

Primary Teachers Module

Developing the Skills

This module is an introduction to teaching basic gymnastics skills in a school setting. The skills are applicable to all ages and ability. The module will cover technical progressions and development for the key curriculum-based skills and offer Fundamental ideas for teacher to use. It is practical based, and the core objective is to improve candidate's knowledge and confidence for teaching gymnastics in their school.

Module Duration: 4 hours

The module is practical-based therefore please bring appropriate attire for indoor use to allow you to participate in Gymnastics-Related Activity.

Module Pre-Requisites: None

Who is it for? The module is aimed at any Primary teacher who is interested in gymnastics and who wishes to extend or refresh their knowledge of building up and progressing the basic skills and activities. This module is also designed as a stepping stone towards the other modules and coaching courses.

No experience required

Experienced primary teachers may be interested in attending one of the other modules in this programme, such as Floor and Vault, Acrobatics, Trampolining or Rhythmic.

Module Content: The module will introduce some key aspects in the following areas:

- Warm-ups
- Key Fundamental curriculum-based skills; rolling, jumping & landing, balancing, movement and sequencing
- Additional activities such as acrobatic group balancing and rhythmic gymnastics (hoop/ribbon)
- Practical activities and games
- Basic safety and equipment setup

Module Assessment: No formal assessment. Full attendance is compulsory for certification.

Module Fee: This module is run through the Local Sports Partnership (LSP) network. € Price will vary depending on LSP support. All fees must be paid to the Module Coordinator in full by commencement of module.

Application Procedure: Teachers should contact Aimi Baker from Gymnastics Ireland via aimi@gymnasticsireland.com or their local Sports Partnership to confirm their interest.