

Gymnastics school/ Finnish Gymnastics Federation

WHAT IS GYMNASTICS SCHOOL?

Gymnastics school is an implementation brand and education tool for gymnastics for children under the age of 12.

The general goal for the school is to create sports culture, which enhances learning, participation, wellbeing, and a healthy lifestyle. This operations main theme is to offer children and instructors, as well as families, an active and health promoting growth and learning environment.

Gymnastics school challenges clubs to renew and develop their activities towards a more child-centered teaching. Children participating in quality exercise is a way to ignite a spark of interest in moving, and it diminishes inequality between kids. Being part of something also increases the feeling of social cohesion, and optimizes learning.

The content in Gymnastics school is divided into three levels according to the child's starting level and age. From the very beginning, the child has a chance to learn in a group at the level she/he needs, as we focus on everyone's individual progress in the group. Every group's content is divided in motoric skills, meaning of the sport, games, and education.

WHERE AND WHEN IS GYMNASTICS SCHOOL TAKING PLACE?

Gymnastics school is a part of activities in gymnastics clubs around Finland.

- The gymnastics schools mainly start in September
 - Number of practices during the fall term is about 10-15
- The gymnastics schools continue in January
 - Number of practices during the spring term is about 10-15
- Possible performances at the Christmas and spring shows, Stara-events, and during club's own open days
- Instructor's education courses several times every year

WHY SHOULD THE CLUB PARTICIPATE IN GYMNASTICS SCHOOL?

- Custom-made and well thought-out product to fulfill children's need for activity
 - basic education, seasonal meetings, and an instructor's guide is included for every club, at the hands of Finnish Gymnastics Federation
 - manual (sports content, management, marketing etc.)
 - electronic material and updating the content together with each association
- The quality of every club's activities will improve by the aid of Gymnastics school.
- Gymnastics school can also be held during a longer period of time
 - commitment to the association will improve
 - it will get easier to continue to aesthetic group gymnastics and competitive groups

- The club will receive a complete program for three skill levels
- Education for instructors and e.g. updating the content is possible = quality!

COULD THE GYMNASTICS SCHOOL SUPPORT OTHER SPORTS?

- The material of Gymnastics school can also be utilized as a supporting training material to other sports
- Basic motor skills for any sport has been taken into notice in the school
- Finnish Gymnastics Federation supports marketing Gymnastics schools to other sports clubs

GOALS

- To make the association's and club's activities higher quality and more versatile
- More children involved in the activities
- Commitment to the association – paying attention to instructors, children, and parents
- All associations have a chance to join
- Get the sport a better image
- Material for primary schools and day care centers
- Material to work in collaboration with parents