



Gymnastics for SGOs

SECONDARY

What's unique about gymnastics

Rise Gymnastics competitions give gymnasts the opportunity to showcase what they have learnt and how they are progressing, whilst having fun. It contains three phases; Discover, Explore and Excel. Across the three phases, every child can experience a wide range of activities, fundamental movement patterns and gymnastics skills, embracing their creativity, which is rewarded at every ability level, through success and achievement. To support this, we have introduced positive scoring with no deductions. This reduces the impact on confidence and self-esteem that can occur with traditional gymnastics judging.

Each phase has its own award scheme and supporting activities to aid delivery. The award scheme is flexible and can be used in an agile way to suit the needs of the club, leisure centre or school.

What is the intent of your format



Develop confidence and competence within physical activity/sport skills



Engage new/target groups of young people (tackling inequalities)



Create positive experiences

Rise Gymnastics focuses on fundamental movement patterns and holistic development. This means that even if a student does not progress into gymnastics, the skills they've learnt and developed translate into other sports to support their progress and physical development.

Gymnastics is usually an extra-curricular activity that not all children are able to experience due to lack of nearby facilities or socio-economic reasons. By taking part in Rise Gymnastics in school this means all children will have a positive gymnastics experience in their lifetime.

The Rise Gymnastics festival and competitive format focus on the holistic development of the child. They are designed for a low-pressure environment to help provide the most relaxing, exciting and positive experience for all.

Target group benefits



All young people

Rise Gymnastics focusses on development of fundamental movements in a low-pressured, fun environment. We want young people to try something new, gain confidence and understanding about how their body moves, can be controlled and physically developed through exercise. Transferable skills that they can utilise in any sporting situation.

It's just not gymnastics if you...

1

Don't show encouragement for your teammates. Although it's an individual sport, gymnastics thrives on positive encouragement of each other!

2

Hold yourself back. In gymnastics you must be confident in yourself and with others, believing that you can be the best that you can be.

3

Forget to have fun! Gymnastics is all about enjoyment, being creative and supporting each other in a fun and positive environment.



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How to run inter-competition: Rise Competition



How to set up

- Decide which strands you will offer in the competition – there are four to pick from:
 - Core Skills
 - Large Apparatus
 - Small Apparatus
 - Working Together
- Decide which apparatus/activity you will offer within the strands you've chosen:
 - Core Skills: floor routine
 - Large Apparatus: bench, vault, bar routine
 - Small Apparatus: ball, hoop, rope, ribbon routines
 - Working Together: pairs, small group routine
- Decide on what level(s) you will have the children compete (these range from levels 1 – 4)
- Anyone can compete in any level, and these can vary on each apparatus
- Set up the apparatus as required, e.g.
 - Core Skills: you need a matted area (spung or non-spung) that is maximum 2m x 12m
 - Vault: you need a springboard, trampette, raised surface/ vault (60cm, 80cm & 100cm) and safety landing mats
- Depending on how many gymnasts you have, split them so that half start on core skills and half on vault.
- Allow the gymnasts 15 minutes warm up time on the apparatus followed by 30 minutes of competing time
- Rotate around the apparatus until all gymnasts have competed their routines.



Age group

KS3 (11-14 years old)
KS4 (14-16 years old)



Gender

Mixed



Participant numbers

- Participant numbers can be unlimited – dependent on time and space available
- Simply, group gymnasts (1-12 per group) and facilitate rotations to ensure all groups have a go at each activity
- Gymnasts from the same school can be grouped together to support enjoyment and engagement.



Target audience

Rise Competitions are for all.

Adaptations to keep it fun and inclusive for all include:

- Use simplified skills
- Provide peer support roles
- Offer lower levels (1-2) for beginners
- Allow adaptations for SEND
- Allow schools to choose strands based on ability.



Benefits for YP

Young people will:

- Have fun
- Build confidence
- Develop friendships
- Learn self-control
- Experience success without pressure
- Learn importance of practice
- Become more determined
- Experience being part of a team
- Aspire to improve.



Roles for YP

Young people can:

- Event organise – set up and run each activity area, with adult supervision for apparatus areas
- Officiate – scoring gymnasts based on the 1-5 Rise scoring system.



Progression

Gymnasts who have competed in an intra-competition may find inter-competition a good next challenge.

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Additional support

Gymnastics is a fully inclusive sport. To support you to adapt your practice, check out the [SEND Inclusion Toolkit](#) co-created by Youth Sport Trust and the National Disability Sports Organisations (NDSOs) who are the leading experts within inclusive sport. They provide advice, support and opportunities for people of all ages with specific impairments. [The toolkit](#) provides you with an introduction to each special educational need and disability, key top tips for creating an inclusive environment and signposting to further training and development opportunities within each NDSO. It will help you adapt any practice in addition to our suggestions to make it inclusive for all.

Physical Literacy

We have designed these formats with physical literacy at their heart. We want all young people to have a positive experience with physical activity from an early age. As far as possible, we've considered opportunities for young people to move, think, feel and connect through our activities, and given you suggestions to make adaptations. But, if they don't work for you and your young people, then use the THRIVE principle to remove barriers, make changes and give ownership to your young people to have a positive experience with the activities to see their true value.

For further support, look to the Physical Literacy Enactment Guide - Community, which can be found by [clicking here](#), and going to the "Getting Started" guide section to download it.

NGB regional contacts

For further support our regional network team can help. Please get in touch with the following:

- London and the South-East: Rhianna Wyer, rhianna.wyer@british-gymnastics.org
- West Midlands and the Northwest: TBC
- The South and South-West: Polly Hucker, polly.hucker@british-gymnastics.org
- The East and East Midlands: Bethan Sandall, bethan.sandall@british-gymnastics.org
- The North and Yorkshire: TBC

Personal development

- You can find out more information about our Rise Gymnastics Schools Competitions, including all the competition routines, [here](#)
- If you're interested in learning more about our Partner School Programme, which contains all our activity cards you can access more information [here](#)
- If you want to deliver your own Rise Gymnastics Schools Competition but are unsure how, we offer a 90-minute online workshop that goes into further depth and detail and can be tailored exactly to your needs. This workshop is suitable for up to 12 participants. If you're interested in this opportunity, please contact rhianna.wyer@british-gymnastics.org
- We offer a variety of courses for young people including [apprenticeships](#), [leadership academies](#) and our new [Assistant Foundation Coach](#) (16+) which provides a young person with a Level 1 qualification to be an assistant coach.

Where to participate next?

- To find out more about clubs and leisure centres that deliver gymnastics in your area please visit our [club finder](#).

Where to compete next?

- To find out more information about our school competitions please visit our [website](#).



Why Rise Gymnastics for your school?

Rise Gymnastics is all about having fun whilst developing fundamental skills that can be used throughout life. The Rise Gymnastics format gives children the chance to showcase their skills in a positive and welcoming atmosphere, building on their confidence and physical development. Our activity cards are fun, simple and exciting allowing students to have a relaxed environment to engage with gymnastics.

In the competition format, the children are scored against themselves, meaning that they are their own biggest competition. This means that no matter the child's ability they can thrive in a fun filled environment and focus on their own development. Aiming to beat their own personal best score each time they perform.

How to use activities in curriculum time

Our easy-to-follow activity cards can be used as lesson plans for teachers. Each activity card is based around fundamental movement patterns, designed to build confidence and movement. They provide variety and are a great asset to any PE lesson. Additionally, all the activity cards are prerequisites to gymnastics skills, meaning that students can build and progress their gymnastics ability and confidence to perform routines in a competition setting.

We also have several classroom activity cards available. For example, using the alphabet you can get children up and moving. Starting with a warmup consisting of knee bends, sky reaches, marching, heel kicks and arm circles. Ensure all warmup activities are done for 30 seconds each. Then challenge the class by asking them to create a letter of the alphabet using only their bodies. To progress this, then ask the class to use specific body parts to create certain letters I.E. use their foot to create a C, make an L with your arms. Finally, see if the children can create the letters of their own name using their whole body. This can then be advanced by adding in a time limit, for example seeing if they can create their whole name in 60 seconds. You can also add in partner work and see if they can make a letter with the person standing next to them.

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- **TAILORED:** does your event support the needs, strengths and circumstances of the group?
- **HOLISTIC:** do the selected activities support young people to move, connect, think and feel?
- **REFLECTIVE:** have you built in time to allow young people to reflect on their engagement and to make choices about what they want to take part in next?
- **INCLUSIVE:** does your event support all young people to engage, feel welcome and included to take part?
- **VARIED:** have you planned for activity differentiation with equipment, space, task and outcome to provide appropriate challenge and maintain interest for all?
- **EMPOWERING:** have you consulted your young people to ask what they want to do, and how they want the event to run? Often, they create better rules and adaptations than we do, which gives them ownership and a positive experience.

For further support, look to the Physical Literacy Enactment Guide - Education, which can be found by [clicking here](#), and going to the "Getting Started" guide section to download it.



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How to run intra-competition: Rise Competition



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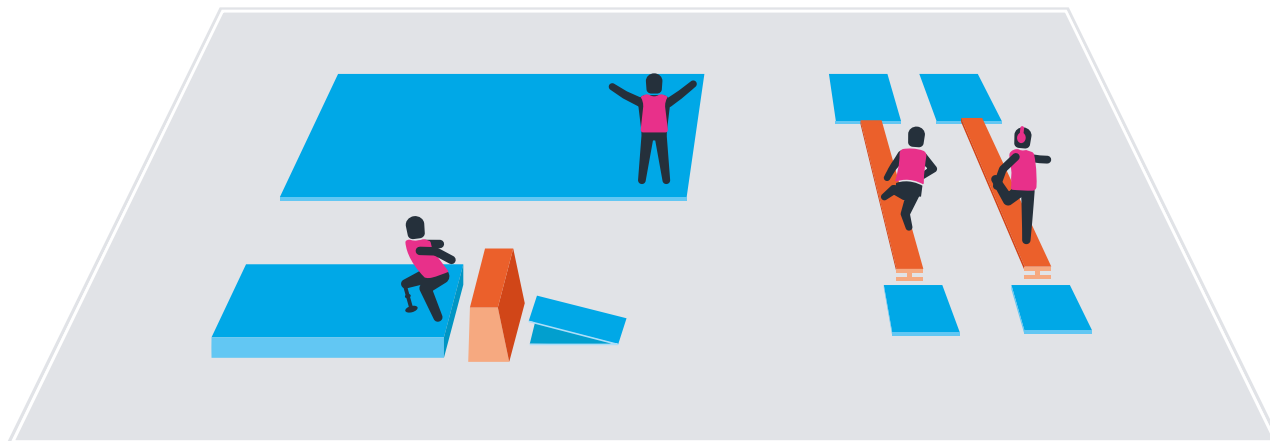
Where to compete next?

- To get involved in a Rise School Gymnastics competition please contact your local SGO and they will be able to signpost you to the nearest opportunity.



Rise Competition

SECONDARY



Safety

- Ensure all festival activities are set up so that they are not overlapping with another station.

Equipment required

-  Mats
-  Ball
-  Hoop
-  Ribbon
-  Rope
-  Bench.

Spirit of the Games



- How do you show respect to other students when watching their routines?
- Why is it important to respect scorers, teachers and rules during a competition?

Space required

- Inside area of matted floor (maximum 12m x 12m). This can be sprung or non-sprung.

Estimated set-up time

- 15 minutes.

Difficulty level



- How does determination help you keep going if you make a mistake during a competition?
- Why is it important to try your best in every routine, even if it feels difficult?

How to play

- Rise Competitions are all about having fun in a low pressured environment. It is the first taster of competition for some young people, and we believe it is vital to provide a positive and inclusive experience for all
- The best thing about this competition format is that you decide what to do
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Scoring

- Gymnasts are awarded points rather than deducted points
- Each skill is marked out of 5 and then totalled at the end
- Each gymnast is competing against themselves, and will leave the competition with either a bronze, silver or gold sticker depending on how well they perform each skill.