



# TWIST & FLIP GYMNASTICS

National Curriculum Programme



## TWIST & FLIP

# WHY CHOOSE US

Welcome to Twist and Flip Gymnastics. Our organisation is dedicated to bringing gymnastics to schools across the UK.

Our National Curriculum program has been successfully running for the past decade, providing gymnastics opportunities for thousands of children across the UK, regardless of their background or ability.

Our program is trusted by hundreds of schools, and we are excited to continue spreading the joy of gymnastics to future generations.



**Call:** +44 (0) 1472 750012 | **Email:** [info@twistandflip.co.uk](mailto:info@twistandflip.co.uk) | **Website:** [twistandflip.co.uk](http://twistandflip.co.uk)



# TWIST & FLIP MISSION & VISION

## OUR MISSION:

To get as many children of all ages and abilities as possible to try the sport and be involved, resulting in growing grass roots gymnastics within the area. To provide a positive environment in which impacts the lives of children through the sport of gymnastics. While equipping them with tools not only for the sport but within daily life, by preparing them for the future.

## OUR VISION:

To see our gymnasts grow through increased self-confidence and experiences developed within our centre. To create an environment that will enable our development groups realise their potential in what could become our centre of excellence



*“According to a study conducted by **Sports England**, schools that use external providers to deliver sports sessions are more likely to see an increase in student participation in physical activity.*

*The study found that schools using external providers saw **an average increase of 7%** in student participation, compared to 5% for schools that did not use external providers”*

<https://www.sportengland.org/media/16059/active-lives-children-survey-academic-year-18-19.pdf>

**TWIST & FLIP**

# **ENCOURAGING PHYSICAL ACTIVITY AND SPORT IN SCHOOLS**

At Twist and Flip Gymnastics, we provide a safe, welcoming, and supportive environment for children to engage in gymnastics. Our programs can help to raise awareness of physical education and sports within your school community. We believe that offering pupils opportunities to participate in school lessons, outside competitions, and "Have a go" events is crucial in broadening their experiences with various sports and physical activities.

Our team is dedicated to working closely with schools, ensuring that our approach aligns with each school's specific needs and requirements. We incorporate physical activity into the school day by encouraging active travel to and from school, promoting active break times, and conducting active lessons and teaching. We recognise that physical activity plays a vital role in promoting a healthy lifestyle, and we are committed to supporting schools in their efforts to encourage physical activity and healthy living.

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*"A report by Ofsted found that schools that used external providers for sports session had **better overall ratings for the quality of their physical education provision** than schools that did not.*

*Specifically, the report found that **85% of schools that used external providers were rated as 'good' or 'outstanding'** for physical education provision, compared to just **62%** of schools that did not use external providers."*

<https://files.ofsted.gov.uk/v1/file/2061528>



# QUESTIONS?

**Get in touch today:**

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