



## IRISH GYMNASTICS – [www.irishgymnastics.ie](http://www.irishgymnastics.ie)

Dear Active School Flag coordinator,

Irish Gymnastics would like to help your school to achieve the Active School Flag. We can help and support you in each of the following review points:

### **The school meets the requirements of the PE Curriculum**

Gymnastics is one of 6 compulsory key strands in the physical education curriculum in Ireland. We can help and support you in teaching gymnastics in the classroom setting.

### **The school makes a range of extracurricular activities available to all pupils on an individual and team basis in school**

Gymnastics is an ideal sport for all children, of all abilities. It can be taught as an individual or group activity, both indoors and outdoors and is predominantly non-contact, which appeals to many children. Gymnastics conveys many benefits to children including improvements in posture, spatial and aerial awareness, hand-eye co-ordination, body control, bi-lateral development and self confidence.

### **The school's extracurricular programme is inclusive. It caters for the diversity of pupils including those with special needs.**

There are many activities within gymnastics that can be adapted for children with special needs. 'Gymnastics for All' (GFA) focuses specifically on inclusion – so everyone can enjoy gymnastics. Irish Gymnastics are currently developing their GFA discipline.

On a global scale, GFA activities contribute to personal health, fitness and well being – physical, social, intellectual and psychological. The focus of GFA is the F4 (Fun – Fitness - Fundamentals - Friendship) and can involve gymnastics with or without apparatus, gymnastics and dance.

[www.fig-gymnastics.com/vsite/vnavsite/page/directory/0,10853,5187-188048-205270-nav-list,00.html](http://www.fig-gymnastics.com/vsite/vnavsite/page/directory/0,10853,5187-188048-205270-nav-list,00.html)

Gymnastics is a popular sport in Special Olympics – with athletes participating in Artistic and Rhythmic gymnastics at a number of levels. For more information contact the sports department of Special Olympics Ireland on 01- 8691641, [sports@specialolympics.ie](mailto:sports@specialolympics.ie) or visit their website [www.specialolympics.ie](http://www.specialolympics.ie)

**The school seeks the assistance of outside agencies such as National Governing Bodies, Local Sports Partnerships and the HSE to help promote physical activity**

Schools can contact the Irish Gymnastics Participation Officer Aimi Baker [po@irishgymnastics.ie](mailto:po@irishgymnastics.ie) or the Irish Gymnastics office for assistance (contact details below)

**The school takes steps to promote physical activity during breaks and lunch times**

Many of the skills of gymnastics, like jumping, landing, hopping, and various methods of movement can easily be incorporated in to school yard games. Children can easily learn and practice rhythmic gymnastics skills with hoops and ribbons outdoors.

**The school offers pupils opportunities to celebrate their physical activity skills and achievements**

Irish Gymnastics has developed award schemes which are designed to encourage children to work on gymnastics skills. Children of all ability levels can achieve these awards by completing either individual or groups tasks. These awards (which include charts of the skills, as well as certificates and badges) are available to be purchased through the Irish Gymnastics office, and can be administered by the teachers within the school.

**The school works parents and the local community to promote physical activity**

Irish Gymnastics has links with all registered gymnastics clubs in the country. We can help schools link up with gymnastics clubs in their locality. Clubs may be able to offer coaching assistance and/or to offer schools ideas for class activities. It may also be possible to make use of the local gymnastics clubs and equipment.

Schools can also find a local gymnastics club by using the interactive map on the Irish Gymnastics website [www.irishgymnastics.ie](http://www.irishgymnastics.ie)

Schools can contact their local gymnastics club for information on any events. A gymnastics club might be interested in coming to the school to give gymnastics display to encourage children to take up and enjoy gymnastics.

**The school encourages staff to attend in-service courses and to participate in other forms of continuous professional development (CPD) appropriate to their needs**

Irish Gymnastics has developed a **Teachers Gymnastic Workshop** (4 hours), based around the primary school PE curriculum. The workshops explore and expand the basic gymnastic skills, with the aim of building the teacher's confidence. Participants get the opportunity to experience basic skills using mats and benches, as well as introducing use of ribbons and hoops. This course will be run through the Local Sports Partnerships.

For primary or secondary PE teachers who wish to up skill their current knowledge, Irish Gymnastics offers a Coaching Ireland recognised qualification called **GYMStart**, which involves learning skills from all the gymnastics disciplines, at a participation/recreational level.

**The school has adequate equipment to provide pupils with comprehensive PE, physical activity and sports programmes**

Even schools with very limited resources can teach gymnastics - Irish Gymnastics is here to assist you.

**Contact Details**

Aimi Baker

Participation Officer (PO)

Email: [po@irishgymnastics.ie](mailto:po@irishgymnastics.ie)

Mobile: +353 87 2383930

Office: +353 1 6251125

[www.irishgymnastics.ie](http://www.irishgymnastics.ie)