

Gymnastics Club Overview

Focus: Fundamental movement, flexibility, strength, balance, and control

Weekly Format:
        •       Warm-up (10 mins): Stretching, floor mobility, and active games
        •       Skill Blocks (20–25 mins):
Each week focuses on a different theme such as:
        •       Balance & Flexibility: Beam work (floor beam), stretches
        •       Rolling & Tumbling: Forward rolls, backward rolls, cartwheels
        •       Jumping & Landing: Straight jumps, tuck jumps, safe landings
        •       Sequences: Linking movements together with control and poise
        •       Progression Practice (10–15 mins):
        •       Individual or group work based on ability level
        •       Cool Down & Skill Reflection (5 mins)

Learning Outcomes:
        •       Improved gross motor skills, flexibility, and movement confidence
        •       Understanding of safety, body awareness, and routine building

https://activities.bookpebble.co.uk/activity/uk-sports-coaching-brookburn-gymnastics-breakfast-club-manchester-3809b6bc-faa8-43db-b7bf-e22366e50971