

KS1 Gymnastics Festival

Date	Wednesday 19 th November 2025
Time	Arrival from 9:15am for warm up and safety briefing and 9:30am Event runs 9:30-11:30am
Duration	2 Hours
Years	Years 1 and 2
Venue	Flic Flac Gymnastics Club, Charnock Richard PR7 5LP
Team size	Maximum 5 children per school
Gender	We encourage a mix of boys and girls
Format	A rotation of gymnastics activities including balance beams, vaulting, floor sequence, bars and conditioning/multiskills
Intent	Championing physical literacy Building confidence and important fundamental movement skills
Further considerations	<ul style="list-style-type: none">• All participants must be bare foot and in comfortable/ sporty clothing or PE kits with jewellery removed and long hair tied back• No preparation or experience necessary• Bring plenty of water and a snack if needed• Venue, parking, facilities and accessibility TBC
Awards	Certificate of participation for all