

Add on Workshop: Inclusive Gymnastics: Working with Students with Different Abilities

Course Description: This workshop is designed to equip gymnastics instructors and coaches with the knowledge and skills necessary to create inclusive environments for students with different abilities. From recognizing and understanding various abilities to implementing effective lesson plans and organizational strategies, participants will gain valuable insights and practical techniques to enhance their coaching practices.

Workshop Includes:

1. **Recognizing Different Abilities:** Understanding the spectrum of abilities among gymnasts and how to tailor instruction accordingly.
2. **Staff Skill Set:** Developing the necessary skills and mindset to effectively work with students of all abilities.
3. **Utilizing Gym Space:** Maximizing gym space to accommodate different abilities and create inclusive learning environments.
4. **Class Organization:** Structuring classes to ensure safe engagement and participation for all students.
5. **Lesson Plans:** Designing adaptive lesson plans that cater to the needs of individual students.
6. **Top 10 Tips for Success:** Practical strategies and techniques for facilitating successful inclusive classes.
7. **Starting a Program:** Guidance on launching or expanding inclusive gymnastics programs within existing facilities.
8. **Hands-On Spotting:** Hands-on training in spotting techniques tailored to different abilities, ensuring safety and support.
9. **Showcasing Abilities:** Highlighting the achievements and capabilities of gymnasts with diverse abilities through showcase events and additional programming options.

This workshop combines theoretical knowledge with hands-on practice, empowering participants to create inclusive gymnastics programs that foster a sense of belonging and accomplishment for all students.

Target Audience: Gymnastics instructors, coaches, program directors, and anyone involved in gymnastics instruction or program development who seeks to enhance their ability to work with students with different abilities.

Prerequisites: Participants should have a basic understanding of gymnastics instruction and coaching principles.

Duration: This workshop is 2.5 hours

Outcome: Upon completion of this workshop, participants will have the skills and knowledge necessary to effectively support and engage students with different abilities in gymnastics programs.