

## **Benefits:**

### **The benefits of Gymnastics, for people with additional needs**

**The main benefits include the developing and improvement of:**

- |   |                           |
|---|---------------------------|
| • Strength of limbs                       | • Numeracy                |
| • Patience                                | • Communication           |
| • Co-ordination                           | • Independence            |
| • Self-confidence                         | • Balance                 |
| • Muscle tone                             | • Reaction speed          |
| • Self-image                              | • Eye contact             |
| • Relaxation                              | • Freedom of movement     |
| • Sense of achievement                    | • Stamina                 |
| • Spatial awareness                       | • Body awareness          |
| • Social awareness                        | • Consideration of others |
| • Trust and confidence in Coach/Assistant | • Colour recognition      |
| • Height and depth perception             | • Fun and enjoyment       |

### **How We Aim to Achieve These Benefits:**

We use the internationally recognised Winstrada development and award scheme which records and rewards progress. Primer Grades 1, 2 and 3 of this scheme are based on the Disability Gymnastics training course programme.

For those with profound and complex needs, we use the Authority Gymnastics Functional Index in conjunction with the Winstrada scheme.