Gymnastics pages on our website where you can find out more information.

To purchase Rise Gymnastics rewards, visit the [My BG Shop](#)



Example Discover Themed Certificate



Example Explore Certificate



CONGRATULATIONS!

HAS ACHIEVED RISE GYMNASTICS

**EXPLORE
CORE SKILLS 1**



DATE

AWARDED BY



Skill assessment chart examples



12 skills; 8 of these need to be achieved for a gymnast to complete award.

AP PARATUS 1

Skill	Names →						
1. Walk with rotation on a bench							
2. Shaped jump on a bench – perform one sub skill:							
a. Straight jump on a bench							
b. Tuck jump on a bench							
3. Squat or straddle onto a raised surface from stand – perform one sub skill:							
a. Squat onto a raised surface from stand							
b. Straddle onto a raised surface from stand							
4. Shaped jumps from a raised surface – perform two sub skills:							
a. Straight jump from a raised surface							
b. Star jump from a raised surface							
c. Tuck jump from a raised surface							
5. Hang from apparatus with shapes and support – perform each sub skill:							
a. Straight hang from apparatus							
b. Tuck hang from apparatus							
c. Star hang from apparatus							
d. Dish hang from apparatus							
e. Arch hang from apparatus							
f. Support on apparatus							
6. Travel in hang along apparatus – perform two sub skills:							
a. Travel in hang to the left							
b. Travel in hang to the right							
c. Travel in hang with rotation							
7. Rotate a hoop on the hand/ Skip through a hoop – perform one sub skill							
a. Rotate a hoop on the hand							
b. Skip through a hoop							
8. Roll a hoop and travel creatively							
9. Skip through a rope forwards/ Rotate a rope with Core Skills 1 – perform one sub skill:							
a. Skip through a rope forwards							
b. Rotate a rope with Core Skills 1							
10. Bounce a ball with Core Skills 1/Throw and catch a ball with Core Skills 1 – perform one sub skill:							
a. Bounce a ball with Core Skills 1							
b. Throw and catch a ball with Core Skills 1							
11. Roll a ball and travel creatively							
12. Ribbon coils and/or snakes with Core Skills 1/Run through a large ribbon circle in mirror plane – perform one sub skill							
a. Ribbon coils and/or snakes with Core Skills 1							
b. Run through a large ribbon circle in mirror plane							

CORE SKILLS 1

14 skills; 10 of these need to be achieved for a gymnast to complete the award.

Names
↓

Skill							
1. Tuck russian lever							
2. Straight jump with one and a half turn							
3. Tuck jump with full turn							
4. Cat leap with full turn							
5. One and a half turn on one foot							
6. Handstand with lever down to stand – perform one sub skill:							
a. Handstand with straddle lever down to stand							
b. Handstand with pike lever down to stand							
7. Forward roll to straddle or pike lever – perform one sub skill:							
a. Forward roll to straddle lever							
b. Forward roll to pike lever							
8. Creative handstand							
9. Handstand with half turn							
10. Backward walkover/Forward walkover – perform one sub skill:							
a. Backward walkover							
b. Forward walkover							
11. Backward roll to handstand							
12. Round-off							
13. Leap and/or jump sequence with Explore Core Skills 4 and/or Excel Core Skills 1							
14. Acrobatic sequence with Explore Core Skills 4 and/or Excel Core Skills 1							

1✓ = Just getting started 2✓ = Almost there 3✓ = Achieved

Rise Hub is an online platform that is included with the purchase of the Rise Gymnastics Programme and Award Scheme. This online portal can be utilised by admins, coaches, and parents for multiple uses!

It is important to note, that although we recommend using Rise Hub for the amazing benefits it provides, you do not have to use Rise Hub to successfully run Rise Gymnastics Programme and Award Scheme.

Rise Hub provides three comprehensive portals:

- Admin portal
- Coach portal
- Home portal

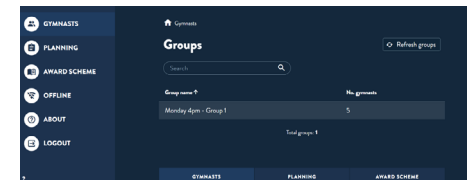
These interlink to track the progress of gymnasts across the Rise Gymnastics Award Schemes and provide updates directly to parents and carers. It is the central place for communication between club/partner and parents, and for session planning in a secure and compliant way.

ADMIN PORTAL

Admin portal essentially is where the administrative tasks are completed. On here, you can; complete tasks such as group gymnasts into relevant groups, set gymnast ability levels and create reports detailing award levels in progress, completion of award levels, and even timeframes on completion of award levels.

COACH PORTAL

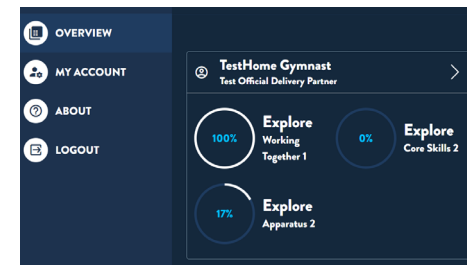
Coach portal is a fantastic resource for coaches. On here, coaches can; view the entire award scheme, create session plans, and assess gymnasts. Each skill within the award scheme has a video on Coach portal for coaches to view, and all of the activity cards are available digitally.



Coaches can also choose to assess gymnasts manually by using our downloadable assessment charts.

HOME PORTAL

Home portal is designed specifically for parents and carers. On here, parents and carers can; view their child's progress and receive notifications when progress has been logged and a completion e-mail when their child has completed an award.



Rise Gymnastics Competition

Rise Gymnastics gives every child the opportunity to shine, and at British Gymnastics, we believe competitions should also reflect this. They should be safe, full of fun and positivity, providing the opportunity for every gymnast to amaze themselves.



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Rise Gymnastics competition provides:

- A consistent framework that is inclusive of all recreational gymnasts across all clubs, leisure centres and schools; and all home nations giving gymnasts the opportunity to experience a variety of gymnastics disciplines.
- A format that aligns with the Rise Gymnastics Explore and Excel Programme and Award Scheme directly, although members do not need to be using the scheme to access and use the competition framework.
- A positive competition experience, by introducing a scoring system where gymnasts are rewarded points based on their execution of skills rather than deducting points.
- A flexible and adaptable competition structure aimed at holistically developing gymnasts. Gymnasts can select which competition strands they would like to perform in and can perform at different ability levels for each apparatus strand to ensure gymnasts can reach their full potential.
- A competition that allows you, the organiser, to select the strands you offer within your competition – this could be based on the venue, capacity or equipment available.

What is covered:

Rise explore

Level 1-4
Core Skills: Floor
Large Apparatus:
Beam, Bars, Vault
Small Apparatus:
Ball, Ribbon, Rope, Hoop
Working Together:
Pairs, Trios, Group/ display

Rise excel

Levels 1-3
Core Skills: Floor, Tumble
Large Apparatus:
Beam, Bars, Vault
Small Apparatus:
Ball, Ribbon, Rope, Hoop
Working Together:
Pairs, Trios, Group/display

Rise Gymnastics competitions are:

- A free member benefit, whether you currently deliver Rise Gymnastics Programme and Award Scheme or not.
- Suitable for all school aged gymnasts.

Rise Gymnastics competition provides gymnasts with:

- The opportunity to perform in recreational competitions to showcase and celebrate their learnings while having fun.
- A shorter competition delivery which creates a better experience and inspires gymnasts confidence through positive experiences.



Scoring and rewards

Each skill a gymnast performs within a routine will be scored out of five with the addition of an 'overall performance' score (out of five) and the option for bonus points (maximum two additional points).

Final scores will then fall into a score band which will reflect either a bronze, silver, or gold. This happens for each apparatus strand a gymnast chooses to perform.

Once the gymnast has completed all of their strands, a scorer will average all of the bronze, silver or gold score bands to provide an 'overall' bronze silver or gold award.

All competition participants receive a performance certificate and participation medal which can be purchased from the British Gymnastics Official Shop.

RISE GYMNASTICS Session Plan Examples

THEME/FOCUS:
ALL ABOUT ME

SESSION GOAL: Children to work on their locomotion skills

AGE/ABILITY:
Adult & Child

WARMUP	GROUP ACTIVITY	ACTIVITIES	COOL-DOWN	TAKE HOME CHALLENGE
Head, Shoulders, Knees and Toes.	Stick it	- Balancing by height - Choosing colours - Copying and mirroring - Exploring the different senses	If You're Happy and You Know it	Name parts of the body with help from an adult. Choose a body part to balance an object like a soft toy on.



THEME/FOCUS:
WORKING TOGETHER

SESSION GOAL: To apply a range of Core Skills to a pair, trio and larger group.

WARMUP	RE-CAP CORE SKILLS	IN CONTACT	FESTIVAL SKILLS	COOL DOWN
Memory dance (A)	Work as an entire group to practice the skills already achieved from Core Skills 3. Discuss how the start/end of each skill will change to be able to sequence the skills.	Station 1: - Handstand switch-up (A) Station 2: - Assisted creative handstand (S) Station 3: - Step onto one knee from a bench (P) - Stand on one knee with the base on knee (S)	Station 1: - Core Skills 3 in canon (S) Station 2: - V formation (S) Station 3: - Sequence with four skills (S)	Line dance (A)



THEME/FOCUS:
BALANCE ON HANDS

SESSION GOAL: To recap handstand before applying to multiple strands.

AGE/ABILITY:
Age 11-13 (to be used as a guide)

WARMUP	GROUP ACTIVITY	WORKING TOGETHER	LARGE APPARATUS	COOL DOWN
Team travel (A)	- Discuss the key points to a good handstand and how they will help the gymnasts develop more advanced handstand skills. - Work as an entire group to practice handstands focussing on the points discussed. - Handstand twister (A)	Station 1: - Handstand on thigh with base on two knees (P) - Handstand on thigh with base on knee with/without support (P/S) Station 2: - Shoulder balance between two raised surfaces (P) - Shoulder balance with knee support (S) Station 3: - Human hoopla (A)	Station 1: - Handstand on a bench (P) Station 2: - Handstand on a beam with support from coach (P) Station 3: - Rock, paper, scissors on a bench (A)	Body balance (A)



KEY

ACTIVITY = (A) SKILL = (S) PROGRESSION = (P)

Use the 'Adapt it' section to simplify, challenge or add more creativity to the activities

RISE GYMNASTICS Session Plan Examples

THEME/FOCUS: ALL ABOUT ME		SESSION GOAL: Exploring different movements and balance using the body			AGE/ABILITY:
WARMUP	GROUP ACTIVITY	ACTIVITIES	COOL-DOWN	TAKE HOME CHALLENGE	
My body moving	Beanbag play	- Following the footprints - Balancing using the body - Smiling and frowning - Identifying characters	One Finger One Thumb Keep Moving	Think of how they feel at gymnastics: What makes me smile? What makes me frown? What makes me excited?	



THEME/FOCUS: BALANCE		SESSION GOAL: To develop balance on one foot and on hands and feet across all strands.			AGE/ABILITY: Explore Ability Level 1
WARMUP	CORE SKILLS	APPARATUS	WORKING TOGETHER	COOL DOWN	
Musical counterbalances (A)	Station 1: - Balance stones (A) - Choice of one-foot balance (S)	Station 1: - Pathways (A) - Walk with rotation on a bench (S)	Station 1: - Front to back (A) - One-foot balance in contact (S)	Human skittles (A)	
	Station 2: - What time is it? (A) - Turn in support (S) - Front and back support (P)	Station 2: - Roll a ball (A) - Throw and catch a ball with Core Skills 1 (S)	Station 2: - Counterbalance (S) - Supported front support (S)		



THEME/FOCUS: ROTATION		SESSION GOAL: To develop rotation in multiple axes across both Large and Small Apparatus.			
WARMUP	CORE SKILLS	LARGE APPARATUS	SMALL APPARATUS	COOL DOWN	
Tig (A)	Station 1: - Rotate down (A) - Handstand – bridge – stand (P) - Off the wall (A) - Handspring (S)	Station 1: Rotation mix-up (A)	Station 1: - Rotate a hoop in table plane (P) - Rotate a hoop in table plane with a choice of balance (S)	Pass the parcel (A)	
	Station 2: - Rocket tumble (A) - Flick from incline/support (P)		Station 2: - Catch a ball from a partner on the exit of a forward roll (P) - Unassisted roll sequence on the body with a ball (S)		



KEY

ACTIVITY = (A) SKILL = (S) PROGRESSION = (P)

Use the 'Adapt it' section to simplify, challenge or add more creativity to the activities

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