

British Gymnastic

Pre-School Gymnastics Award Scheme

Introduction

The British Gymnastics Award Schemes provide the foundation for teaching high quality gymnastics in a fun, friendly & progressive way. Almost 500k badges are sold each year for the British Gymnastics Award Schemes.

The Pre-School Gymnastics Award Scheme developed for children from 3 years focuses on the development of physical literacy and movement skills.



Content

Children learn the three fundamental building blocks of movement – **Action**, **Balance** and **Coordination**, with a range of 40 different activities to choose from. The scheme introduces children to physical activity in a fun yet structured environment so that they can safely learn and experiment action, balance and coordination activities. Badges may be purchased to reward successful completion.

Target

- 2.5-4yrs

Characteristic

- Enhance **balance**
- Enhance **coordination**
- Enhance **action**



Remark

- Independent Learning
- Wear sports uniform
- Take exam every 10 lessons approximately
- Three exams (Three certificates)