

I.G.I.P.E.S.S



*SCHOOL OF
GYMNASTICS*

I.G.I.P.E.S.S.
SCHOOL OF GYMNASTICS

- Introduction:

Indira Gandhi Institution of Physical Education and Sports Science is established in 1987 and is located in Delhi. IGIPES is affiliated with University of Delhi. The institute nurtures youth and shaping their personality through imparting education and search programs with a learning environment and best infrastructure. IGIPES is a leading institute that also houses the department of Physical Education and Sports Science.

This department is the part of the faculty of interdisciplinary and applied sciences at the University of Delhi and offers all types of physical education teacher training courses.

Initially, the institute offered three-year undergraduate course in Physical Education, Health Education & Sports. At present, is also offers two-year postgraduate (Bachelor of Physical Education) and two-year postgraduate (Master of Physical Education) programs.

- About Gymnastics:

Gymnastics is a sport of the future, which, nonetheless, enjoys a long heritage and preserves an ancient tradition of demonstrating exactly what a person is capable of. Gymnastics involves the performance of exercise, on or with an apparatus, or a partner, requiring physical strength, flexibility, coordination, power, agility, grace, balance and control. The movement involved in gymnastics contribute to the development of the arms, legs, shoulders, back, chest and abdominal muscle group. Gymnastics evolved from exercise used by the ancient Greeks that included skills for mounting and dismounting a horse and from circus performance skills.

- School Of Gymnastics:

Indira Gandhi Institute of Physical Education and Sport Science is starting “School of Gymnastics” program. It is for the first time that the curriculum-based learning program is introduced for budding enthusiast who will be groomed scientifically to peruse carrier in sports.

- Mission:

The development of general sports skill, fitness, health important, movement patterns and daily life skill focus on all activities based on **3 Fs: fun, fitness and fundamentals.**

- Objectives:

1. To serve the community and to inspire children in sporting excellence.
2. To prepare a long-term plan and produce talents for other games and sports with special reference to gymnastics by sustained scientific training

3. To provide specialised training to achieve competency in combination of manipulative, locomotion and non-locomotors skills for physical, motor, intellectual and psychosocial growth/experiences.
4. Assesses, achieves and maintains physical fitness.
5. Appreciates the relationships with others that result from participation in physical activity.
6. To provide opportunities for enjoyment, self-expression and communication.
7. To improve QoL (quality of life) by involving in physical activity.
8. To promote mental health through involvement in physical activity.
9. Build up the interest in youth or upcoming generation
10. Students choose their own game.
11. Begin here, go anywhere.

- Types Of Gymnastics:

There are 7 types of gymnastics:

1. Gymnastics For All
2. Artistic Gymnastics
3. Rhythmic Gymnastics
4. Acrobatic Gymnastics
5. Trampoline Gymnastics
6. Tumbling Gymnastics
7. Aerobic Gymnastics

NOTE: This program is based on both **Artistic Gymnastics & Gymnastics for All**

Artistic Gymnastics & Gymnastics for All

Artistic Gymnastics is a discipline of gymnastics in which athletes perform short routines on different apparatus. The sport is governed by the Federation International de Gymnastics (FIG) which designs the code of points and regulates all aspects of elite International Competition within individual countries. In India, Gymnastics is regulated by the national federation like Gymnastics Federation of India (GFI). Artistic Gymnastics is a popular spectator sport at many competitions, including the Summer Olympic Games.

- Structure of IGIPSS School of Gymnastics:

1. Why an Academy?

Childhood is the most appropriate time for growth and development in children. There are some specific muscular and endurance training methods. This is also the age (above 4yrs) when playing skills are easily imbibed by the trainees and which produces relative improvement in strength and cardiovascular fitness that cannot be equalled in later life.

2. Selection of Potential:

Anyone who has attained the age of 4+ years shall be included on first cum first serve basis. This group shall constitute of 40 participants (boys 20 + girls 20 respectively). They will undergo a structured curriculum for a period of six month before they are being promoted to the next level i.e., level II. Hence in a year there will be 80 participants altogether. No participants will be weeded out unless s/he does it by themselves. The centre will thus have 160 in IInd year, 240 in IIIrd year and 320 in IVth year.

3. Infrastructure and Administrative Set-Up:

1. Gymnastics Hall
2. All equipment (such as, mats, Trampoline, Table Vault, Spring boards, Gymnastics benches,
3. Balance Beam (floor height and standard height), Uneven Parallel Bars, Crash mats)
4. Multi Utility Fitness Lab
5. Infirmary equipped with facility and personnel
6. Physiotherapy Centre
7. Conference rooms
8. Audio- visual lab
9. Recreation Facilities
10. Store rooms for assembling equipment.
11. Music system

Administrative set-up:

IGIPSS. SCHOOL OF GYMNASTICS



PRINCIPAL



HOD, DEPARTMENT OF GYMNASTICS & MEMBER



COORDINATOR



COACHING STAFF:



ADMINISTRATION

BOYS:

GIRLS:

LEVEL 1 — COACH 1
 — COACH 2
 — COACH 3

LEVEL 1 — COACH 1
 — COACH 2
 — COACH 3

LEVEL 2 — COACH 1
 — COACH 2
 — COACH 3

LEVEL 2 — COACH 1
 — COACH 2
 — COACH 3

- Role Defined:
 - a) Principal: Sanctioning and Monitoring.
 - b) HOD & Member: human Resources (Coaching staffs); Collaboration; Competition Exposures; Performance evaluation (Pupil & Coaches); Curriculum Framing & Revision; scientific back up, implementation and operation; assist in talent identification, Profiling and R&D, Sports Science Support.
 - c) Coordinator: Formulating lesson plans, implementation Strategic plan, Technical, Interpersonal, Conceptual and Political skills for attracting prospective parents to enrol their children in the program, designing education program for coaches and player, assists the support staff formulating profiling of players.
 - d) Coaches: Rules/ laws of particular sport, latest coaching techniques, ensure sport coaching program are safe and effective; Monitoring and evaluate the coaching programme: Develop participants performance through effective sports coaching: Analyse the needs and aspiration of participants.

- Curriculum:

Curriculum for “Gymnastics for all” program have different prospective include in the program i.e., structural formation of training, fitness program for all levels, fitness and skills testing, coaches’ development programs, stakeholder involvement (parents, school, community etc). gymnastics For All is a sport for everybody. It can develop amazing skills while getting strong and flexible in fun and challenging ways; it is a sport for life with something for all ages and all abilities. The basic skills of landing, rolling and being upside-down can be developed and enhanced to suit whatever kind of movement.

Gymnastics for All (GFA):

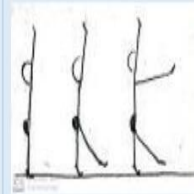
- a) Develops balance, co-ordination and confident body movement.
- b) Builds self-esteem, strength and flexibility, preparing the body & mind for life’s challenges
- c) Develops healthy minds and bodies for now and later life.
- d) Different sports of participant choice.

In gymnastics the body is constantly changing its direction and pace. In the process, the interaction of inner and outer force and the spatial orientation enhance coordination skills as well as the ability to concentrate. Movements such as climbing, hanging, rolling, jumping, dangling and “flying” -which come naturally to most children -are gymnastics elements that aid in the acquisition of motor and cognitive skills. They incorporate the so-called ‘crossover’ across-the-body axis and support the cooperation of the left and the right sides of the brain. The left side is responsible for analytic thinking, language and logical processes while the right-side influences holistic thinking, creativity, spatial orientation, visual imagination and emotions.

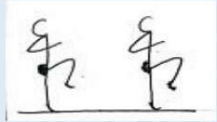
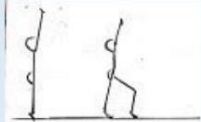

SYLLABAI FOR LEVEL- I

LEVEL-I (LEVEL ROSE)

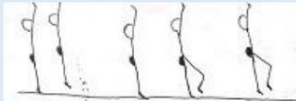


MODULE	OBJECTIVES	LEARNING OUTCOME	EXPECTATION FROM COACH	ACTIVITY STAGE	INSTRUCTIONS	APPARATUS REQUIRED
<ul style="list-style-type: none"> General exercise like running and stretching of different body parts should be done before any activity students perform. Head rotation, hand rotation, waist rotation and wrist rotation exercises can be included in their warm up exercise. 	<ul style="list-style-type: none"> Develops Spatial awareness (awareness of Space) Gross motor skills (enable children to perform everyday functions like walking, running, skipping.) Body alignment development (In which the body is perfectly balanced) Psychological exploration and learning (child will come in different environment and face 	<ul style="list-style-type: none"> Aware them from the physical exploration This level develops their sensory perception (as they will hear, see and touch in different activities) Develops progression stages of various skills This introductory level provides students opportunity to grow in psychological prospective 	<ul style="list-style-type: none"> This is expected from the coach to take care of their Body alignment like stretched toes, hands tight and chin up and make them continuously aware them from body alignment. Motivate everyone to participate. Demonstrate safety concern and ensure safety of participants. 	1. Walk in gym	A brief introduction of Gymnastics hall includes all apparatus, students, coaches and the environment of gymnasium.	In Gymnastics hall
				2. Walk on toes with different arms variation	In this skill student have to put body weight on toes and walk.	On floor arena.
				3. Leg kicking	In this activity student have to raise leg and try to lift and kick far from body alignment in different direction. (front, side, back)	On floor arena.
				4. Pace running	Its running with different pace like slow, fast can be done on signals done by coach.	In open arena



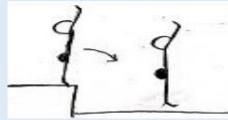


LEVEL-I (LEVEL ROSE)

	<p>different challenges)</p> <ul style="list-style-type: none"> Gymnastics hall visit of kid and introduction of apparatus 			<p>5. Lunge position</p>	 <p>This position is a progression skill or position which include lunge position to start like handstand, round-off etc.</p> 	<p>On floor arena</p>
				<p>6. Jump on trampoline</p>	<p>Student will explore this apparatus of Gymnastics by doing simple jumps on it.</p> 	<p>On big trampoline</p>



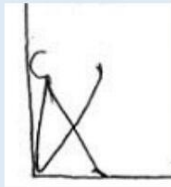
LEVEL-I (LEVEL ROSE)

				<p>7. Jump on both leg, one leg, leg change</p>	<p>In this skill student will perform jump with different leg on command of coach.</p> 	<p>On floor arena</p>
				<p>8. Knee up and back running</p>	<p>Student will run with knees close to the chest and back running by touching heels back to the hips while running.</p> 	<p>In Open arena</p>
				<p>9. Walk on marked line with different obstacles</p>	<p>Different obstacles will place on marked line and student have to cross all obstacles and finish the skill</p> 	<p>Marked line will be marked on floor.</p>




LEVEL-I (LEVEL ROSE)

				<p>10. Walk on Different stations to aware them from different space</p>	<p>Student will walk in different space like on crash mat, landing mat, trampoline, floor arena.</p> 	<p>In Gymnastics hall on different apparatus</p>
				<p>11. Different scales</p>	<p>In this skill student will perform different scales in different direction with 45 degrees or more of angle (front, back side scale)</p> 	<p>On Floor arena, In Open arena</p>
				<p>12. Rocking motions (hollow back)</p>	<p>Students will aware with cat position and make hollow back for rolling motions.</p> 	<p>On Floor arena or on mat</p>

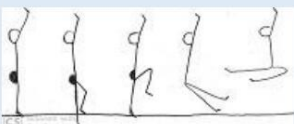
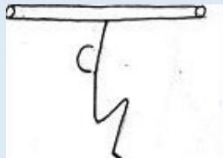
LEVEL-I (LEVEL ROSE)

				<p>13. Rock n Roll</p>	<p>In this skill student will do rolling motion on his/her back to make them aware of rotation of the small body.</p> 	<p>On Floor arena or on mat</p>
				<p>14. L long sitting position</p>	<p>Student will sit in L position on floor arena make them aware of different positions in gymnastics.</p> 	<p>On Floor arena or on mat</p>
				<p>15. V siting position with the support of wall</p>	<p>This position will have performed by the help of wall and students will sit in V position.</p> 	<p>On floor with the wall support</p>

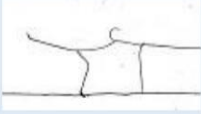

LEVEL-I (LEVEL ROSE)

				<p>16. Different Jumps</p> <p>Students will do straight high jump on both leg and jump in position of tuck with use of arm swing and good alignment of body.</p> 	<p>On the Floor arena and on marked lines</p>
			<p>17. Arabesque position</p> <p>Stand on one foot and raise the other leg to the back in the split try to raise maximum till the point student will be comfortable.</p> 	<p>On floor arena</p>	
			<p>18. Candlesticks with help of coach</p> <p>A candle stick is a shoulder stand position where the gymnast is essentially resting on the back of their shoulder with their feet pointed towards the ceiling.</p> 	<p>On floor arena, on Crash mat</p>	

LEVEL-I (LEVEL ROSE)

				<p>19. Color footprints in different directions</p> <p>The teacher will use different colors of footprints and put them in different direction and student have to jump on different footprint on the command of coach.</p>	<p>In open arena</p>
			<p>20. Different type of walk and jump</p> <p>Students will do different walking patterns and jumps like Deep walk, Cat walk, Scissor jump and Stag jump.</p> 	<p>On Floor arena</p>	
			<p>21. Tuck swings</p> <p>This activity will have performed on Bars by bending legs in tuck position and swing the legs while holding bars.</p> 	<p>On uneven lower bar</p>	

LEVEL-I (LEVEL ROSE)

				22. Aware them from different grips	Bar apparatus in gymnastics different types of grip to perform different skills it is necessary to aware them with all (under grip, over grip, wide grip).	On lower Uneven bar
				23. T- Lunges	This Activity will be performed by students to make them aware of hand placement, Neck position and position of both legs. 	On open arena with high platform for hands support.
				24. Handstand lying	Handstand lying will performed while lying down in prone position on floor. Coach can use Resistance band in wrist to make them aware that students will always put their hands in shoulder position. 	On Floor arena

There will be certain criteria on which your child will have to perform a task to take admission in IGIPSS School of Gymnastics. The 1st Level is a qualification round, where your child will be asked to perform some skills of gymnastics.

The grading will be done on the basis:

CATEGORY	PERCENTAGE	PROMOTION/NO PROMOTION
LOW	BELOW 70%	NO PROMOTION TO NEXT LEVEL
MEDIUM	70%	PROMOTION TO NEXT LEVEL
HIGH	85%	PROMOTION TO NEXT LEVEL
EXCELLENT	90-100%	PROMOTION TO NEXT LEVEL

- Details of Levels:

Level 1

Aim: To achieve basic understanding of own body of individual and spatial awareness.

- ❖ Involving them in activities to explore them more to environment.
- ❖ Motor components development at general level like flexibility, endurance, (strength) general.
- ❖ Basic introduction of skills
- ❖ Can work on their discipline.
- ❖ Good posture like sit straight, back straight, toes tight and hands straight.
- ❖ Show control takes off and develop the ability to absorb energy to avoid shock when landing.
- ❖ Good body tension and posture through gymnastics position and movements.

Objectives:

- ❖ Games: body awareness
- ❖ Spatial activities: awareness of space
- ❖ Psychological: exploration and learning (fun, fitness, fundamental)
- ❖ Balance: add alertness in child
- ❖ Good posture: good growth of individual

Body Awareness activities:

Activity which develops student sensitivity to alignment of skeletal structure to support weight

- ❖ Pressure stand
- ❖ Curling stretching
- ❖ Travel on feet
- ❖ Run, stop, skip, stop, hop and stop with variation in direction, pathways of speed
- ❖ Curl up using mat (can use sequence)
- ❖ Safe land position like different heights landing and falling from apparatus
- ❖ Mirror games

Level 1 (Stage-1)

Fitness:

- ❖ Running minimum 5 minutes (with variations)
- ❖ Speed activities (Sprint)
- ❖ Throwing exercise with light weight
- ❖ Static, passive, and active flexibility
- ❖ Balance activities
- ❖ Aerobics activities

Floor Exercise:

- ❖ Introduction of forward roll
- ❖ Introduction of backward roll
- ❖ Different jumps
- ❖ Games
- ❖ Flexibility Exercise (stretching)

Balancing Beam: (Allied beam)

- ❖ Walking on beam
- ❖ Walking on toes
- ❖ Kicking
- ❖ Simple jump
- ❖ Dismount simple jump
- ❖ Balancing exercise

Bars:

- ❖ Swinging movements
- ❖ Different grips

Buck horse:

- ❖ Run and jump on horse

Expectation: Coach should observe each student technically with increase of variation in activity and correct their body position in each element like landing from height, jumping on trampoline, take off movement.

Level 1 (Stage-II)

Previous fitness should be continued and more fitness exercises should add can add more intensity and frequency.

Floor Exercise:

- ❖ More jumps and leaps
- ❖ Bridges without wall support but with coach help
- ❖ Introduction of cartwheel
- ❖ Previous activities and skill should be practised and more activities of body awareness.

Trampoline:

- ❖ Approach runs
- ❖ Take off from floor and can introduce spring board
- ❖ Different jumps like (tuck, straddle etc.)

Allied beam:

- ❖ Turning movements
- ❖ Different jumps on beam
- ❖ Introduction of high beam
- ❖ Introduce balance skill on beam
- ❖ Dismount jumps

Expectations: Coach should take care that every session has limbering down activity in the end. Should be very careful with the spring board and all different skill like placement of palms, hands legs should be tight and straight therefore concentrated on economy of movement.

- Coordinator:

1. Ankit Kumar- Bachelor of Physical Education (7011258008)

- Coaching Staff:

1. Abhishek – Bachelor of Science in Physical Education from IGIPES (9625833816)
2. Anup Soni - Bachelor of Science in Physical Education from IGIPES (7290809431)
3. Bhanu - Bachelor of Science in Physical Education from IGIPES (7011655317)
4. Jitender - Bachelor of Science in Physical Education from IGIPES (7827633195)
5. Prince – Bachelor of Physical Education from IGIPES (8800325352)
6. Simran - Bachelor of Science in Physical Education from IGIPES (9667568901)
7. Sourav - Bachelor of Science in Physical Education from IGIPES (8587885030)

- Payment To Interns:

1. Intern coaches will be paid @Rs. 300 per class.
2. The coordinator will be paid @Rs. 500 per class.
3. Every year 20% increment in the payment to the coaches (Intern coaches) and coordinator will be paid.

- Certificate To Interns:

The certificate to interns and coordinator will be provided by the institute.

- Fee Structure

LEVELS	FEE Per Month	6 Month Fee	One time payment for level
Level 1	Rs-2500/-	Rs-2300*6 =13800	Rs-13800/-
Level 2	Rs-2500/-	Rs-2300*6 =13800	Rs-13800/-
Level 3	Rs-2500/-	Rs-2300*6 =13800	Rs-13800/-
Level 4	Rs-2500/-	Rs-2300*6 =13800	Rs-13800/-
Level 5	Rs-2500/-	Rs-2300*6 =13800	Rs-13800/-
Level 6	Rs-2500/-	Rs-2300*6 =13800	Rs-13800/-
Level 7	Rs-2500/-	Rs-2300*6 =13800	Rs-13800/-
Level 8	Rs-2500/-	Rs-2300*6 =13800	Rs-13800/-

- How to make Payment:

- ❖ Fee to be made via bank or QR code.

- ❖ Bank details as follows:

- Indira Gandhi Institute of Physical Education & Sports Sciences
- Bank Name – Bank of Baroda
- Account Number – 76660100016743
- IFSC CODE – BARB0VJKRPA
- Branch Name – Krishna Park Branch, Delhi – 110018

- ❖ Or use the QR code given below to make payment.



I.G.I.P.E.S.S.
SCHOOL OF GYMNASTICS
B- Block, Vikas Puri, New Delhi - 110018
E-mail Id: - ad.igipess@gmail.com



Player Registration

Personal Information:

First Name :-

Middle Name :-

Last Name :-

Age & D.O.B :-

Gender (Male/Female):-.....

Aadhaar No. (Applicant/Parent):-

School Name :-

Class:-

Contact Information:

Contact No. :-

E-mail I'd:-

Family Information:

Father's Name :-

Mother's Name:-

Address:

Address:-

District :-

State :-

Pin Code :-

Kit Size:

T-shirt Size :-

Gymnastic Costume Size :-

Applicants signature

Parents/Guardian Signature

For Office Use Only :-

I hereby declare that the age and other details furnished above have been verified by me and are true to the best of my knowledge.

To be signed and verified by concerned officials :-

Name of the official Mr./Mrs.:-

Signature :-

Note :-

1. 2 passport size photographs.
2. Photocopy of aadhaar card to be attached.
3. Photocopy of school I'd card to be attached.

General Instructions :-

1. Timing of coaching in evening 4pm to 6pm.
2. Igipess school of gymnastics will not be responsible for any injury/ loss of life during playing periods and no compensation of claim will be entertained.
3. Identity card should be brought everyday and will have to show on demand by authorised officer.
4. A player has to satisfy himself/herself about his/her physical fitness for playing in the school. The igipess school of gymnastics will not be responsible for any mishappening.
5. Igipess school of gymnastics will not be responsible for any loss of cash or valuable. Players are requested not to bring any valuable with them.
6. Players are advised to come in proper kit. (lower/Shorts, t-shirt, and shoes)
7. Players should bring water bottles everyday.
8. Players should be in proper gymnastics kit everyday.

MEDICAL CERTIFICATE
I.G.I.P.E.S.S.
School Of Gymnastics
B – Block, Vikas Puri, New Delhi 110018

It is certified that I have careful examined Mr./ Ms. _____ S/O D/O

1. His / her health measurement are: -
 - (a) Height _____
 - (b) Weight _____

2. Vision test: -
 - (a) Normal Eyesight L _____ R _____
 - (b) With Glass L _____ R _____

3. Blood Test: -
 Blood Group _____

4. Age _____

 D.O.B _____ / _____ / _____

 Blood Pressure _____

5. Any disease or deformities: -

He / she has no infectious disease or mental or bodily infirmity unfitting or likely to unfit his/ her in the future for active outdoor service or proves harmful for campus environment.

I find him /her fit to take part in all activities.

6. Marks of identification: -

I hereby certify that he / she is medically fit and does not suffer from any deformity disability.

Signature Of Candidate / Parents

Signature of Medical Officer
(With Stamp)

Medical Officer should have a Minimum of M.B.B.S. Degree

**Indira Gandhi Institution of Physical Education and Sports Sciences
School of Gymnastics**

B – Block, Vikas Puri, New Delhi – 110018

Contact detail

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Twitter:- <https://twitter.com/IGIPES1>

FB:- <https://www.facebook.com/profile.php?id=100081652260436>

Insta:- <https://www.instagram.com/igipess87>