

LEVEL 1-2-3 MISSION

The Mission of the program is to provide accessibility to boy's gymnastics through a structured program that can be easily implemented in a variety of environments and facility locations. The program is designed to be 'cost effective' and 'space efficient' for both the athlete and the program director. USA Gymnastics seeks to provide a program that can be implemented as a 'plug and play' package where boy's gymnastics programs may not currently exist or as an addition to an already established youth sports program. Our goal is to encourage fun and fitness through learning the fundamentals of boy's gymnastics. Although the Essential Elements Level 1-2-3 Program can be used at any age it is designed primarily for pre-competitive age boys 4 to 10. USA Gymnastics believes that every boy should have an opportunity to 'play the game' and be part of the team even though they have not yet entered or may never enter competitive Junior Olympic competition.



RECOGNITION IS UNIVERSAL

The uniqueness of this program is that it also provides for performance opportunities to be implemented along with instructional basics. The 'show and tell' aspect of a child's learning path is an important motivational tool for building confidence and self-esteem.

USA GYMNASTICS

132 E. Washington Street
Suite 700
Indianapolis, Indiana 46204

THE “ESSENTIAL ELEMENTS” OF BOYS GYMNASTICS LEVELS 1-2-3

“Start small, build revenue, supplement equipment”



THE ESSENTIAL ELEMENTS ENVIRONMENT

The elements of the sport of boy's gymnastics are based upon the natural desire to 'RUN, JUMP, CLIMB AND FLIP'. Directing these activities in an active, fun, and safe curriculum is our goal. The freedom to play and experiment with human movement is central to successful learning. The space environment for learning boy's gymnastics while acquiring agility, skills, and fitness should include both traditional boys gymnastics apparatus as well as non-traditional activities and games that complement the sport in a safe, well-designed environment. A 'playground' for the program includes apparatus that simulates traditional boy's competitive equipment scaled down

for learning. It also includes apparatus that emphasize agility and fitness such as trampolines, ropes, ladders, and boxes. The equipment is set-up in a configuration that lends itself to the concept of a modular environment utilized for continuous activity and rotation as well as games, races and contests. This configuration requires a 'space saving' small footprint that fits into a variety of facility spaces. The goal of the environment is to accommodate as much supervised freedom, activity, and repetition as possible within a given class period. The environment can be changed daily to meet the demands of the curriculum and lesson plan needs.

Provide an environment for exploration that allows boys to ... "RUN, JUMP, FLIP, and CLIMB"

**“ Enjoy the Journey of
Gymnastics and apply
the lessons to your
life...”**



**“Essential Elements” are
the A, B, C’s of fitness ...**

- **Agility**
- **Balance**
- **Coordination**
- **Swing**



Coaching Philosophy – ‘Teach for Life’

Above all, it is the coach’s responsibility to encourage a fun and safe environment for children of any age. This includes providing instruction for learning skills, recognition for achievement of personal best improvement, developing fitness goals, building a sense of team and friendship socially, and encouraging self-esteem through performance. ‘Success in sport’ as well as ‘success in one’s personal growth’ are of equal importance. The coach should be a strong leader with a positive attitude and show interest in a child’s growth and promoting positive life skills. It is the supervisor’s responsibility to be vigilant over the entire area and to position one’s

self so that every student is within your field of vision. A good teacher will also effectively communicate the ‘keys to success’ for learning skills and encouraging better fitness. The Essential Elements Program strives to develop the “A,B,C’s” of gymnastics – Agility, Balance, Coordination & Swing. Developing these fitness goals also require proper preparation to develop muscle strength and flexibility. At each class, the coach should insure that the boys are properly prepared to engage in their activities by promoting the importance of physical and mental preparation through a well-designed and fun warm-up.

“Providing the opportunity for exploration is the best teaching tool.”



Optimal Learning – Freedom to Play

Motivating Boys in Gymnastics . . .

Boys love to challenge each other and themselves. They are competitive by nature. Boys will make a game out of anything. A successful program should incorporate the learning of skills equally with the opportunity to play games and engage in contests. Boys are ‘fidgety’ and do not like to sit still. They need to be constantly active and engaged at all times. The freedom to play in an uninhibited, yet safe, environment is in harmony with the boy’s nature.



Gymnastics can provide lessons that provide fitness and confidence for any avenue in life . . .

Cost Benefit of the Boys Gymnastics Program . . .

USA Gymnastics recognizes the need to provide a boy’s program that has a cost benefit for all. The cost factors for the program director include 1) reduced capital expense of equipment; 2) efficient student ratios; 3) revenue produced per square foot of space utilized on an hourly basis; 4) investment in employee training and certification; and 5) opportunity to build enrollment.