

SAGF GL Coaches Course
Western Cape ----- 30 and 31 January 2016

Course Schedule

Facilitators: Tammy Johnson

Time	Friday	Saturday	Sunday
08:30 – 10:00		Registration and Pre-assessment meeting	Identification and application of DMP'S
10:00 – 10:15	Coffee or Tea Break		
10:15 – 11:45		Overview of Gymnastics	Gymnastics Disciplines various
11:45 – 12:30	Lunch		
12:30 – 14:00		Planning	Gymnastics Disciplines various
14:00 – 14:15	Coffee or Tea Break		
14:15 – 15:45		Warm up planning and activities	Methods of Teaching
15:45 – 16:00	Short Break		
16:00 – 17:30		Components and development of Physical Fitness	Equipment and Safety