

# KS1 Gymnastics Festival

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