

Physical Literacy Statement 2018

Here at Welsh Gymnastics we have been working hard to develop and enhance our understanding of physical literacy and how this fits into our ethos and objectives as a National Governing Body and what we feel can be a leading sport for physical literacy.

Gymnastics is a sport which not only provides opportunity to build an individuals' fundamentals at the start of their physical activity journey but offers opportunities for anyone throughout their life span. As an NGB we strive to increase opportunity and create positive role models who inspire and understand our ethos to develop the future of this sport. With its diverse opportunity and range of disciplines on offer gymnastics targets 36 out of 42 fundamental skills box identified by Sport Wales. We strongly believe this helps to demonstrate that gymnastics provides a gateway of opportunity to sport for everyone.

Through the development of physical literacy, gymnastics can benefit all individuals engaged with our sport. By evolving not only their physical competence but their social and personal skills, we help to cultivate life skills.

As identified by Sport Wales a key stage where targeting fundamental skills is most influential is for ages 3-7. Building the fundamentals will work towards increasing the likelihood of that child remaining within sport for life. With 35% of our current members within this age range it is crucial we start showcasing the impact gymnastics can have and the benefits of getting involved in early years gymnastics.

We want to target all key influencers within a child's life to ensure we are providing the best opportunity to increase the longevity of a gymnasts' involvement within our sport and physical activity as a whole. We are working alongside key partners to create and provide various avenues in which we feel will most benefit the gymnastics community.

'BUILDING FOUNDATIONS FOR AN ACTIVE LIFE'