



SESSION PACK



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CURRICULUM

PHYSICAL EDUCATION

Wolds delivers a structured PE curriculum programme across the academic year, including a clear roadmap and detailed individual session planning. The programme focuses on gymnastics, multi-skills, and bodyweight strength and endurance, and is tailored to meet the specific needs, priorities, and interests of each school.

Each session includes thorough planning, high-quality coaching, and ongoing progress tracking and reporting, alongside creative and engaging activities designed to motivate and challenge every pupils ability within your classes.

We also provide a range of flexible pricing options to ensure the programme remains accessible and affordable for every school.



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EXTRA CURRICULAR PHYSICAL EDUCATION

Our parent-funded extra-curricular sessions are delivered directly through Wolds as an external club provider. All bookings and payments are made by parents via our website, ensuring a simple and efficient system for both schools and families.

Schools are only required to provide an appropriate space for delivery and ensure a member of staff is on-site for safeguarding purposes throughout the session. This allows schools to offer high-quality extra-curricular provision with minimal administrative involvement.

Alternatively, schools can choose to fund these sessions directly at a fixed cost of £45 per session (maximum of 20 students), providing a simple and predictable pricing option.



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MOVE DAYS

We offer bespoke and engaging Move Days designed to get students active, involved, and having fun throughout the entire school day. These sessions can include a variety of activities such as gymnastics, multi-skills games, bodyweight strength and endurance goes and a range of dynamic games, all tailored to suit the age and ability of the pupils.

Move Days are highly enjoyable, energetic, and inclusive, giving children the opportunity to try different activities, stay active, and develop key physical skills in a fun and supportive environment. They are a great way to inspire a love of movement while ensuring large numbers of pupils are engaged and active across the day.



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ACTIVE CPD

Our Active CPD programme is delivered over a half-term period, allowing enough time for meaningful development for both pupils and staff. During this time, students learn directly from our professional coaches, building skills, confidence, and understanding through high-quality, practical PE sessions.

At the same time, school staff are actively involved in the sessions, developing their own coaching techniques, subject knowledge, and confidence in delivering physical education. This shared approach also helps to strengthen trust and communication between staff and students, particularly when working in more dynamic or physically challenging environments.

The result is a supportive, collaborative learning experience that benefits the whole school community, improving both teaching practice and pupil outcomes.



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GYMNASTICS

SUPPORTING

Gymnastics can sometimes feel like a challenging sport to support and deliver safely. At Wolds, we make it simple and accessible through practical, hands-on 2-hour CPD sessions designed to build confidence and understanding.

During these sessions, staff are guided through key skills such as handstands, cartwheels, rolls, and more, with a strong focus on correct technique and safe progression. You will also develop the knowledge and coaching strategies needed to reduce unnecessary risk and ensure safe practice in the gym environment.

The aim is to give staff the confidence and tools to support gymnastics effectively, making it safer, more structured, and enjoyable for all pupils.



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PUPIL INTERVENTION

Do you have a student who is falling behind in key skills needed for their development? We offer targeted intervention sessions designed to give these children the opportunity to focus on and improve these essential skills, working closely with our expert coaches.

These sessions provide tailored support in a positive and encouraging environment, helping pupils build confidence, close gaps in learning, and make meaningful progress at their own pace.



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EXTERNAL GYMNASTICS

Give your students an unforgettable PE experience in a fully equipped gymnastics club environment. With access to specialist equipment including rings, air tracks, foam pits, vaults, bars, and expert coaching, pupils are immersed in a high-quality setting that goes far beyond the standard school experience.

These sessions are designed to be exciting, challenging, and above all, fun!

We aim to help students build strength, confidence, coordination, and teamwork in a motivating and supportive environment. More importantly, they often spark a genuine passion for gymnastics and physical activity, inspiring many pupils to continue participating in sport outside of school and into after-school clubs and community settings.

By experiencing what's possible in a professional gymnastics facility, students not only develop key physical skills but also begin to see sport as something they can enjoy long-term, helping to foster a lifelong love of being active.



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