



World Gymnaestrada takes place every four years. The World Gymnaestrada is the official world event held by the Federation Internationale de Gymnastique (FIG) and it encompasses events from the entire field of gymnastics. This international event is very well supported with over 20 000 participants.

**TRAINING:**

The General Gymnastics Technical Program management Team is responsible for the training of course facilitators and coaches for General Gymnastics. It is part of the National Coaches Accreditation Scheme, which provides competency based training (OBE) to qualify teachers and coaches.

The scheme is structured on five levels in line with all sport codes in South Africa, in conjunction with the SA Sport and Recreation and SAQA, starting from Sports Leader to Level IV coach.

General Gymnastics certificate courses:

Foundation - Introduction level:

- Gymnastics Leader Course
- International GG Course (FIG Certificate)
- Rope-X Course (Rope Skipping Coaching and Judging Course)
- Team-X Course (Choreography of Gymnastics Displays)
- KID-X Course (infant movement education and early development)

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# **SOUTH AFRICAN GYMNASTICS FEDERATION**



## **GENERAL GYMNASTICS "GYMNASTICS FOR ALL"**

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# GENERAL GYMNASTICS

## INTRODUCTION:

General gymnastics is a “**Sport for All**” and is educational as well as recreational in nature.

General Gymnastics is the basis of all other gymnastic disciplines. It offers a world of movement for people of **all ages** from two - ninety two and of all physical abilities and disabilities.

General Gymnastics is capable of bringing together all these activities of movement by integrating and reshaping them into new concepts. This discipline is essentially a group activity which can be executed either in pure gymnastics style or as a dance sometimes with the use of apparatus.

This mostly non-competitive form of gymnastics is enjoyed by participants for the sake of **fun** and to maintain or improve **physical fitness**.

## PROGRAMS:

A big variety of programs has been developed to serve the needs of not only gymnastics but all sports in a form of modified activity groups as follows:

1. **GYM-X:**  
Fun Gym I-II: Awards Schemes, Testing programs
2. **TEAM-X:**  
Offers different team items with or without small apparatus for mass participation, which can be used for competition or displays e.g. Gymnaestrada
3. **KID-X**  
A selection of fundamental movements for toddlers and children 3-8 age group to support early learning process: Pre-School Awards (ages 3-6). It can be used in junior primary schools as well.
4. **RHYMTH-X:**  
A combination of rhythm & body movement & basic dancing skills with or without rhythmic Gymnastics equipment (hoops, balls, clubs, ribbons, ropes)



5. **ROPE-X:** Rope Skipping Awards , Competitive /Recreational Programs Fitness activities(Single Rope, Double Douch, Indigenous games, Displays)  
[www.ropeskiipping.co.za](http://www.ropeskiipping.co.za)



6. **FIT-X:**  
Provides different exercise program for the preparation of the body through fitness activities (aerobics, step class):  
Lesson Plans + AEROB-X, ROPE-X
7. **SPECIAL Programs:**  
An opportunity to involve the mentally or physically challenged participants in Gymnastics and Movement for People with Disabilities (GMPD) activities modified for their needs.

## EVENTS:

### **Schools Gymnastics / E-League:**

An exiting program geared toward mass participation, which is being promoted amongst community centers, schools as well as clubs with elementary programs. The league is team event using a minimum of apparatus in different sections.



### **Award Tests:**

Each region organize Award Scheme Testing days which are very popular and really assist in motivating young gymnasts. It is based on personal achievement on different levels. eg: Fun Gym I-II, Pre-school Awards, Rhythmic Awards, Dance Awards, Rope Skipping Awards.

### **Gymnaestrada / Gym-Fest:**

Gymnaestrada literally means bringing General Gymnastics onto the streets for all to see. These are great events to bring community's together as well as promoting health, fitness and solidarity of all the participants. SAGF organize regional and national Gymnaestrada events which occurs in a 4 year cycle. From these events the best groups are chosen to participate in the World Gymnaestrada .