

Gymnastics for All (GFA) at MLC Gymnastics Club follows a Curriculum and Achievement Program (CAP). Our goal is to ensure each gymnast is challenged and continues to learn new skills through participating in the stages of the program.

Stages have been set to be skill progressive and age appropriate. Some gymnasts will find the program manageable and simple to complete, whilst others will find that each activity will challenge them to succeed. We would like to ensure that correct and safe progressions are taught so your daughter masters the basics upon which future skills can be built.

Upon enrolling, during the first few weeks of term, coaches will distribute an A4 **Master Stage Certificate** that your daughter will retain for the remainder of the year. This Master Stage Certificate will have two allocated spaces to attach the term's smaller certificate (Terms 2, & 3) - indicating whether your daughter is continuing to progress or has completed the term's stage. At the end of Terms 1, and 3, Gymnasts also receive a report card for parents to discuss with their daughter what skills they can complete and what they are still working on.

The curriculum is made up of ten stages for your daughter to progress through and work towards during Term 1, Term 2 and Term 3; Neptune, Uranus, Saturn, Jupiter, Mars, Earth, Venus, Mercury, Sun, Solar System. In Term 4, we will focus on consolidating the skills learnt over the year and format them into routines for the end of year Club Championships event to be held on **Sunday 10th December 2017**.

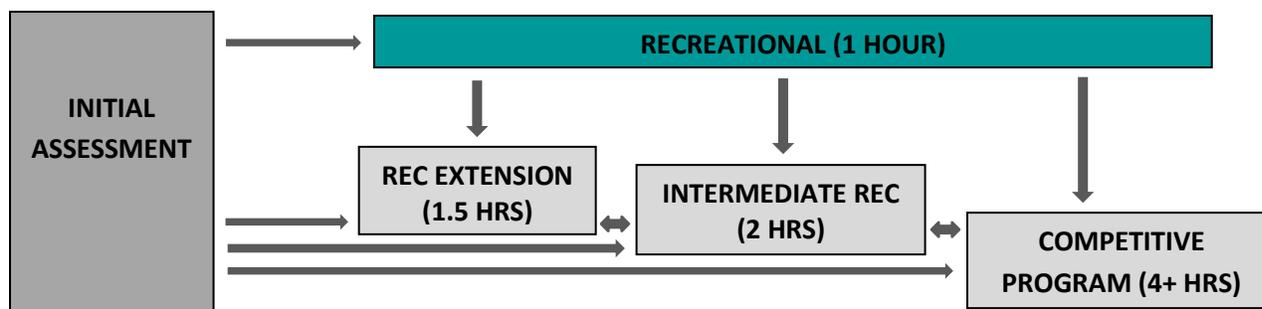
For the duration of the year, each stage's skill requirements will be on the notice board, next to the gymnastics hall, for parents and gymnasts and refer to. Coaches structure their classes to reinforce learnt skills and develop progression activities for future skills.

Coaches will continue to teach, test and record your daughter's progress over the terms to ensure she is developing the correct skills for her stage. These skills will be assessed during the term. It is encouraged that gymnasts attend all lessons in order to provide an accurate progress record. If a gymnast does not attend regular lessons during the term, they will miss the opportunity to be assessed. Extra assessment time will not be allocated to individual gymnasts.

Whilst we have a Curriculum and Achievement Program in place which all gymnasts in our one hour Recreational, one and a half hour Rec Extension and two hour Intermediate Rec classes work through, during a term your daughter may be offered an additional assessment opportunity to identify if she is suitable to move to a more a challenging class.

There should not be an expectation that all gymnasts will move through all facets of our program. This is dependent on many factors including: age, skill level, strength, flexibility, determination and enthusiasm.

Below is a guideline to the GFA progression:



We look forward to the ongoing development of the Curriculum and Achievement Program and welcome feedback that will help us enhance its delivery and structure for the benefit of the gymnasts. I hope your daughter enjoys seeing her results and wish her the best of luck as she continues to progress as a gymnast at MLC Gymnastics Club.