

WAG LEVEL 1 COURSE SYLLABUS

The Level 1 Coach must demonstrate competence at developing the listed skills and techniques through the recommended procedures, including: pre-requisite skills; physical preparation; safe and effective progressions and supporting techniques and the use of training aids where appropriate. The common core subject matter should be reflected within the practical modules.

GENERIC COMMON CORE

Ethical Coaching Responsibilities

Safety in Coaching

Group Organisation

Communication Skills

BIOMECHANICAL PRINCIPLES

The Level 1 Coach must demonstrate a basic practical understanding of the centre of mass with respect to:-

- a) Position of the centre of mass in various body shapes
- b) Stability and balance
- c) Rotation of the body about a pivot point or axis

This section should be taught in a practical environment.

ERECTION AND DISMANTLING OF APPARATUS

The Level 1 Coach must demonstrate:-

- a) A practical awareness of the techniques used in the handling, erection, inspection, dismantling and storing of equipment within the syllabus
- b) Supervision and direction of children handling equipment where appropriate
- c) Creating and maintaining a safe environment at all times

PRINCIPLES OF SPOTTING AND SUPPORTING

The Level 1 Coach must demonstrate the ability to:-

- a) Ensure that spotting or supporting is not a replacement for good physical preparation and sound skill development
- b) Introduce safe supporting drills
- c) Be aware of points of danger

PHYSICAL PREPARATION

The Level 1 Coach must demonstrate an understanding and practical ability to teach:-

- a) The principle that good physical preparation is the foundation for all development and is applied to practical teaching throughout the syllabus
- b) A simple understanding of how muscles work
- c) Typical examples of warm-up sessions including: types of exercise, variety of games, making it fun and landing drills
- d) Basic flexibility training; different approaches; partner work
- e) Exercises related to postural shaping – straight arch, dish, pike, and logroll
- f) Simple exercises for development of strength – upper body; mid body; legs

Sport Starts Here.

- g) Exercises to develop style and line
- h) Exercises for co-ordination and body awareness
- i) Typical cool-down activities

EXECUTION OF LANDINGS

The Level 1 Coach must demonstrate the ability to:-

- a) Create a safe learning environment
- b) Develop a good technique for jumps and landings
- c) Execute safe falls when moving forward or backwards

STATIC ELEMENTS (BALANCE AND SUPPORT POSITIONS)

The Level 1 Coach must demonstrate the safe coaching of:-

(a) Correct technique in executing static positions on a variety of apparatus for example: floor, beam, single bar, rings, pommel horse, parallel bars as appropriate as a foundation for artistic gymnastics.

Positions to include: bridge; straddle stand; pike fold; straddle fold (japana); side splits/front splits; headstand (tucked, stretched); back hang; piked hang; half lever (L sit); straddled V sit position; V sit; tucked top planche; tuck Russian lever; single leg balances, arabesque and Y scale.

FLIGHT (LEAPS AND JUMPS) AND BASIC VAULTING

The Level 1 Coach must demonstrate competence to teach the following fundamental skills:-

- a) Correct technique when teaching a variety of jumps and leaps on the floor and from a bench, beam or low platform. The jumps should include: Stretched, tucked, star, straddled; stretched jump with half and full turn; and combinations of these skills
- b) Use safely the trampette and springboard for teaching the above jumps
- c) Teach basic vaulting; run up, take off, landings, squat on jump off, squat through vault, straddle vault

BASIC GYMNASTICS SKILLS

The Level 1 Coach must demonstrate competence to teach the following basic skills:-

- a) **Rolls:** forwards, backwards, (tucked, piked, straddled)
- b) **Handstand:** The handstand as an important key skill in artistic gymnastics. Stepping into handstand. Handstand balance. Handstand to flat back lie on a safety mat
- c) **Basic skills** and elements taught on the floor, platform or beam. Cartwheel; cartwheel into handstand; cartwheel quarter turn inwards on the floor and from a bench as a dismount. Round off. Handstand bridge to stand. Forwards and backwards walkover

BASIC SKILLS ON A SINGLE BAR

The Level 1 Coach must demonstrate competence to develop awareness and good technique in teaching the swinging movements listed below:-

- a) **Single High Bar:** Hang and body shaping (arch dish); develop strength and awareness in hang; sideways hop travel; traverse along the bar facing along the bar; traverse along the bar

with ½ turns and grip changes; swinging in overgrasp and with ½ turn to mixed grasp. Correct dismounting technique from swing

b) **Low Bar:** Circle upward; back hip circle; cast from support to land; cast towards handstand; undershoot from standing

WORKING TOGETHER

The Level 1 Coach must demonstrate the promotion of teamwork through the use of simple exercises with a partner including:-

- a) Working with a partner: warm up drills; partner exercises; demonstration and partner observation
- b) Supporting: supported handstand; supported headstand; supported cartwheel
- c) Using partner as an obstacle: leapfrog

BEAM:

The Level 1 Coach must demonstrate competence to teach the following basic skills:-

- a) **Adaptations for hands and feet:** Adaptation of hand support positions and foot positions when transferring skills previously learned on floor to the beam
- b) **Skills:** Learning to travel along the beam. Walks; runs; pivot turns. Changing levels. From sit to stand; from astride sit swing to squat position. Jumps and leaps including: tuck jump, stretch jump, star jump, split leap.
- c) **Training for beam:** Spending time on beam with basic skills, leaps and jumps. Repetition of skills of a basic level to reach perfection. Use of training aids, line on floor, benches and floor beams
- d) **Physical preparation:** As a pre-requisite to the elements listed above