



GYMNASTICS ACTIVATION PACK



2026
COMMONWEALTH
GAMES

Click here
to find out more
and keep up to
date with the
action



WELCOME

GYMNASTICS SCHEDULE

SCORESHEETS

BUNTING | LEOTARD SHAPES

BUNTING | HOME NATION FLAGS

COLOURING IN SHEETS & QUIZZES

SESSION PLANS

GET YOUR CLUB COMMONWEALTH GAMES READY

Welcome

The 2026 Commonwealth Games take place in Glasgow with 10 unforgettable days of world-class sport and landmark moments across packed venues throughout the city.

The Games will bring together 3,000 athletes from 74 nations and territories to compete across 10 sports and six Para sports, with more than 200 medals to be won in 50 medal sessions.

Artistic gymnastics will be one of the sports taking centre stage with Home Nation gymnasts competing for the prestigious titles.

Whether you are fortunate enough to have tickets and will see the action live or hope to watch via TV or social media, we want you to get involved. Help spread the word for the love of gymnastics with our creative pack, either with your friends in the gym or with family at home.

Whether at home or at a fun activity in your facility, we want your pictures and videos showing your support – so don't forget to post your content and tag British Gymnastics!

Have a great Games everyone.

Post your content, tag British Gymnastics and use one of the official hashtags:

#GLASGOW2026
#COMMONWEALTHGAMES

2026
COMMONWEALTH
GAMES

Schedule | Artistic Gymnastics

[Click here](#)
to find out more
and keep up to
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action

QUALIFICATION FRI 24 JUL

10:00 - 15:30

**Men's Team Final
& Individual
Qualification
Subdivision 1&2**

17:30 - 21:00

**Men's Team Final
& Individual
Qualification
Subdivision 3**

QUALIFICATION SAT 25 JUL

10:00 - 14:00

**Women's Team
Final & Individual
Qualification
Subdivision 1 & 2**

15:45 - 20:30

**Women's Team
Final & Individual
Qualification
Subdivision 3 & 4**

FINALS SUN 26 JUL

12:00 - 15:30

**Men's Individual
All-Around**

18:00-21:00

**Women's
Individual All-
Around**

FINALS MON 27 JUL

13:00 - 17:30

Men's Floor

Women's Vault

Pommel Horse

Uneven Bars

Rings

FINALS TUE 28 JUL

13:00 - 17:30

Men's Vault

Balance Beam

Parallel Bars

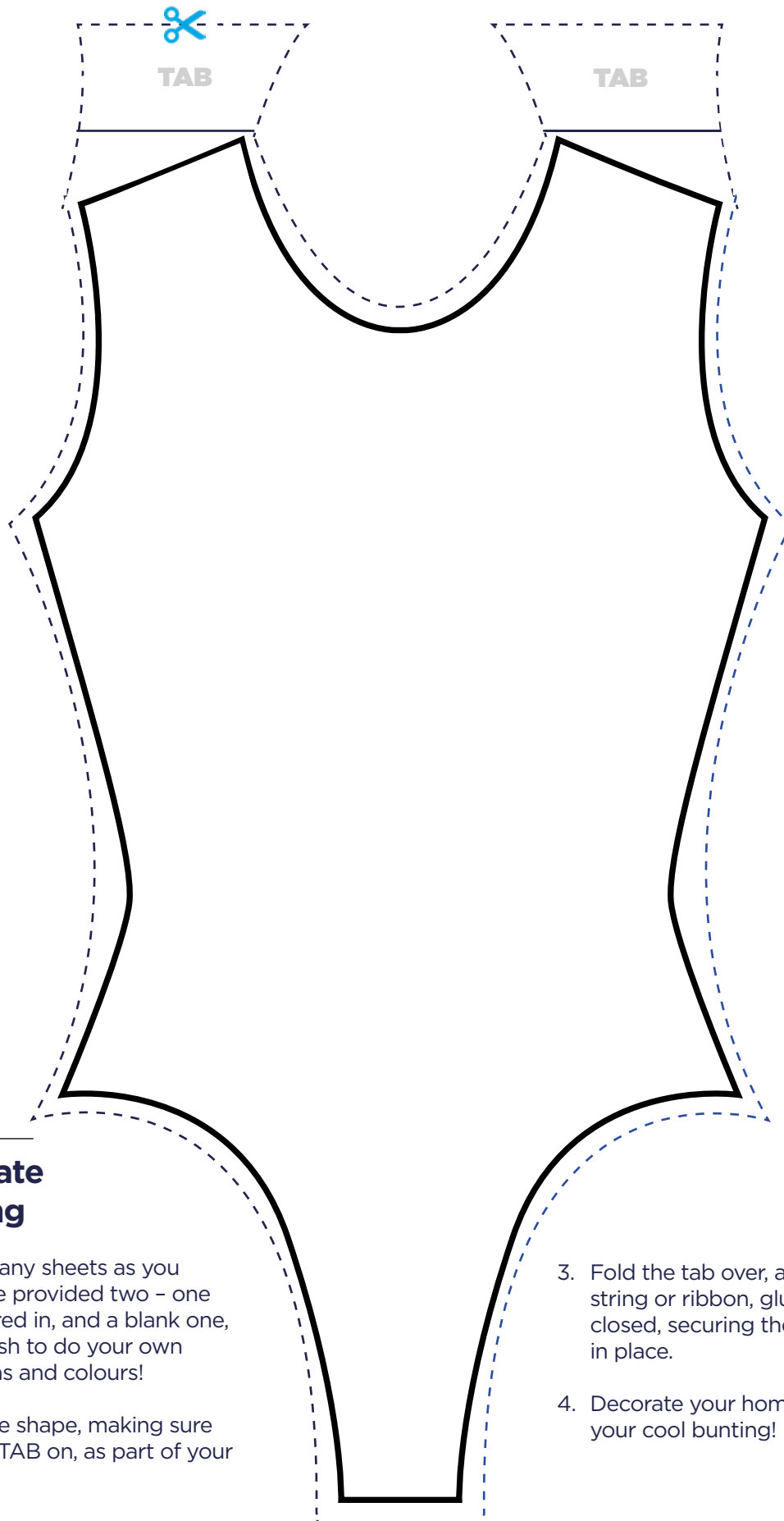
Women's Floor

Horizontal Bar

Please note: Each session will contain all of the listed events, but not necessarily in the order displayed. The information contained within the schedule is correct at the time of publishing but remains subject to change.







How to create your bunting

1. Print out as many sheets as you need. We have provided two – one already coloured in, and a blank one, should you wish to do your own leotard designs and colours!
2. Cut around the shape, making sure you leave the TAB on, as part of your cut out.
3. Fold the tab over, and using some string or ribbon, glue or tape the tab closed, securing the string or ribbon in place.
4. Decorate your home or facility with your cool bunting!

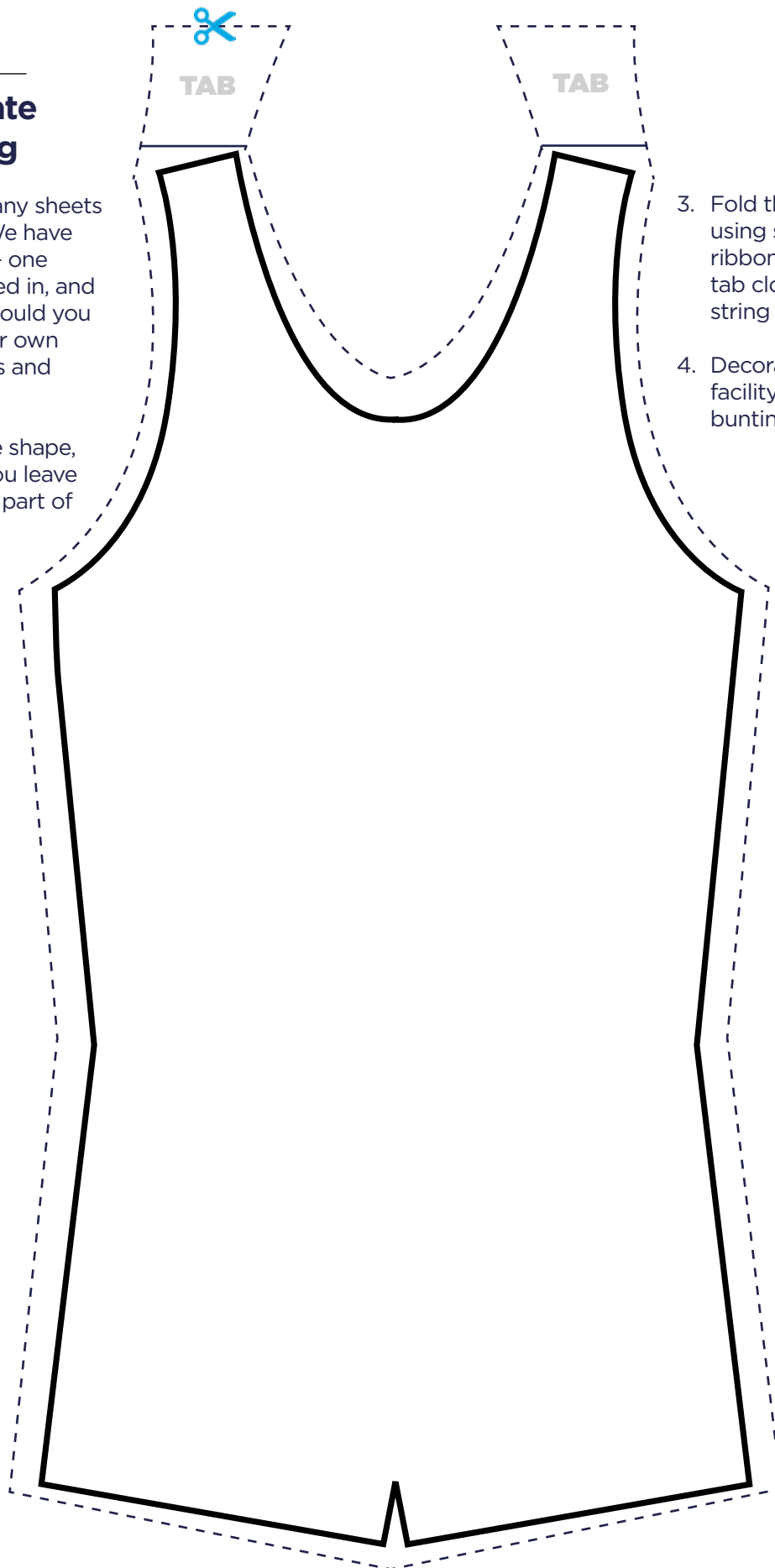


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Leotard Bunting



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Flags Bunting England

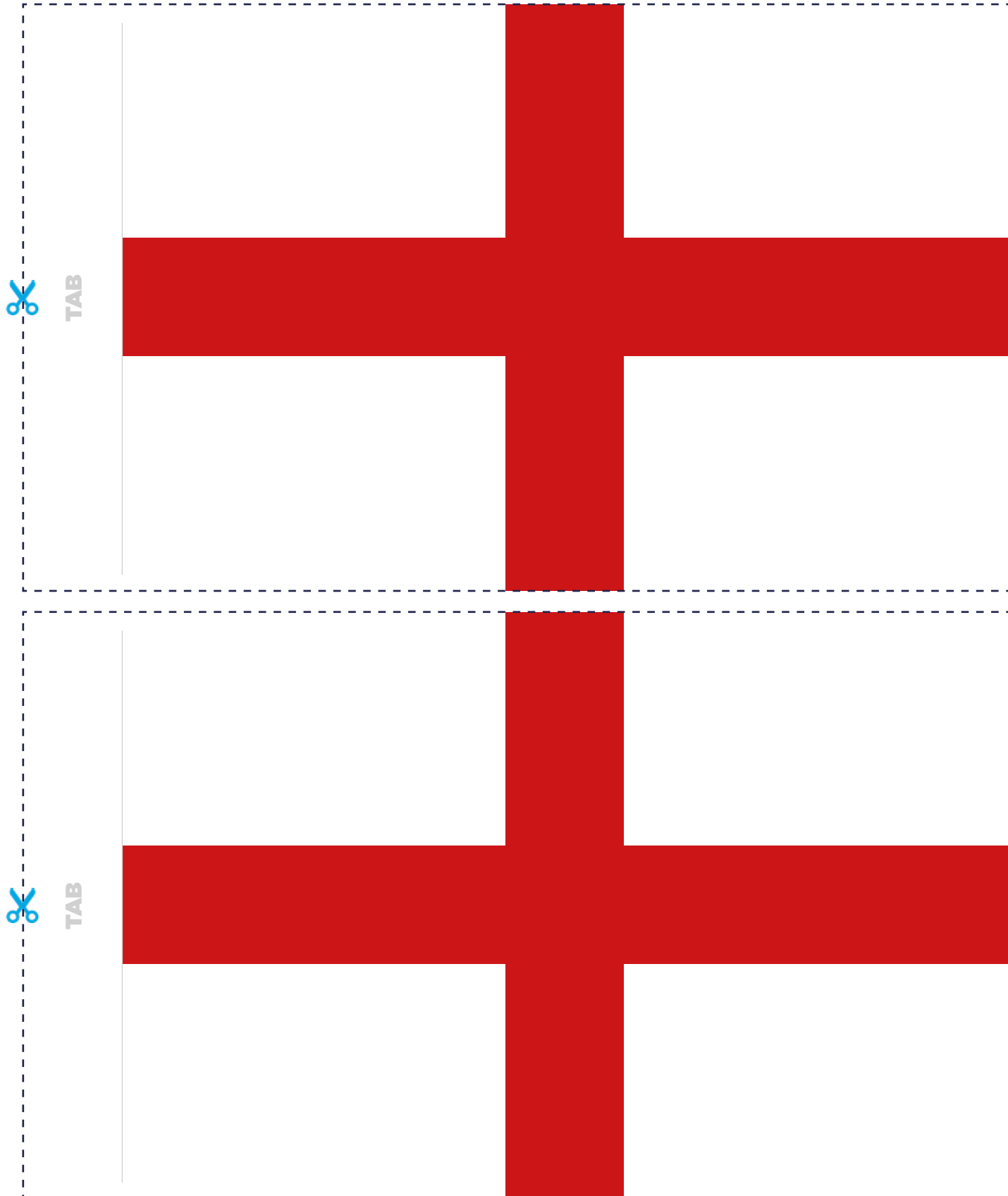
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Decorate your home or facility with your cool bunting.



TOP TIP: instead of making into bunting, you could use a paper straw or wooden stick, and make your own flag to wave!



How to create your bunting

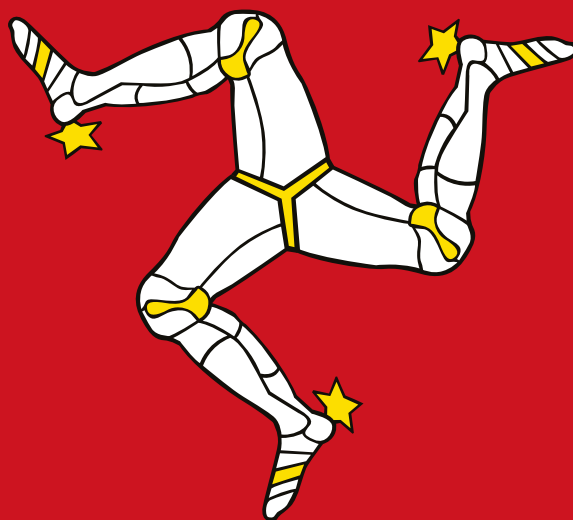
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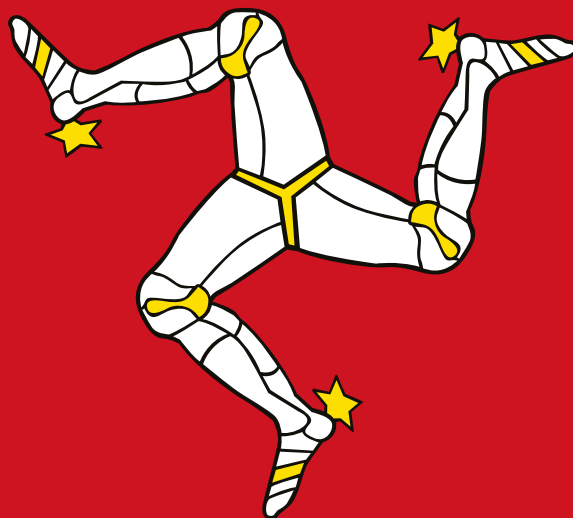
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TAB



TAB

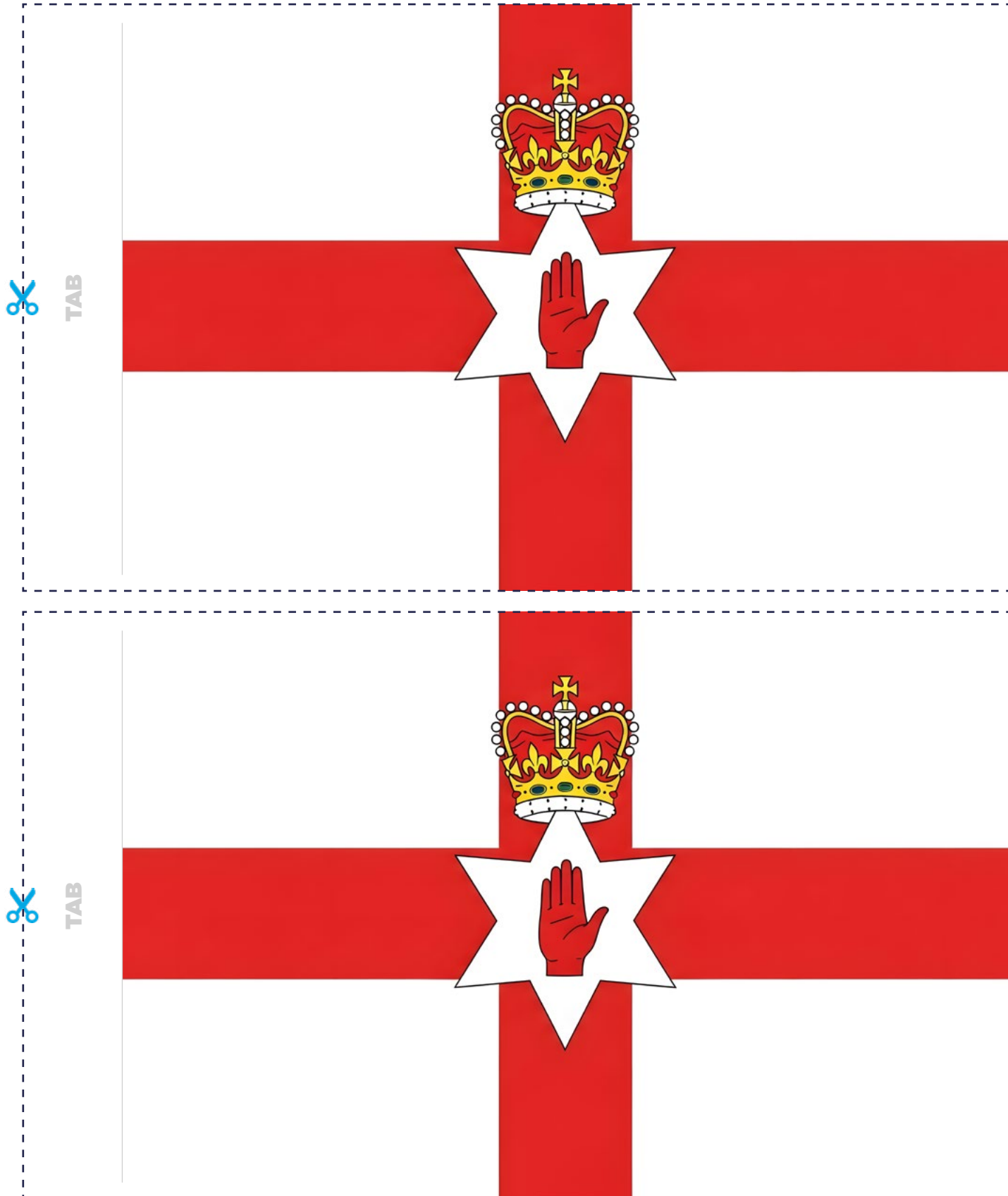


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Flags Bunting Scotland

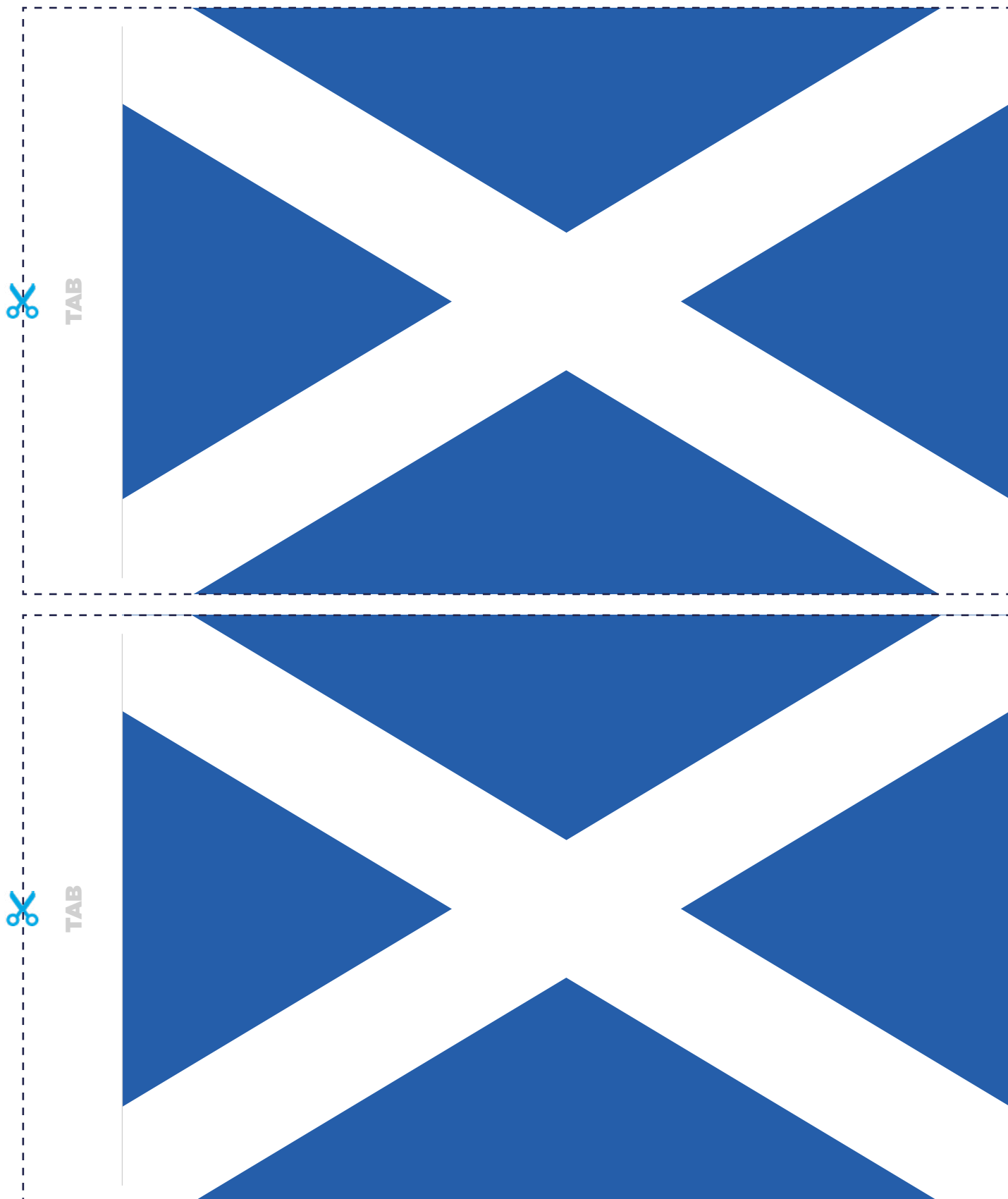
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Flags Bunting Wales

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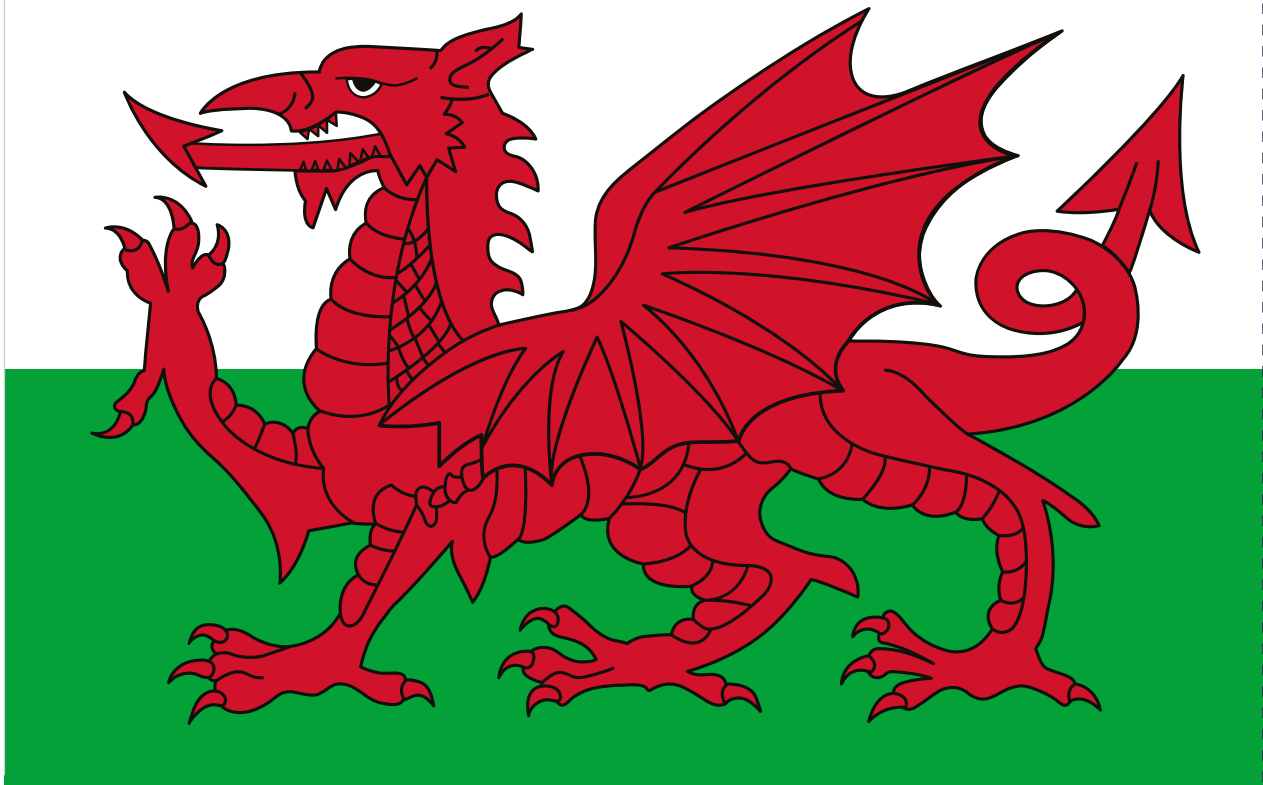
Decorate your home or facility with your cool bunting.



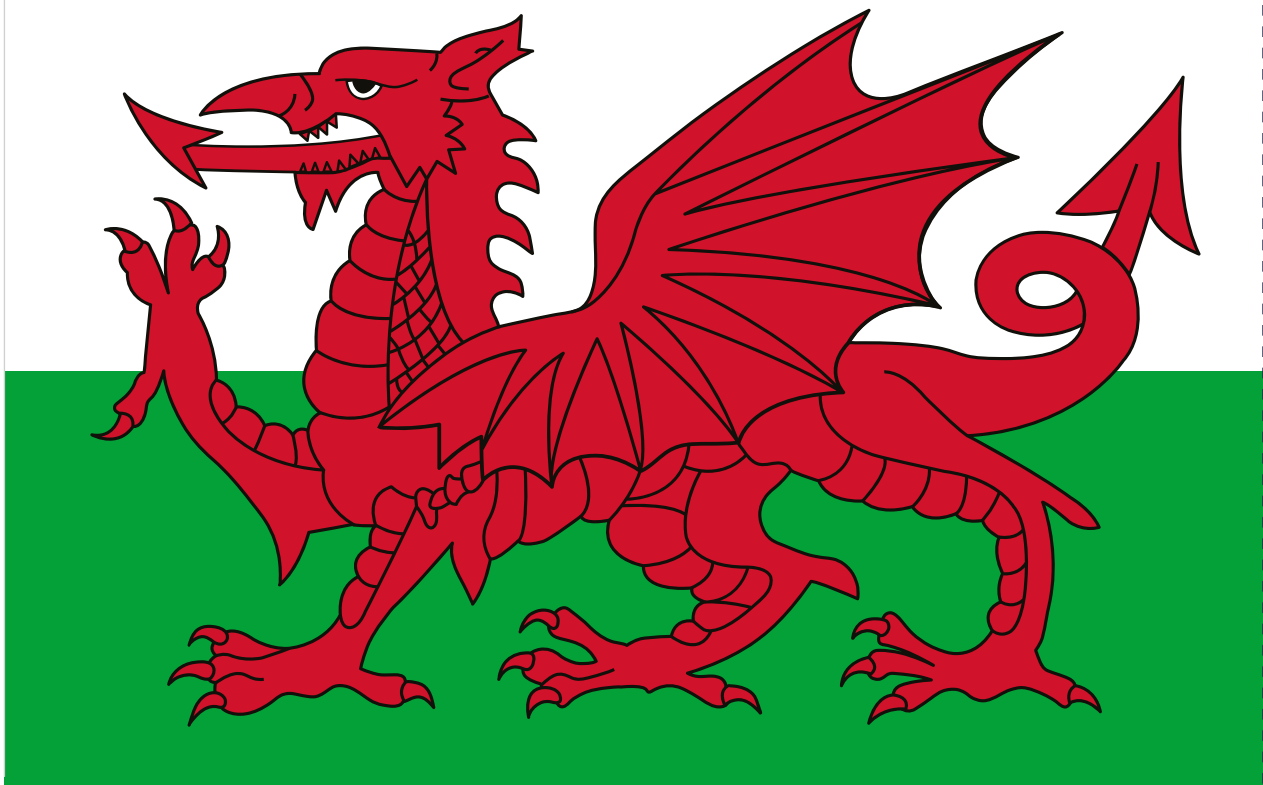
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Flags Bunting

Design your own

How to create your bunting

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Decorate your home or facility with your cool bunting.



TOP TIP: instead of making into bunting, you could use a paper straw or wooden stick, and make your own flag to wave!



TAB



TAB

FINNIE PEOPLE BINGO



How well do you know Finnie, the Glasgow 2026 mascot, and facts about the Commonwealth Games in Glasgow?

Race to complete your bingo card by finding someone who knows the information or will do the activity in the box. Write their name in the box to mark it complete. Each box must be a different person!

The first person to have a complete bingo card, shouts '**FINNIE BINGO**'.



Can do Finnie's hearthands pose	Can shout "Go Team Scotland!" the loudest	Can name a Scottish Commonwealth athlete	Has a 2014 Glasgow Games memory
Knows the Glasgow 2026 Games dates	Can name one thing on Finnie's design	Can do five star jumps	Knows who helped design Finnie
Has a favourite place in Glasgow	Has an idea how to celebrate Glasgow 2026	Would like to volunteer at a Commonwealth Games	Has a favourite sport
Would love to try one of the 10 sports and 6 para sports in Glasgow 2026	Has visited another country in the Commonwealth	Someone who can strike their best mascot pose	Can mime a sport for others to guess

Name

.....

GLASGOW 2026 SCHOOLS PROGRAMME



MATCH THE COLOUR



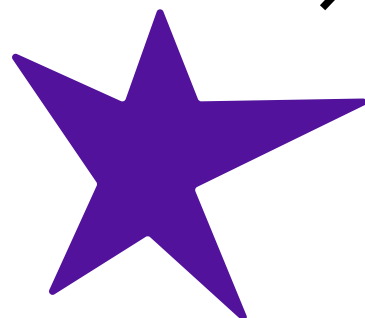
Finnie is very colourful. Can you spot the different colours on her outfit and hair?

Draw a line linking each colour to where you can see it on her.

BLUE



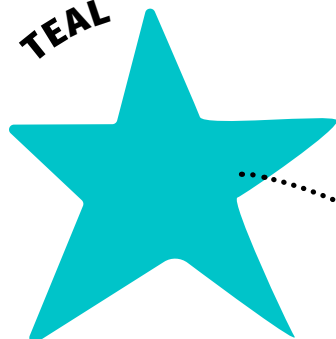
VIOLET



PINK



TEAL



ORANGE



Name

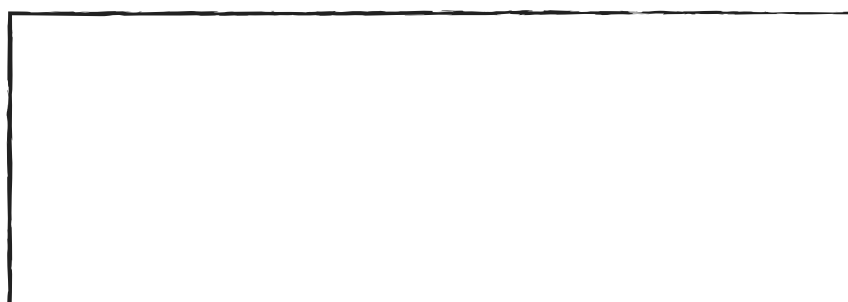
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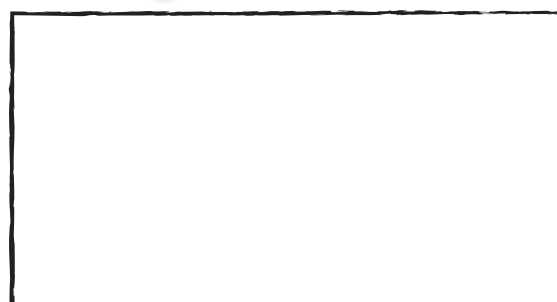
FINNIE'S ADVENTURES



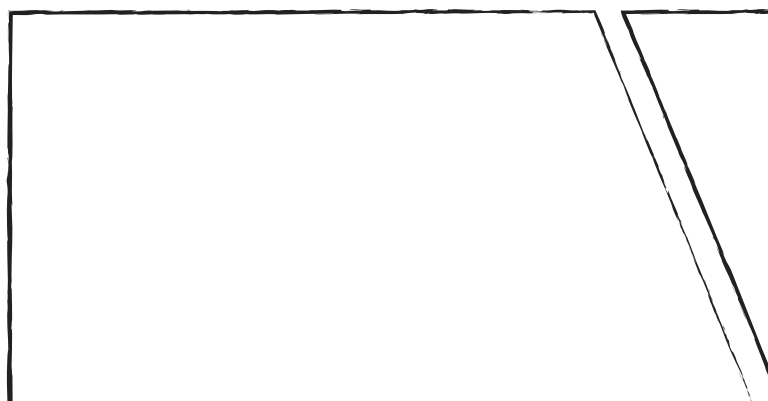
Draw pictures in the comic strip to show Finnie's adventures. Can you think of two more adventures for Finnie at the end?



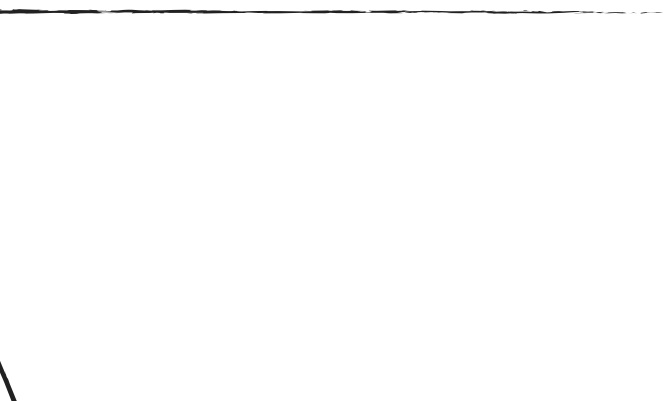
FINNIE WATCHES THE ATHLETICS IN A CROWD



FINNIE PLAYS NETBALL



FINNIE RELAXES BY THE RIVER CLYDE



FINNIE WELCOMES VISITORS TO THE GAMES

Name

.....



DESIGN A FINNIE STRIP

Finnie's sport strip has lots of unique features that represent her personality and where she's from.

Can you design your own strip that represents something about you? Think about shapes and colours that you like and draw your own design on the strip.



Name

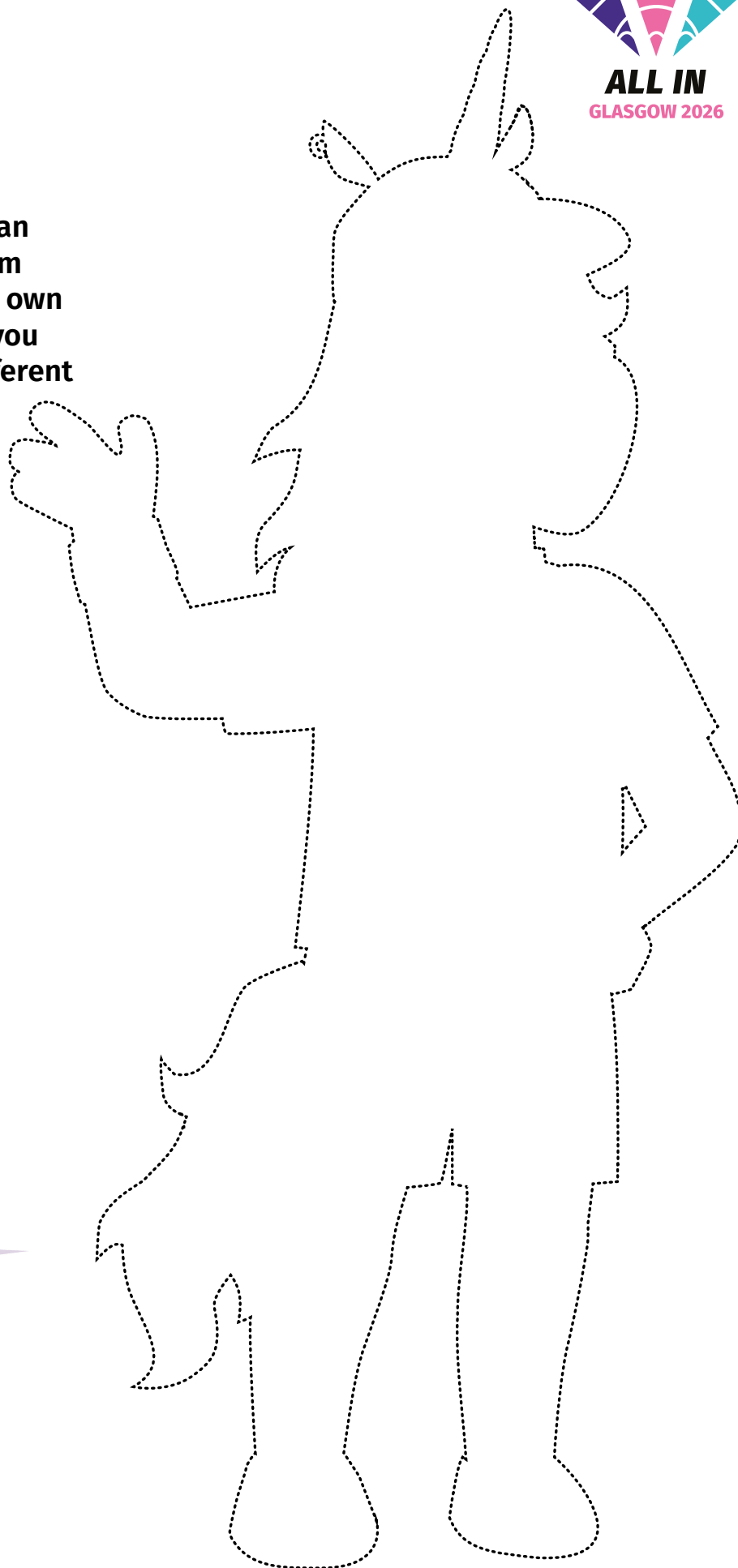
.....



DRAW FINNIE



This is the outline of Finnie. Can you copy Finnie's features from the image below to draw your own version of Finnie? Make sure you pay close attention to the different colours and shapes.



Name

.....

GLASGOW 2026 SCHOOLS PROGRAMME



FINNIE'S PERSONALITY

Finnie has many different sides to her personality. Choose one aspect and write or draw an example of it.



Big-hearted

I am kind and friendly to everybody, all of the time.

Here when it counts

I always support other people through their challenges.

City-smart

I am proud of where I come from and know how to be safe in a city.

Crowd-ready

I always try to create excitement and energy.

Fun-first

I want to have fun, making people smile and laugh.

Bit of sass, loads of cool

I am confident and stylish wherever I go.

A large, empty rectangular box with a purple border, intended for a student to draw or write an example of their chosen personality aspect.

Name

.....



MY PERSONALITY

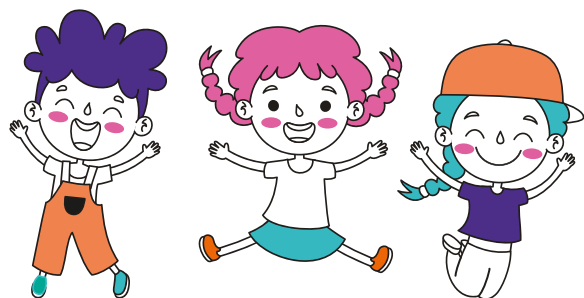
Finnie is big-hearted, supportive, city-smart, crowd-ready, fun and sassy! What are some different parts of your personality? Name each one, then write or draw an example of it. An example has been completed for you.



ALL IN
GLASGOW 2026

I am fun!

I like to play with my friends.



I am

.....
.....

I am

.....
.....

I am

.....
.....

Name

.....

GLASGOW 2026 SCHOOLS PROGRAMME



FINNIE'S POSES



Finnie has many different poses for the different sports, can you match the pose to the sport?
Can you recreate each one?



Athletics and
Para Athletics

Para Powerlifting

Para Track Cycling

3x3 Basketball

Artistic Gymnastics

Judo

Weightlifting

Swimming and
Para Swimming

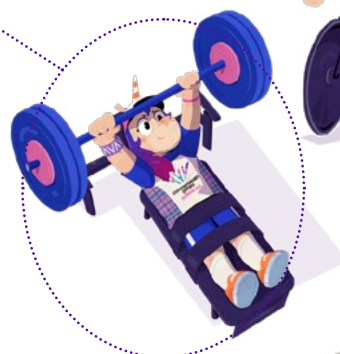
Track Cycling

Boxing

3x3 Wheelchair
Basketball

Netball

Bowls and Para Bowls



Name

.....

GLASGOW 2026 SCHOOLS PROGRAMME



SPOT THE DIFFERENCE



How well do you know what Finnie looks like?
Compare the two pictures of Finnie. Can you spot
the 8 differences between them?



Name

.....

GLASGOW 2026 SCHOOLS PROGRAMME



FINNIE'S DIARY



Finnie loves writing. Can you write a story about how Finnie was created?



Finnie's Story



Name

.....

GLASGOW 2026 SCHOOLS PROGRAMME



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.



ONLY WITH
**British
Gymnastics**

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:

Bench, 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 TAKE HOME CHALLENGE			
WARMUP	GROUP ACTIVITY	ACTIVITIES	COOL-DOWN
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 PROGRAMME & AWARD SCHEME discover			
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	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)
NAME PROGRAMME & AWARD SCHEME explore			
THEME/FOCUS: BALANCE ON HANDS SESSION GOAL: To recap handstand before applying to multiple strands.			
WARMUP	GROUP ACTIVITY	WORKING TOGETHER	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)
NAME PROGRAMME & AWARD SCHEME excel			

KEY

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

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

Get Commonwealth Games Ready



TURN EXCITEMENT INTO OPPORTUNITY FOR YOUR CLUB

TOP TIPS

[Click here](#)
to find out more
and keep up to
date with the
action

This July, the Commonwealth Games will once again shine a spotlight on gymnastics, inspiring audiences across the country and generating increased interest in our fantastic sport. Whether you deliver Artistic Gymnastics or not; It's a unique opportunity to capture the excitement, raise the profile of your club, and showcase the incredible experiences you provide for gymnasts, families and your local community every day.

With more people likely to be searching for local gymnastics opportunities, now is the perfect time to ensure your club is ready to make the most of the moment.

Here are five simple but impactful tips to help your club prepare, create a great first impression, and be ready to welcome the next generation of gymnasts through your doors.

1

Make Your Website and Member Journey "Sign up Ready"

The Commonwealth Games will inspire many people to search online for local gymnastics opportunities. When they find your club, make sure it's easy for them to take the next step.

Consider:

- How do people find you via a website search engine, do any accounts need updating with correct club information, have you added the correct location pin, and how can you make it as easy as possible for people to know exactly where they can take part locally.
- Are you discoverable on social media and are your accounts up to date with all the details people need to know about.
- British Gymnastics has a 'find a club' area which the sport will be guiding people towards. Are your club details up to date on your My BG profile and who has access to this to ensure you are ready for new queries.

Once these are updated, have you also thought about:

- Can a new person or parent find beginner classes in under 30 seconds?
- Is your joining process clear and simple?
- Are contact details easy to find?
- Does your website work well and on mobile devices. On average more people use phones nowadays to search for opportunities than using a browser on a computer.
- Are waiting lists and enquiry forms up to date?

A great first impression online can be the difference between gaining a new member or losing them to another activity.



Get Commonwealth Games Ready

TURN EXCITEMENT INTO OPPORTUNITY FOR YOUR CLUB

TOP TIPS

2

Prepare for Increased Enquiries

Interest in gymnastics often spikes during major sporting events. Review your club's capacity and processes now so you're ready when enquiries increase.

Consider:

- Who responds to enquiries and how quickly?
- Do you have a clear pathway for beginners?
- Can you accommodate trial sessions or open days?
- Are volunteers and coaches prepared for additional interest?

Being ready before the Games begin will help convert interest into participation.

3

Tell Your Club's Story

The Commonwealth Games will create excitement and conversation around gymnastics. Use this opportunity to showcase your club community across your social and web channels.

Try and share:

- Your Gymnast achievements and milestones.
- Behind-the-scenes training moments and how much fun your club and the gymnasts are having.
- Volunteer and coach spotlights.
- Commonwealth Games-inspired challenges or activities you might be running.

Regular, positive content helps potential members see what makes your club special.

4

Create a Commonwealth Games Club Engagement Plan

Think about how your club can celebrate the Games and inspire participation.

Some Ideas include:

- Watch parties or live screening events.
- "Try Gymnastics" open days, bring a friend.
- Commonwealth Games-themed club festivals or competitions.
- Athlete inspiration boards and challenges.

Creating a local buzz around the Games can help strengthen your club community and attract newcomers.

5

Review Your Club Welcome Experience

New participants and families may have little or no experience of gymnastics. A warm, organised welcome can make all the difference.

Think about:

- What happens after someone makes an enquiry?
- Do new families receive clear information?
- Are volunteers and coaches equipped to answer questions?
- How do you help new members feel part of the club quickly?

The clubs that retain new participants best are often those that make people feel welcome from day one.

Don't forget

A little preparation now could help your club turn increased interest into long-term growth and engagement.

Don't forget to check out the British Gymnastics website, where we have created an exciting activation pack with starting tools to support your club in your commonwealth games engagement.