



Gymnastics NSW

Starting a KinderGym Program

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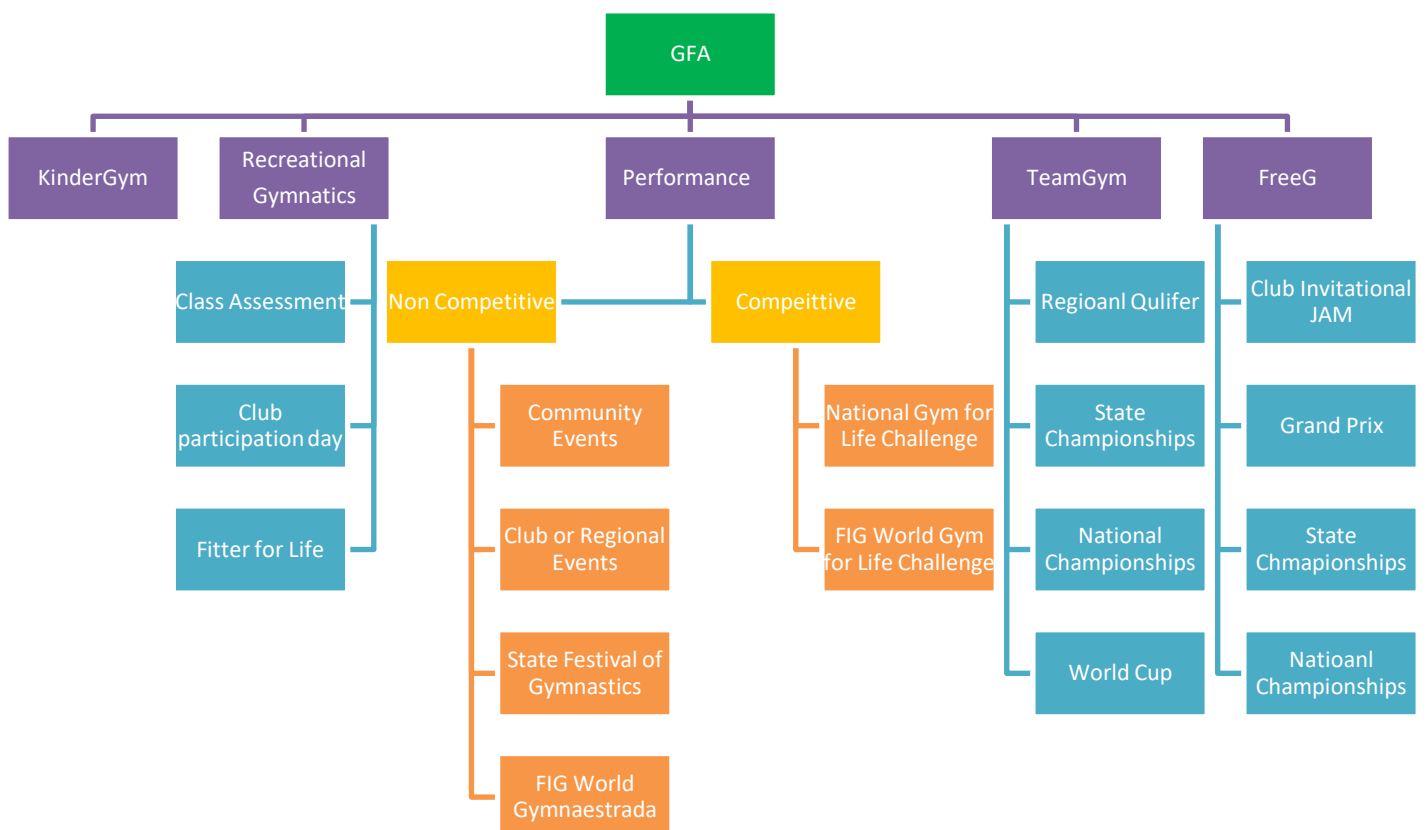
KinderGym

[KinderGym](#) is one of the Gymnastics Australia Gymnastics for All (GfA) Gymsport programs and is the first in a series of fundamental movement programs offered by Gymnastics Australia.

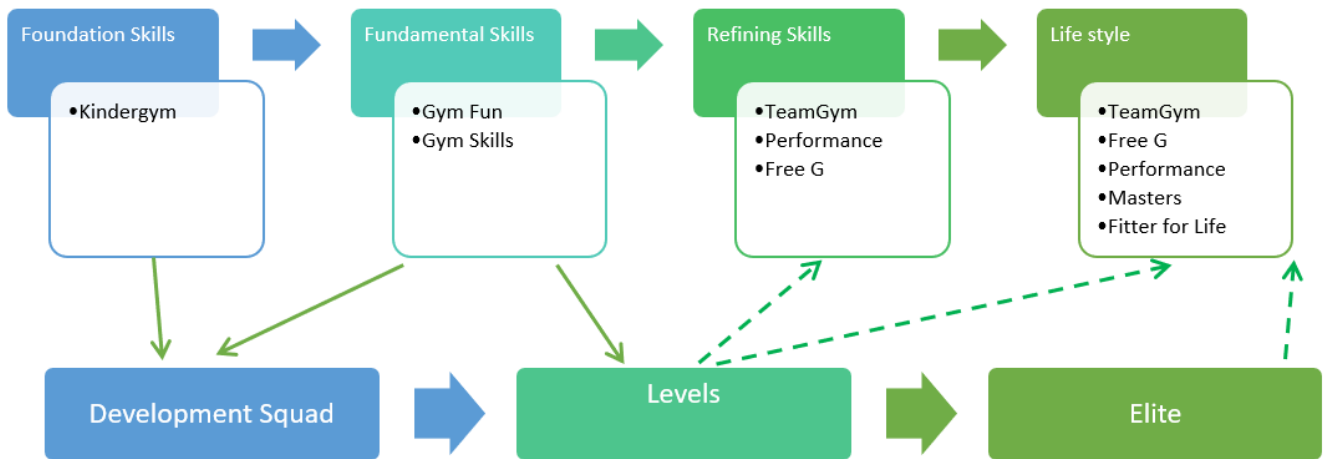
Specifically designed for children under 5 years of age and their caregivers KinderGym helps develop a fundamental movement program ensuring participants can experience a wide range of movement activities and be encouraged to think, create, construct and solve problems with their own bodies. While developing co-ordination and self-esteem, KinderGym programs assist in your child's physical, social and cognitive development.

KinderGym provides a safe environment for children to develop physical skills in a fun and playful way, at their own rate. Educational research tells us that children learn best through exploring and discovering their abilities through physical activity.

Where the Program fits into GFA



Life Cycle of a Gymnast



Delivering a KinderGym Program

A GA/GNSW affiliated Clubs can offer the KinderGym program provided

1. the program is delivered by a Current Technical member who has completed the KinderGym Intermediate Accreditation Course.
2. The program follows the [Delivery Framework](#)

Education

KinderGym has its own [Coaching Accreditation](#) (page 32) with a focus on

- Gross and Fine motor skills,
- DMP's
- object management skills
- Equipment
- Teach Methods
- Early childhood Development Stages and ages.

There are 2 levels of Accreditation

1. KG Intermediate
2. KG Advanced – to be release post June 2022

Generally, GNSW runs 3 KinderGym Coaches Courses per year. Coaches can enroll through the GNSW Website [Coaching Courses Calendar](#) and register through the LMS.

In addition, GNSW runs an annual [KG Coaches Congress](#) to KG Accredited coaches using our industry and Allied health partners to provide profession development.

Registering an Athlete Membership

- KinderGym Members are bound by the same policies and procedures as all other gymnastic club members. Therefore all participant members must be registered in the national membership database within 30 days of commencing programs or activities with the club. Failure to do so will result in the participant not being covered for insurance purposes and any claims made during this time will be declined.
- Participants in casual/trial classes are categorised as prospective members* and are therefore only covered for a 30 day window. That is, after 30 days from initial attendance ongoing participants must be registered in the national membership database or insurance cover will cease.
- As part of the risk management process, clubs are required to maintain a register/sign in process for prospective members either electronically or manually to verify participation in the event that an injury occurs.
- If any participants are new to gymnastics they are to be registered in the database as a KG athlete at level 0.

**Prospective Members are defined as unregistered gymnastics participants who are involved in a 'Come and Try' or trial class, all under the proviso that they are participating in a controlled environment including under the instruction of a technical member in an affiliated GA club.*

Club Support Resources

Gymnastics Australia has an array of resources that clubs can access to assist write their own KinderGym programs and can be found on the [GA shop website](#), merchandise that can be purchased for KG are:

- KG Passports – a sticker book for attendees
- Promo Brochure for club use
- KinderGym Mix – program manual
- Branded logo
- Lesson plans – 8 weeks to kick start your program
- KG T-shirts with brand logo
 - – Sinalli also have the KG logo and are able to do your club T-shirts with KG and your club logo. See <https://sinalli.com/Sinalli> for costs



Club Marketing Resources

There is a National KinderGym Logo to support the marketing of your program. Gymnastics Australia is the sole owner of all intellectual property rights, KinderGym brand and logo.

Clubs are able to use the KinderGym brand to promote their Club and program if they are an affiliated club who has confirmed during the time of affiliation that they are offering KinderGym and have a KinderGym Accredited coach.



The logo can be found on the clubs GA resource portal or contact marketing@gymnsw.org.au