



London Gymnastics Federation
General Gymnastics Technical Committee

LEVEL 2 COURSE PROGRAMME:

DAY 1	SUBJECT	TYPE
09.00 – 11.00	REGISTRATION, SAFETY IN COACHING	THEORY
11.00 – 12.30	ETHICAL COACHING RESPONSIBILITIES	THEORY
12.30 – 1.00	LUNCH	
1.00 – 15.00	FITNESS & WELLBEING	PRACTICAL
15.00 – 15.30	TEA	
15.30 – 17.00	VAULT, REBOUND	PRACTICAL
17.00 – 18.00	HEALTH & SAFETY	PRACTICAL
DAY 2	SUBJECT	TYPE
09.00 – 12.00	SESSION PLANNING AND DELIVERY	THEORY
12.00 – 12.30	LUNCH	
12.30 – 15.00	FLOOR & BEAM	PRACTICAL
15.00 – 15.30	TEA	
15.30 – 18.00	FLOOR, LOW & HIGH BAR	PRACTICAL
DAY 3	SUBJECT	TYPE
09.00 – 10.30	BIOMECHANICS	THEORY
10.30 – 12.00	PHYSICAL & PSYCHOLOGICAL DEVELOPMENT	THEORY
12.00 – 12.30	LUNCH	
12.30 – 15.00	,PARTNERWORK, CO-ORDINATION & AGILITY	PRACTICAL
15.00 – 15.30	TEA	
15.30 – 17.30	GYMNASTICS DANCE, MUSIC & RHYTHM	PRACTICAL
17.30 – 18.00	POST COURSE & EXAMINATION PROCEDURE	THEORY