



# Information for parents and carers

## What is Rise Gymnastics?

Rise Gymnastics is a fun packed programme that provides a progressive journey through recreational gymnastics. Your child will experience an immersive, creative, and exciting gymnastics programme, achieving amazing results at their own pace and building key foundation skills for life. Rise Gymnastics is an exclusive programme to British Gymnastics member clubs and partners. As your child is part of British Gymnastics, you can access this exciting programme too.



## One programme. Three phases.

### discover

- Discover is designed for preschool children, from walking age to school age, and is delivered through imaginative play with engaging themed activities which are linked to various life experiences.

### explore

- Explore is aimed at school aged recreational gymnasts, who have either progressed through Discover, or are participating in the sport for the first time. Explore encourages confidence through participation in a variety of exciting activities and provides gymnasts with the opportunity to explore a range of skills.

### excel

- Excel is aimed at gymnasts who have already progressed through Explore, or if their skill level is already above those in Explore. Excel gives gymnasts the chance to continue to explore a range of fun and challenging activities and perfect their skills.

Each phase includes activities and an Award Scheme and covers the breadth of the sport, using large apparatus, small apparatus and giving your child the experience of working together with others. In Explore and Excel a competition framework will complement the Award Schemes.

Rise Gymnastics provides more opportunities for your child to achieve. Through the unique activity-based pathway of skill development leading to reward, and with the breadth of gymnastics united, this ensures every child can shine. There is also a new digital innovation that gives you the ability to monitor and track your child's progress.

Research has shown us that although the traditional sew on badges had a sentimental and nostalgic connection, you felt it was time to modernise the rewards your child receives to make them more relevant and more valuable to them. The rewards for Rise Gymnastics therefore include bright, colourful certificates and unique collectable medals to enable us to reward your child with something they will cherish, and you will be proud to see them receive.



## What changes will we see within our child's sessions?

British Gymnastics member clubs and delivery partners will be able to access Rise Gymnastics. This will replace the products and programmes that you may have seen previously throughout your child's journey through gymnastics.

- FUNDamentals
- Preschool Proficiency Awards
- Core Proficiency Awards
- Advanced Proficiency Awards
- Jump into Gymnastics

If your child has been progressing through an Award Scheme, Rise Gymnastics provides a seamless transition from existing British Gymnastics, Scottish Gymnastics and Welsh Gymnastics programmes. Coaches will ensure that your child transitions at the right level, considering their physical, social, and emotional development as well as their current skill level.



## Rise Gymnastics will be an amazing experience for you and your child...

- Your child will be provided with foundation skills for life
- Sessions are fun and engaging
- Your child is placed at the heart of the programme
- A consistent and continuous pathway from the start of your child's journey
- More variety and opportunities within gymnastics
- Can be tailored and adapted to suit individual needs
- Progressive pathway through recreational gymnastics to specific disciplines
- Provides a positive and high quality experience
- More opportunities for progression and achievement
- Your child can progress at their own pace
- Parents and carers have the ability to track your child's progress

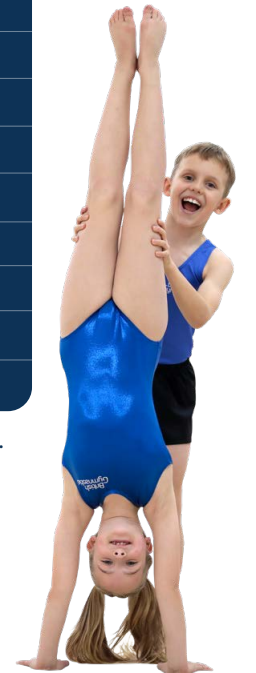


Rise Hub is a digital platform that enables everyone to get involved in Rise Gymnastics. A Coach portal enables your child's coaches to plan engaging, fun and safe gymnastics sessions and log the progress of your child through the Award Schemes.

You will then be able to log into 'Home portal', where you can follow the progress of your child throughout their Rise Gymnastics journey and understand the skills they have achieved through videos and easy to follow descriptions.

For more information, please visit...

[www.british-gymnastics.org/rise-gymnastics-parents](http://www.british-gymnastics.org/rise-gymnastics-parents)



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