



EKGA Awesome Challenge *Social Story*





Welcome

I am going to the EKGA Awesome Challenge!

This will be a fun Gymnastics day.

I will see coaches, other gym kids and families.

I might feel excited, happy or a little nervous.

That's ok.

The Coaches will help me.

What I wear



I will wear my usual gymnastics clothes.

I will wear my hair the same as I do for gym class.

I won't wear any jewellery or watches.



Arriving



The Challenge is in the “Big Gym.”

**This might be a different building from my normal class.
There might be lots of people waiting, so we might have to line
up at the door.
I will stay with my grown up.**



Check In

When we get inside, a Coach will find my name on the list.
They will write my group number on my hand.
I will give my shoes and socks to my parents .
I will hold onto my waterbottle and go and line up at the gate.
A coach will show me where to go.



Finding my group

A Coach will show me:

- **Where my group is**
- **Which tub to put my water bottle in**
- **Where to sit**

I will sit with my group on the mat.

My grown-up will stay in the seating area.



The Audience

**The grown-ups will be our audience.
They sit in the seating area and can cheer for me.
I might hear clapping or cheering.
Clapping means people are proud of us.
It might be loud.**



Warm-Up

First, we will do a warm up.
We stand up and spread out in a line.
A Coach will stand at the front.
The Coach will show me what to do.
I will watch and copy.



Presenting

After warm-up, my group will line up.

We will all face the audience.

When my group number is called we will do a “Present.”

I can stand up straight with strong arms.



Challenge Time

Then my group will go to one part of the gym.

A judge will be there.

The judge will tell us who is going first.

A coach will show us the routine.

The coach will show us where to start and finish.



Waiting

**I will need to wait for my turn.
Whilst I wait, I will sit nicely with my group.
I can watch my friends.
When they finish, I can clap and cheer for them.**



My Turn

When the judge says my name , it is my turn.

First I will do a present to the judge.

Then I will do my routine. The judge will watch me.

I will try my best. If I forget something, that is ok.

If I make a mistake, I can keep going.

Then when I finish, I do another present.



My Stars

The judge will give me a star sticker for each activity.

I might get a Gold, Silver or Bronze star.

All of these are ok.

The stars show how I went on the day.

The judge will stick my stars on a certificate.

I will find out my stars at home time.



Moving to the next activity

When everyone has had a turn, we will move to the next activity.

The Coach will show us where to go.

We will walk in a line.

I will stay with my group.



The next activity

At each new activity we will do the same things again.

Watch the coach show us the routine,

Wait with my group until it is my turn.

Present to the judge.

Do my routine.

Present again when I finish.

Wait until everyone is finished.



Results

When we have finished, it is time for medals.

We will sit on the mat and wait.

We will have to wait quietly whilst the Judges get the medals ready.

We might see a performance or have a special visitor whilst we are waiting.



Medals

When my name is called I will stand on the box.

A Coach will put my medal around my neck.

I can feel proud of myself.

**I will stay standing on the box until the coaches tell me
to sit down.**



Photos

When I am standing on the box, I will face the audience.

I can smile at my grown-up.

The grown-ups in might take photos.

The Coaches will take a photo of the whole group together.



Home Time

When all the medals have all been given out the Challenge is finished!

I will get my water bottle.

My coach will take me to the gate.

My grown-up will meet me outside.

Then I can go home.



I Am Ready!

I do not need to remember everything.

The coaches will help me.

They will tell me what to do.

I can listen, try my best and have fun.

I am ready for the EKGA Awesome Challenge.