



TOTAL GYMNASTICS  
ACADEMIES

THE BETH TWEDDLE ACADEMY

# Inspire a generation



## CURRICULUM GYMNASTICS PROVISION

Total Gymnastics Academies and Beth Tweddle MBE have been inspiring children around the UK to have a go at gymnastics since 2010. With over 1000 gymnasts attending our classes every week and working with leisure providers such as David Lloyd Leisure, we are aiming to become the country's leading recreational gymnastics provider.

## TOTAL GYMNASTICS ACADEMIES

**Total Gymnastics Academies is led by Olympic Bronze Medallist and Triple World Champion Gymnast, Beth Tweddle MBE.**

We deliver curriculum classes to allow pupils the support of a qualified and trained gymnastics coach, and also for teachers to receive some CPD training and get some helpful tips and ideas on how to run gymnastics classes within the curriculum.

We work with schools and leisure providers to run gymnastics classes for children aged 2 – 12 using the British Gymnastics Proficiency and Advanced awards, and our own in-house Beth Tweddle Gym Stars programme to teach children the fundamental movements of the sport.





## CURRICULUM COACHING

Our coaches are available to come and deliver gymnastics classes to any school age group during their PE lessons. This gives teachers valuable experience working with a qualified coach, and the pupils the opportunity to receive high level coaching from a qualified coach. The children will be taught a wide spectrum of skills including rolling, jumping, balancing and travelling as well as improving their strength and flexibility and working with and on different apparatus. They will be developing sequences and can also work towards displays to showcase to parents and other teachers at the end of the term.

Teachers are given the full terms worth of in depth session plans for their age group as a reference point and to aid them in delivering classes in the future. We can also offer after school clubs to give the children more opportunity to try the sport, and as we have academies locally, they are also given the opportunity to join a club and progress through awards schemes and achieve badges, stickers and certificates.

## SPECIFICATION SHEET

<b>Hall size required</b>	Minimum size of approximately 1 badminton court (13.4m x 6.1m)
<b>Maximum class size</b>	30
<b>Equipment required</b>	Mats (1 per child where possible or 1 between 2 if not), benches, hand held equipment such as balls, ribbons, ropes, hoops and bean bags, springboard, crash mat and low vaulting equipment (does not need to be a vaulting box, it can be trestle tables at different levels)
<b>Minimum contract period</b>	12 weeks (the same classes must participate for the 12 weeks)
<b>Minimum delivery hours per day</b>	2 hours
<b>Cost per hour</b>	£30.00 per hour