

**Overall Aim**

GymFit is a programme which can be used to improve the general fitness and physical condition while improving gymnastics skills.

**Who is it for?**

There is beginner, intermediate and advanced work cards which work the upper body, lower body, core and cardio vascular system. The programme is flexible in application and is suitable for a wide range of ability groups. It can be adapted for use by small or large groups, individuals and disabled participants.

**Curriculum or Extra Curricular**

GymFit can take place in any gymnastics environment whether it be in curriculum time or during an extracurricular activity.

**How can GymFit help your school?**

* It can enhance and add new ideas to your current gymnastic provision.
* With over 100 exercises to choose from you can add a variety of activities to your sessions.
* It is a flexible, informal, non-traditional training opportunity which offers additional motivation for your participants.
* It will help to improve the fitness levels of your gymnasts
* It help the health and mental wellbeing of pupils
* Its fun, dynamic and challenging to all.