

USING PROFICIENCY AWARDS FOR YOUR AFTER SCHOOLS CLUB

PROFICIENCY AWARD - BENEFITS FOR SCHOOLS

- Develops a sound structure for the development of gymnastics skills
- Only requires basic equipment available in most schools
- Provides children with motivation, encouragement and rewards in the form of certificates, badges and medals.
- Develops children to work towards advanced awards and different discipline awards (See later for a list)
- Promotes a healthy, active lifestyle and forms a base for physical literacy development for all sports.
- Young leaders can also get involved to support the activities. If your out of school hours club is run by a gymnastics coach qualified to level 2 or above, then a 'Proficiency Award' qualification is available for young leaders, which can really make a difference to the structure and development of the sessions. If a teacher who has the teacher's gymnastics award runs the sessions, then the young leaders can do a 'Helpers Award'.

PROFICIENCY AWARD – THE RESOURCE

- The Proficiency Award Pack – included are:
 - An information booklet with details about the awards, how to organise the session, safety information and how to assess the awards.
 - A full set of laminated resource cards, with technical, safety and assessment information on the back (See example card below.)



- Skills range from basic shapes, balances and jumps to rocks and rolls. Also, there is a section on partner work and sections on basic apparatus preparation, (hand apparatus, benches and box or stool.)

Also included in the resource pack is:

- Proficiency Award Activities chart with an overview of all the 8 awards.
- Eight Proficiency Award charts. One for each award with each skill illustrated.
- DVD (windows compatible) that includes:
 - Group progress and Personal achievement charts, printable from the DVD, that provides the teacher with the means to record group or class progress, and the gymnast the means to monitor personal progress
 - Allows the teacher to view the award scheme skills by level or category, giving both front view and side view (powered by Dartfish).
 - The Dartfish analysis tool is included in the DVD and allows you to compare your gymnasts' skills alongside the DVD footage of skills.

PROGRESSION FROM THE CORE PROFICIENCY AWARDS

Once children have progressed through the Core Proficiency Awards they can they proceed to the Advanced Proficiency Awards, or one of the Discipline Specific Awards.

- Advanced Proficiency Awards - includes 75 work cards, Information book, 18 Wall Charts, DVD (powered using Dartfish Technology.) The Advanced Awards are divided into Bronze, Silver and Gold awards in each of the following sections:
 - Apparatus
 - Dance and Aerobics
 - Fitness
 - Floor Awards
 - Hand Apparatus
 - Pair and Groups
 - Vault Awards
- Trampoline Awards – (teachers trampoline qualification of trampoline coach qualification essential.) Includes 27 Work Cards, 4 Wall Charts, a DVD (powered by Dartfish Technology) and an information book for levels 1-15.
- Cheerleading Spirit Awards - Includes 44 Work Cards, Information book, Wall charts & DVD with printable achievement charts

For more information about these resource packs follow the link below:

https://secure.british-gymnastics.org/shop/product_info.php?cPath=5_148&products_id=1486&osCsId=c5d7c2419a948eadd554f29775a1d737

