



## NG&SC Fundamental Coaching Qualification Framework 2024:

Stage	Required activities	CCE Sign Off
Stage 1	NG&SC Coaches Induction – In-Person and Online	
	Trial Class Observation – GfA or Sport Specific	
	Complete NG&SC HR Manual ( <a href="https://www.nunawadinggymnastics.org.au/files/ugd/3b5cf4_c9a102b278fe49f6ad0ee70e39fc1c9d.pdf">https://www.nunawadinggymnastics.org.au/files/ugd/3b5cf4_c9a102b278fe49f6ad0ee70e39fc1c9d.pdf</a> )	
	Sign Up and Sign In – Xero Me App	
	Log into the Coach specific Fundamental Coaching Dropbox folder and Coaches Calendar (link shared with coaches personal email address)	
	Log into the NG&SC Coaches portal (password: NGSC) – look through the documents/ resources available to you. In particular look at the Employee Cheat Sheet and NG&SC Education Process Documents	
	Sign up for the Gymnastics Australia LMS system – how to document in your coaching resources on Dropbox ( <a href="https://imis.gymnastics.org.au/Shared_Content/LMS_Sign_Up/WebToolz_Solution/signup.aspx">https://imis.gymnastics.org.au/Shared_Content/LMS_Sign_Up/WebToolz_Solution/signup.aspx</a> )	
Stage 2	Australian Sports Commission – Essential Skills Online Course <b>FREE</b> ( <a href="https://www.ausport.gov.au/coaching/community/education/community-coaching-essential-skills">https://www.ausport.gov.au/coaching/community/education/community-coaching-essential-skills</a> )	
	Enrol in the Fundamental Gymnastics Coaching – Online Course, Workbook and Activity. Cost of course will be reimbursed by club on completion for course. ( <a href="https://learning.gymnastics.org.au/training/index.cfm?event=courses.pricing.main&amp;category=810476CD-75A0-4965-AB45-01B5999423B3">https://learning.gymnastics.org.au/training/index.cfm?event=courses.pricing.main&amp;category=810476CD-75A0-4965-AB45-01B5999423B3</a> )	
Stage 3	Complete Activity 1 (Identifying Values) in Fundamental Gymnastics Coach Activity Pack	
	Have a discussion with the mentor supervisor about what values you see within NG&SC. Discuss what kind of coach you would like to be. Do you want to coach GfA or would you like to aim for a squad one day?	
Stage 4	Complete Activity 2 (Understanding Participants) in Fundamental Gymnastics Coach Activity Pack	



	Mentor Supervisor will work through a set of 4 different scenarios (example bullying issue in a class situation) and will discuss with trainee on ways to tackle each situation. The mentor supervisor might also role play the scenario with trainee to help with dealing with a discussion with a parent. The mentor will play the role of parent etc. This will then assist with the pathway, tools and tricks with assessing and working through each situation of what worked/ didn't work.	
Stage 5	Complete Activity 3 (Creating Safe Environments) in Fundamental Gymnastics Coach Activity Pack	
	Practical Activity: Have a discussion with the mentor supervisor around your codes of behaviour as a coach (as outlined in the HR manual). Also discuss the safety aspects around manual handling and how to adjust equipment safely. Additionally discuss what the process is for reporting safety issues	
	Practical Activity: After setting up for classes, go around the gym with the mentor supervisor and take note of 5 hazards/ incorrectly set up equipment. Then discuss how this hazard could be reduced or resolved (activity template provided)	
Stage 6	Complete Activity 4 (Teaching Skill Progressions) in Fundamental Gymnastics Coach Activity Pack	
	Create a fortnight lesson plan for a GFA level 1&2 or GFA level 3&4 class (activity template provided)	
Stage 7	Complete Activity 5 (Managing Groups) in Fundamental Gymnastics Coach Activity Pack	
	Complete – NG&SC So You think You Can Coach Document	
	Consider class management during a class. After class take note of each part in the class where yourself or the mentor coach had to intervene to ensure there was management of the class at all times (activity template provided). Then have a discussion with your mentor supervisor about the class and if there was any areas of the class that required further intervention then what was done	
Stage 8	Complete Activity 6 (Developing Self-reflection) in Fundamental Gymnastics Coach Activity Pack	
	Film yourself coaching (on gym iPad) for 1 rotation. After class watch back and analyse your coaching. Take note of what you feel went well and what didn't go as well as planned in the rotation and discuss with your mentor supervisor how you could do better next time (activity template provided)	
Throughout the Education Process	Teaching Fundamental Foundation skills – skill stations/break down – preps and how to spot the Skill (NG&SC Spotting Checklist Document)	

<b>Weeks</b>	<b>On-The-Job Outcomes</b>	<b>Mentor Supervisor Sign Off</b>
Week 1	Class Observation with Mentor Coach	
	After class: Discuss how your class went with the Mentor Supervisor. Do you have any questions about the class control or coaching skills?	
Week 2	Class Observation with Mentor Coach	
	After class: Go through the first aid incident report form with the Mentor Supervisor and create a mock up version. Ask questions if you have any about this process	
	Homework for next week's class: Fundamental coach to read next week's lesson plan and pick 1 activity per rotation to assist gymnasts with. Fundamental coach will be in charge of providing feedback to gymnasts at this activity during the class	
Week 3	Provide feedback to gymnasts at 1 activity per rotation. Work on your feedback style during this time. How are the gymnasts reacting to your feedback? Are they understanding what you are asking of them? Is there a different way you can provide feedback?	
	After class: Discuss with your Mentor Supervisor different ways in giving feedback, what you tried, what worked or didn't work.	
	Homework for next week's class: Fundamental coach to read next week's lesson plan and pick 1 activity per rotation to explain to gymnasts. Fundamental coach will be in charge of explaining this activity to gymnasts during the class	
Week 4	Explain circuit activity to gymnasts at 1 activity per rotation. Think about how to best explain each activity. Try a couple different techniques for explaining a circuit activity	
	After class: Discuss with your Mentor Supervisor different ways in explaining a circuit, what you tried, what worked or didn't work.	
	Homework for next week's class: Fundamental coach to read next week's lesson plan and pick 1 activity per rotation to explain to gymnasts. Fundamental coach will be in charge of explaining this activity to gymnasts during the class	

Week 5	Explain circuit activity to gymnasts at 1 activity per rotation. Think about how to best explain each activity with the knowledge you have learnt from last week. Try a couple different techniques for explaining a circuit activity	
	After class: Discuss with your Mentor Supervisor what you learnt from last week and how it helped with your explanations this week, what you tried, what worked or didn't work.	
	Homework for next week's class: Fundamental coach to read next week's lesson plan with a focus on the warmup game and stretch. Fundamental Coach is to assist Mentor Coach with warm up activity	
Week 6	Assist Mentor Coach with the delivery of the warmup game or stretch	
	After class: Discuss with your Mentor Supervisor strategies you have learnt about how to best deliver the warmup activities to the gymnasts.	
	Homework for next week's class: Fundamental coach to read next week's lesson plan with a focus on the warmup game and stretch. Fundamental Coach is to run the warmup activity with the assistance from their Mentor Coach	
Week 7	Deliver the warmup game or stretch with assistance from your Mentor Coach	
	After class: Discuss with your Mentor Supervisor strategies you have learnt about how to best deliver the warmup activities to the gymnasts. What worked? What didn't work? What could you improve on?	
	Homework for next week's class: Fundamental coach to read next week's lesson plan and pick 1 rotation to explain to gymnasts. Fundamental coach will be in charge of explaining this rotation to gymnasts during the class	
Week 8	Explain circuit to gymnasts with assistance from Mentor Coach. Think about how to best explain this rotation	
	After class: Discuss with your Mentor Supervisor different ways in explaining a circuit, what you tried, what worked or didn't work.	
	Homework for next week's class: Fundamental coach to read next week's lesson plan and pick 1 rotation to explain to gymnasts. Fundamental coach will be in	

	charge of explaining this rotation to gymnasts during the class. Think about a different way of explaining the circuit to what you did this week	
Week 9	Explain circuit to gymnasts with assistance from Mentor Coach. Think about how to best explain this rotation in a different way to how you explained the circuit last week	
	After class: Discuss with your Mentor Supervisor different ways in explaining a circuit, what you tried, what worked or didn't work and if this way of explaining the circuit was better or worse than last week	
	Homework for next week's class: Fundamental coach to read next week's lesson plan and pick 1 rotation to explain to gymnasts. Fundamental coach will be in charge of explaining this rotation to gymnasts during the class. Think about a different way of explaining the circuit to what you did this week	
Week 10	Explain circuit to gymnasts with assistance from Mentor Coach. Think about how to best explain this rotation in a different way to how you explained the circuit last week	
	After class: Discuss with your Mentor Supervisor different ways in explaining a circuit, what you tried, what worked or didn't work and if this way of explaining the circuit was better or worse than last week or week before	
	Homework for next week's class: Fundamental coach to read next week's lesson plan and pick 2 rotations to explain to gymnasts. Fundamental coach will be in charge of explaining this rotation to gymnasts during the class. Consider what techniques worked well in weeks 8, 9 and 10 and try to combine them for this explanation	
Week 11	Explain 2 circuits to gymnasts with assistance from Mentor Coach. Think about how to best explain this rotation using what you have learnt from the last few weeks and the fundamental Coaching Qualification	
	After class: Discuss with your Mentor Supervisor different ways in explaining a circuit, what you tried, what worked or didn't work and what you could do better in the future	

	Homework for next week's class: Fundamental coach to read next week's lesson plan and pick 2 rotations to explain to gymnasts. Fundamental coach will be in charge of explaining this rotation to gymnasts during the class. Consider what techniques worked well in the past and try to combine them for this explanation	
Week 12	Explain 2 circuits to gymnasts with assistance from Mentor Coach. Think about how to best explain this rotation using what you have learnt from the last few weeks and the fundamental Coaching Qualification	
	After class: Discuss with your Mentor Supervisor different ways in explaining a circuit, what you tried, what worked or didn't work and what you could do better in the future	
	Homework for next week's class: Fundamental coach to read next week's lesson plan and pick 2 rotations to explain to gymnasts. Fundamental coach will be in charge of explaining this rotation to gymnasts during the class. Consider what techniques worked well in the past and try to combine them for this explanation	
Week 13	Explain 2 circuits to gymnasts with assistance from Mentor Coach. Think about how to best explain this rotation using what you have learnt from the last few weeks and the fundamental Coaching Qualification	
	After class: Discuss with your Mentor Supervisor different ways in explaining a circuit, what you tried, what worked or didn't work and what you could do better in the future	
	Homework for next week's class: Fundamental coach to read next week's lesson plan and pick 2 rotations to explain to gymnasts. Fundamental coach will be in charge of explaining this rotation to gymnasts during the class. Consider what techniques worked well in the past and try to combine them for this explanation	
Week 14	Explain 2 circuits to gymnasts with assistance from Mentor Coach. Think about how to best explain this rotation using what you have learnt from the last few weeks and the fundamental Coaching Qualification	

	<p>After class: Discuss with your Mentor Supervisor different ways in explaining a circuit, what you tried, what worked or didn't work and what you could do better in the future</p> <p>Homework for next week's class: Fundamental coach to read next week's lesson plan and prepare to explain all 3 rotations to explain to gymnasts. Fundamental coach will be in charge of explaining this rotation to gymnasts during the class. Consider what techniques worked well in the past and try to combine them for this explanation</p>	
Week 15	<p>Explain all 3 circuits to gymnasts with assistance from Mentor Coach. Think about how to best explain this rotation using what you have learnt from the last few weeks and the fundamental Coaching Qualification</p> <p>After class: Discuss with your Mentor Supervisor different ways in explaining a circuit, what you tried, what worked or didn't work and what you could do better in the future</p> <p>Homework for next week's class: Fundamental coach to read next week's lesson plan and prepare to explain all 3 rotations to explain to gymnasts. Fundamental coach will be in charge of explaining this rotation to gymnasts during the class. Consider what techniques worked well in the past and try to combine them for this explanation</p>	
Week 16	<p>Explain all 3 circuits to gymnasts with assistance from Mentor Coach. Think about how to best explain this rotation using what you have learnt from the last few weeks and the fundamental Coaching Qualification</p> <p>After class: Discuss with your Mentor Supervisor different ways in explaining a circuit, what you tried, what worked or didn't work and what you could do better in the future</p> <p>Homework for next week's class: Fundamental coach to read next week's lesson plan and prepare to explain all 3 rotations to explain to gymnasts. Fundamental coach will be in charge of explaining this rotation to gymnasts during the class.</p>	

	Consider what techniques worked well in the past and try to combine them for this explanation	
Week 17	Explain all 3 circuits to gymnasts with assistance from Mentor Coach. Think about how to best explain this rotation using what you have learnt from the last few weeks and the fundamental Coaching Qualification	
	After class: Discuss with your Mentor Supervisor different ways in explaining a circuit, what you tried, what worked or didn't work and what you could do better in the future	
	Homework for next week's class: Fundamental coach to read next week's lesson plan and prepare to take class with little to no support from your Mentor Coach. Fundamental coach will be in charge of entire class. Consider what techniques worked well in the past and try to combine them	
Week 18	Take class with little to no support from Mentor Coach. Think about the techniques you have learnt on-the-job and in your Fundamental Coaching Qualification	
	After class: Discuss with your Mentor Supervisor how the class went. What worked or didn't work as well as planned and what could do differently in the future. Talk to you Mentor Supervisor about any concerns you might still have about coaching, is there anything you need further education on before completing your Fundamental Coaching Qualification	