

BOUNCE

BADGE SCHEME

GUIDANCE PACK

INTRODUCTION

Building Strong Foundations, Developing Confident Gymnasts, Celebrating Every Journey.

OUR PURPOSE

The IGA Badge Scheme provides a clear, inclusive, and progressive pathway that supports long-term athlete development while celebrating individual achievement.

This framework ensures every child — regardless of ability, age, or learning style — can develop core skills, confidence, and a love for movement in a safe and supportive environment.

THE SCHEME PRIORITISES:

QUALITY OF MOVEMENT

CONFIDENCE

LONG-TERM PROGRESSION

SECURE SKILL DEVELOPMENT

INCLUSION AND ACCESSIBILITY

THE GUIDANCE PACK

This guidance pack is designed for gymnastics clubs and coaches delivering the IGA Bounce Badge Scheme. It provides clear instructions, step-by-step skill breakdowns, coaching tips, and assessment criteria to support gymnasts in learning, practising and safely achieving their badges.

The pack is intended to assist coaches, plan sessions, monitor progress and ensure consistent, high-quality teaching across all skill levels.



OUR LEVELS

FOUNDATION

The Foundation stage (Levels 15–11) supports early development in gymnastics. It focuses on building fundamental movement skills, body awareness, simple shapes and positions, listening skills, and basic coordination. Progression through these levels is based on a gymnast's developmental readiness rather than age, allowing each child to build confidence and essential skills before moving on to the Beginners stage.



BEGINNERS

The Beginners stage (Levels 10–6) introduces more structured gymnastics learning as gymnasts progress through the programme. At this level, gymnasts begin developing fundamental skills, are introduced to equipment, practice basic rolls and movement patterns, and build core strength and coordination. Progression focuses on developing good technique and understanding while maintaining enjoyment and creativity within training.



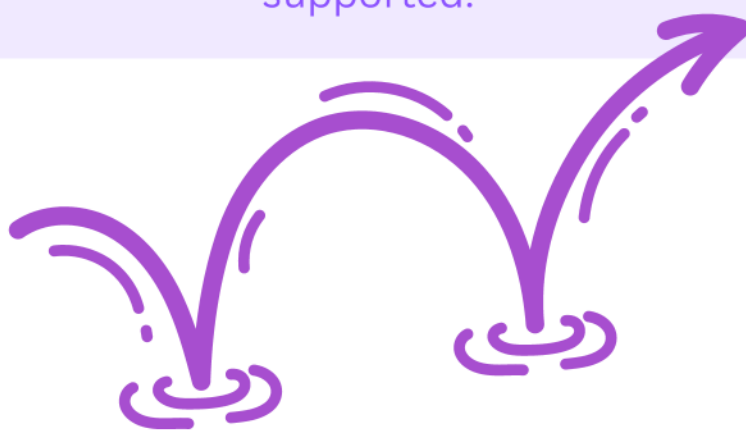
INTERMEDIATE

The Intermediate stage (Levels 5–1) is introduced once the skills from the Beginners stage have been confidently established. At this level, gymnasts demonstrate stronger body control, improved alignment, and more consistent shapes and positions while developing coordinated transitions between skills. Gymnasts begin working on more advanced movements such as cartwheels, handstands, linking skills together, and introducing greater dynamic elements. The focus is on refining technique, building consistency, and developing confidence in more complex skills.



ADVANCED

The Advanced stage (Bronze, Silver and Gold) is reached when gymnasts demonstrate a secure technical understanding, strong core control, and confidence in linking and performing skills. At this level, the focus moves toward precision, alignment, and more technical skill combinations, alongside continued development of strength and flexibility. These stages extend the pathway for gymnasts who show confident performance, strong body awareness, and consistent execution. Progression emphasises more demanding combinations, advanced linking of skills, and refinement of performance quality, with placement based on ability to ensure each gymnast is appropriately challenged and supported.



TRACKING PROGRESSION

The Advanced stage (Bronze, Silver and Gold) is reached when gymnasts demonstrate a secure technical understanding, strong core control, and confidence in linking and performing skills. At this level, the focus moves toward precision, alignment, and more technical skill combinations, alongside continued development of strength and flexibility. These stages extend the pathway for gymnasts who show confident performance, strong body awareness, and consistent execution. Progression emphasises more demanding combinations, advanced linking of skills, and refinement of performance quality, with placement based on ability to ensure each gymnast is appropriately challenged and supported.

To help gymnasts progress effectively, we recommend that gymnasts complete **at least 8 out of the 10 skills** within each badge before moving on to the next level.

This recommendation allows gymnasts to continue progressing while also ensuring they have developed a strong foundation before attempting more challenging skills. The badges are structured as progressions, with many of the earlier skills helping to prepare gymnasts for more advanced movements later in the scheme. For example, a skill in one badge may help develop the strength, shape, control or confidence needed for a more difficult skill in a higher badge.

Completing the majority of the skills before moving on helps gymnasts to:

- Build strong core foundations
- Develop safe and effective technique
- Improve strength, flexibility and coordination
- Gain confidence in their own ability
- Understand body positions and movement patterns
- Progress towards independent skill completion
- Reduce the risk of struggling with harder skills later in the scheme

Although the recommended guidance is 8 out of 10 skills, clubs may choose to adapt this number to suit their own environment, coaching structure, class timings or gymnast needs. For example, some clubs may prefer gymnasts to complete all 10 skills before moving up, while others may use a more flexible approach depending on the individual gymnast and the purpose of the class.

When making this decision, coaches should consider the gymnast's overall ability, confidence, safety, consistency and readiness to move forwards. A gymnast should not be moved to the next badge simply because they can complete a small number of skills quickly. Progression should be based on whether they have developed the necessary foundations to cope with the next stage of learning.

It is important to remember that skipping too many stages may make it more difficult for gymnasts as they move through the badge scheme. If a gymnast has not developed the required strength, flexibility, coordination or technical understanding at the earlier levels, they may find the higher badges more challenging and may need to revisit previous skills before they can progress safely.

TRACKING PROGRESSION

INCREASE AND REDUCE THE CHALLENGE!

Under every skill within the badge scheme, we have included guidance on how to make the skill easier and how to make the skill harder. This has been added to help coaches adapt each skill to suit the needs of individual gymnasts.

The **“reduce the challenge”** section allows gymnasts to work towards the skill in a positive and achievable way. Rather than repeatedly attempting a skill they are not yet ready to complete, gymnasts can practise a simplified version that still supports their development. This helps them feel more successful, builds confidence and prevents them from feeling as though they are failing.

Breaking skills down into smaller, achievable steps is an important part of gymnastics development. It allows gymnasts to build the strength, flexibility, coordination, understanding and body control needed to perform the full skill safely and correctly.

The **“increase the challenge”** section has been included to keep gymnasts challenged and engaged. Some children may take longer to achieve 8 out of the 10 skills required to pass a badge, especially if they find one or two skills particularly difficult. However, they may also find other skills within the same badge much easier.

In these cases, coaches can use the **“increase the challenge”** option to further develop a skill the gymnast has already achieved. This allows the gymnast to continue progressing, remain motivated and keep developing their abilities while they work towards completing the remaining skills in the badge.

This approach helps ensure that every gymnast can continue to be challenged at an appropriate level, regardless of whether they are working towards a skill, consolidating a skill or ready to extend their learning further.

Using the Tracking Sheets

To support clubs with monitoring progress, we have created tracking sheets that can be used alongside the badge scheme. These sheets allow coaches to record each gymnast’s progress clearly and consistently as they work through the skills within each badge.

The tracking sheets can be used to:

- Record when a gymnast has achieved each skill
- Track which skills still need further practice
- Note whether a skill has been completed with support or independently
- Monitor progress across a group or class
- Identify skills that may need to be revisited
- Help coaches decide when a gymnast is ready to move on to the next badge
- Support communication between coaches, gymnasts and parents/carers

A skill should only be marked as achieved when the gymnast can perform it safely, with good control and to the standard expected by the coach. Where possible, gymnasts should be encouraged to perform skills consistently, rather than completing them successfully only once.

CREATED WITH YOU IN MIND

The IGA Badge Scheme has been created with gymnasts, coaches and clubs at the heart of every decision.

We understand that every gymnast's journey is different. Some gymnasts will progress quickly, while others may need more time, support and encouragement to build confidence in their skills. This scheme has been designed to make that journey feel positive, structured and rewarding, helping gymnasts celebrate their progress at every stage.

Created by Bonnie and Heather, this scheme brings together extensive experience in gymnastics coaching, education, athlete development and club programme delivery. It has been carefully developed to support both the gymnast learning the skills and the coach teaching them.



BONNIE

Bonnie brings experience as a former national gymnast, development squad coach, tutor and choreographer. Her background gives her a strong understanding of performance, presentation, progression and the importance of helping gymnasts feel confident, capable and proud of their achievements.



HEATHER

Heather brings over 20 years of coaching and tutoring experience, alongside national coaching experience and the practical knowledge gained from managing a gymnastics centre. Her experience gives her a deep understanding of how skills can be taught, adapted and developed within real club environments.

Together, Bonnie and Heather have created this scheme to support safe, progressive and enjoyable learning. Each badge has been thoughtfully designed to help gymnasts build strong foundations, develop independence and progress at a pace that is right for them.

This scheme has also been created with coaches in mind. The progressions, guidance, easier and harder adaptations, tracking sheets and supporting graphics have all been included to help coaches deliver engaging, meaningful and well-structured sessions.

At the heart of the IGA Badge Scheme is a simple belief: gymnastics should be a positive and memorable experience. It should build confidence, celebrate effort and progress, and help every gymnast feel proud of what they are achieving.

This scheme has been created with you in mind — to support, guide and inspire gymnasts, coaches and clubs throughout their gymnastics journey.