INSPIRING A GENERATION

...Creating the opportunity for every child to benefit from participating in gymnastics through our National Curriculum, Beth Tweddle Gym Stars & Beth Tweddle Academy Programmes.
TOTAL GYMNASTICS ACADEMIES
A dedicated Gymnastics company set up by Britain’s most successful female gymnast;

Directors
Beth Tweddle MBE
Steve Parry

National Account Manager
Emma Slater

Business Development Manager
Chris Pearce

Finance Manager
Tracy McKaigq

Customer Service Manager
Lynsey Baker

Regional & Academy Coordinators
Suzanne Grice
Abi Kirby
Claire Alexander
Susan Farndon
Emma Powling

Schools Coordinators
Lauren Caldwell
Jenny Chapman

Sales Executive - Sports Programmes
Jeff Hynds

Marketing Executive
Adam Eastwood

We are all looking forward to another successful year for Beth Tweddle’s School Gymnastics, which is going from strength to strength, experiencing rapid growth throughout our focus areas of Merseyside, Cheshire and Greater Manchester.

All the schools who have been part of our programme have reported value in our service and I am obviously delighted that, despite the competition for restricted funds, 9 out of 10 schools have returned across all areas.

I was in Rio as part the BBC commentary team to see the success of Team GB and, in particular, our gymnastics team. There was a huge surge in interest in gymnastics following London 2012, with many children disappointed at being unable to find classes. With this in mind post-Rio, I have created an additional 1200 places on our Academy programme which is now operating in 24 locations.

Similarly, we are anticipating our school’s programme to quickly grow to our current target of 100, having already delivered to over 70 schools since our inception in spring 2015.

We pride ourselves on being able to deliver on our aims and values and although we have enjoyed success in the past, we are very much focused on the future. All the team share my passion to create opportunities for every child to enjoy gymnastics and the health and fitness benefits it can bring.
There has been a positive response from schools and teachers to the expansion of Beth Tweddle’s Total Gymnastics Academies (TGA) into providing National Curriculum classes directly into schools.

Under Beth’s guidance and using her bespoke coaching programmes, our coaches are available to deliver gymnastics classes to any age group during their PE lessons in primary schools throughout the country. Our programme also focuses on CPD for teachers.

* As at Autumn 2016
The programme has experienced rapid growth since its inception, with our first schools programme starting in Spring 2015 with only 6 schools spread across Merseyside, Cheshire and Greater Manchester.

WE ARE CONTINUING TO WORK ACROSS CHESHIRE, GREATER MANCHESTER AND MERSEYSIDE...

...with 24 Total Gymnastics Academies throughout these areas to complement our ever growing school’s programme, creating the stepping stones from schools to clubs.
Total number of schools that have benefited from high quality provision from our Beth Tweddle’s School Gymnastics Programme.

**SEVENTY ONE**

Number of children taught throughout our Academies in 2016

PRE-RIO: 78 Academy sessions with capacity of 1,683

POST-RIO: Additional 1,200 Academy spaces from October 2016 = 71% increase in capacity

OUR SCHOOLS PROGRAMME has increased 120% - based on term-on-term delivery between 2015 and 2016

50% INCREASE in our academy venues throughout Autumn 2016
In 2016, Total Gymnastics Academies was approached by Greater Sport to organise and run The Greater Manchester School Games Finals Competition. This regional Schools gymnastics competition attracted:

- **140 Gymnasts**
- **From 20 schools**
- **Across 10 boroughs**

By offering our services to run local and regional school games competitions, we can utilise our organisations unique structure and workforce, for the benefit of young children across the UK. If there are more competitions, of a better standard, more schools are likely to participate, and the closer we can get to our mission of every child having the opportunity to get involved in gymnastics.

**FEEDBACK**

“Thank you so much for delivering the gymnastics at the School Games event yesterday!

The children seemed to all really enjoy the event. All of the feedback from teachers, parents and children has been that this is the best run gymnastics event to date.”

*Emma Forrest*

*Development Officer – Greater Sport*
CONTINUING PROFESSIONAL DEVELOPMENT (CPD):

Total Gymnastics Academies are dedicated to offering CPD for teachers. During our bespoke 12-week programme we give teachers the opportunity to work alongside our specialist coaches. Teachers will therefore:

- Receive our full in-depth lesson plans for the 12-weeks
- Work with our qualified coaches
- Receive guidance on how-to-coach skills
- Have a reference point to aid them in delivering future classes

WHY DID YOUR SCHOOL TAKE GYMNASICS?

“CPD for teachers which helps with Ofsted as it gives them a good reason for using an external provider. Hopefully teachers will be able to deliver gymnastics if funding runs out from CPD experience.”

Nathan Painter – PE Coordinator
Acorns Primary School
WHY DID YOUR SCHOOL TAKE GYMNASTICS?

- Teachers’ limited knowledge on progressions.
- Confidence and up-skilling of our teachers.

WHAT HAVE BEEN THE MAIN BENEFITS OF WORKING WITH BETH TWEDDLE’S SCHOOL GYMNASTICS?

- Confidence of teachers boosted.
- Clear structure to programme.
- Line of communication for clear advice.

HOW HAVE YOU FOUND THE PROGRAMME STRUCTURE AND DELIVERY?

- Very well organised with a clear outline of progression planned.
- Delivery is clear, concise and pitched at a perfect level for the children.
- Challenge is evident throughout and engagement of pupils was excellent.

HOW USEFUL IS THE PROGRAMME IN RELATION TO WHOLE SCHOOL IMPROVEMENT?

- Hits Ofsted’s 7 areas of PE.
- CPD for teachers.
- Improves links with outside agencies.
- Promotion of high level sport.

“ The calmness of the sessions is amazing! The children are controlling their body movements, and also their moods. There are never complaints about missing part of their lunchtimes. ”

Mrs M Jones
Year 2 Class Teacher

“ The session is nicely timed and the behaviour management is excellent. The children are progressing each week and are really enjoying it. ”

Miss K Cummins
Year 2 Teaching Assistant
Total Gymnastics are proud to be working with the following partners;

**Total Swimming, Becky Adlington’s Swim Stars & Total Gymnastics Academies.**

Led by Olympian directors Steve Parry, Becky Adlington and Beth Tweddle, these three sporting organisations teach swimming and gymnastics to over 15,000 young people every week, while running industry leading pool programmes and events nationwide. Whether it is Schools gymnastics, temporary pools solutions or school swimming lessons, each organisation is impassioned with revolutionising their respective sport.

**British Gymnastics**

Working closely with the National Governing Body for gymnastics all our academies are affiliated to British Gymnastics. We also ensure that all our coaches are qualified through BG and have BG membership.

**Total Fitness**

We are approved Business Associates and members of the Association for Physical Education, as part of our efforts to improve Schools gymnastics provision.

**We are running our academies from eight of their seventeen venues around the country with great success.**

Total Fitness is also the chosen location for our offices with sites at both the Aintree and Whitefield centres.

**Our schools gymnastics programme is proving popular in Bolton, thanks to the Bolton Sports Alliance. Fellow members of the alliance include Bolton Wanderers Community Trust and Bolton School.**

We have teamed up with Manchester United as they recognised that their young players were missing basic movement skills. Our alliance with the Reds sees us teach the 9-16 year old academy players basic movement skills to address this deficiency, which will help enhance more complex movement skills that they require later in their playing careers.

**We are working with Link4Life in three of their centres to give children aged 2 and above the opportunity to experience recreational gymnastics. The classes at Middleton Arena have been running successfully since November 2015 with new classes now at Heywood and Rochdale.**

Working in collaboration with Oldham Council we have recently set up an academy at Failsworth Sports Centre.
I have genuinely been delighted with both the swimming and gymnastics during this term, both have been managed superbly and the quality of coaching has been superb. We are planning to continue with both of these into the next academic year too.

David Williams
Head, Dee Point Primary School

The Total Gymnastics Programme has been essential CPD for our teacher and TA’s who will follow the programme next year. I am delighted with the number of children who have taken up the opportunity to develop their gymnastics during the after school club.

Mrs D Kelly
Head Teacher Aintree Davenhill Primary School

I like the stretches and warm up because it’s stretching my muscles. I like the benches because it helps us learn cartwheels better and it’s fun.

Connah
(Acorns Primary School pupil)

It’s fun because you get to do lots of things like cartwheels and rolls.

Jasmine
(Acorns Primary School pupil)

I like doing the jumps off the benches because we use all our shapes. It’s better than the teacher doing it because we get to do much more stuff.

Kacie
(Acorns Primary School pupil)

I’ve collated feedback from the Y3 teachers who loved the work that the coach did with the children in such a short space of time. I was blown away by the skill of your coaches, thus feel this opportunity is vital for children to access at this age.

Hayley Hudson
PE coordinator for Woodlands Primary School
Developed by our Director Beth Tweddle

Brings in one of our specialist coaches to deliver our unique 12-week session plans, specific for each year group

We can work towards intra-class sequences and performances to parents

We encourage school staff to work alongside our coaches as a valuable CPD opportunity

Regional coordinator assigned to each school

Weekly and termly ‘Star Gymnast’ awards

Pupils receive end of term certificates

Progress charts used to track pupils learning

For more information on how your school can join us, please e-mail Chris Pearce on chris.pearce@totalgymnastics.co.uk or call 0161 979 0611