



# KWAZULU-NATAL GYMNASTICS UNION

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Email to : KZNGU Board, District Presidents, Club Leaders  
 From: P Chadwick / KZNGU Office  
 Date: 5<sup>th</sup> February 2019

## CIRCULAR 05 / 2019

### 2019 GENERAL LEADERS COACHES COURSE

**Discipline = Gymnastics For All**

**NB: THE GL COURSE IS A PRE-REQUISITE COURSE FOR ALL OTHER QUALIFICATIONS & DISCIPLINES**

<b>Dates</b>	Saturday 2 <sup>nd</sup> March 2019 (10.00 - 18.00) Sunday 3 <sup>rd</sup> March 2019 (09.00 - 16.00)
<b>Venue</b>	KZN Gymnastics Academy, Pinetown Gymnastics Club Lello Rd, Pinetown, KZN
<b>Closing Date</b>	Wednesday 20 <sup>th</sup> February 2019
<b>Registration Fee</b>	<b>Cat A &amp; B: R 500.00 Cat C &amp; Schools : R 300</b> Fee includes: GL Manual, Formative Worksheets, and Workplace Evaluation Sheets. <b>Refreshments but no meals</b> (Fee reduced compared to 2018 due to SAGF Grant)
<b>Host Region</b>	KZN
<b>Participants Requirement</b>	<b>Age Requirements:</b> Participants must turn 16 in the year of the course. <b>Clothing Requirements:</b> As the coach's course is of a practical nature, please ensure that all participants are suitably dressed for active participation. To be more specific– jeans are not acceptable clothing for participants. Shorts/tracksuit pants and T shirts are more appropriate.
<b>Attendance</b>	In order to pass the GL and be assessed as competent, 100% attendance is required for both days of the course.
<b>Facilitators:</b> <b>Course Admin /Coordinator</b>	Allan Chadwick      Caron Henry      Robyn Baker Louise Bamber      Precious Mcambi  Paddy Chadwick
<b>Deadlines &amp; Payment</b>	Course registration deadline <b>ON-LINE REGISTRATION ONLY</b> Wednesday 20 <sup>th</sup> February 2019

<b>Course Assignments</b>	Please note there are written and practical assignments and workplace evaluations which have to be completed before certificates can be issued. Results will be available 4-6 weeks after above course date and will be distributed by the province. Compliance with 100% attendance is required, as is submission of all post course requirements and proof of practical hours participation.
<b>Enquiries</b>	Please contact Paddy Chadwick <a href="mailto:admin@kzngymnastics.org.za">admin@kzngymnastics.org.za</a>
<b>On-line Registration</b>	<ol style="list-style-type: none"> <li>1) Entries via a Club only on SAGF online registration system</li> <li>2) The club must be affiliated and paid for 2019 Membership, via the SAGF on line system</li> <li>3) Clubs must register each participant for 2019</li> <li>4) Once registered, participants should be enrolled for the KZNGU GL Course on the system.</li> <li>5) Entries only via the online system, NO exceptions !</li> <li>6) Find the Course at the following link: <a href="https://sagfms.sagf.co.za/login.aspx">https://sagfms.sagf.co.za/login.aspx</a> Select "COURSES" - then select "ENROLL COURSE" "PROVINCIAL COURSES" / "COACH"</li> <li>7) Then the GL Course will come up 2019 KZNGU GL COACHES COURSE</li> </ol>

### **ENTRY FEES:**

Please follow the prompts when registering on line for the GL Course. Payment will be to the KZNGU Account as notified during registration of participants for the course  
Please email your proof of payment with the Code generated by the system - add a summary of what you are paying. Example EVCM Number + Club name GL Entries

### **KwaZulu - Natal Gymnastics Union [KZNGU]**

FNB Branch Code: 221626

Chq Acc No: 50791803255

Kindly email confirmation of payment to [admin@kzngymnastics.org.za](mailto:admin@kzngymnastics.org.za)

### **CERTIFICATION & COURSE ASSIGNMENTS:**

Please note there are written and practical assignments and workplace evaluations which have to be completed before certificates can be issued.

- 1) Immediately following the course. Once the attendance list has been submitted, clubs can download a **Certificate of Participation**

- 2) Once the assignments and compliance have been approved by the Head Facilitator, the results will be submitted to the SAGF. Then Clubs may download their successful participants SAGF GL Qualification Certification via the Club access from the online system.
- 3) Certificates will only be available once all compliance has been met.

### EXPECTED SYLLABUS

PRE-COURSE WORK	DURATION
<b>Home study: After enrolment receive GL Power Point Lessons</b>	
Course attendants should look at slideshow of theory content with some videos with practical components and complete the Gymnastics Leader quizzes and Knowledge Questionnaires	6 hours

ON COURSE WORK			
<b>DAY 1: INTRODUCTION, SAFETY, FUNDAMENTAL MOVEMENTS, PHYSICAL PREPARATION AND CLASSROOM PROTOCOLS, FLOOR AND JUMPING SKILLS</b>			
MODULE	UNIT	DELIVERY STRATEGIES	DURATION
Introductions & Ice Breaker	N/A	Group Work	30 mins
Safety in the Gym	Special Gymnastics Safety Considerations Equipment Safety	Practical	1 hr
Fundamental Movements and Body Positions	Locomotion [Upper Body and Legs] Basic Body Positions	Practical	1 hr 15 mins
How to Teach an Effective Warm up	Introductory game and Teach a basic warm up including stretching and skill rehearsal.	Group work Practical work	45 minutes
Practicing Classroom Protocols Teach Gymnastics Floor and Jumping Skills	Learn to teach and demand the execution of classroom protocols. Tumbling, [Mini] Trampoline and Vault [Artistic]	Group work Practical work	1 hr
		Video or live Demonstration Lecture/discussion Practical session <ul style="list-style-type: none"> <li>• Experience movements</li> <li>• Experience Spotting/Coaching</li> </ul>	3 hours
<b>TOTAL</b>			<b>7.5 hours</b>

<b>DAY 2: INTRODUCTION TO OTHER DISCIPLINES, ROPE SKIPPING AND MODIFIED PROGRAMMES</b>			
<b>MODULE</b>	<b>UNIT</b>	<b>DELIVERY STRATEGIES</b>	<b>DURATION</b>
Introduction to Other Disciplines	Balancing and Hanging & Support [Artistic]	Discussion Practical session <ul style="list-style-type: none"> <li>• Experience movements</li> <li>• Experience Spotting/Coaching</li> </ul>	2 hrs
	Rhythmic gymnastics	Discussion Practical session <ul style="list-style-type: none"> <li>• Experience movements</li> </ul>	1 hour
	Aerobic Gymnastics	Discussion Practical session <ul style="list-style-type: none"> <li>• Experience movements</li> <li>• Experience Spotting/Coaching</li> </ul>	1 hour
	Acrobatic Gymnastics	Discussion Practical session <ul style="list-style-type: none"> <li>• Experience movements</li> <li>• Experience Spotting/Coaching</li> </ul>	1 hour
	Rope Skipping	Discussion Practical session <ul style="list-style-type: none"> <li>• Experience movements</li> </ul>	1 hour
<b>MODULE</b>	<b>UNIT</b>	<b>DELIVERY STRATEGIES</b>	<b>DURATION</b>
	Modified programmes <ul style="list-style-type: none"> <li>• Music and movement, team exercises</li> </ul>	Demonstration Practical Work Handouts Group Work Discussion	30 minutes
	<ul style="list-style-type: none"> <li>• Pre-School programmes</li> </ul>		30 minutes
	<ul style="list-style-type: none"> <li>• Exercises with small apparatus</li> </ul>		30 minutes
	<ul style="list-style-type: none"> <li>• Special Needs</li> </ul>		30 minutes
			<b>TOTAL</b>

<b>POST COURSE WORK</b>	<b>DURATION</b>
Observing training sessions at recognised clubs /institutions or demo videos	4 hours
Completion of 1 hour lesson plan (assignment)	2 hours
Completion of LOG Sheet	4 hours
Summative Assessment Multiple Choice Test (1h) Practical teaching (2 x 30 minutes session)	2 hours

With thanks

*Paddy Chadwick*

**KZNGU Administration**

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