

Boys Club Badges



gymsports

LEARN TO GYM

Badges 1-4

Week 9 and 10

Lesson Plan Structure:

Weeks 1-8

Rotation 1:

1. 'strong stretching' - 2-3 minutes
2. Explain and begin 5 station circuit - 17 minutes

Rotation 2:

1. Explain and begin 5 station circuit - 20 minutes

Rotation 3:

1. Explain and begin 5 station circuit - 20 minutes

Weeks 3-4

Tough Time at Pbars

Weeks 7-8

Tough Time at Rings

Weeks 9-10

Revision weeks for filming

Tough Time:

Tough Time - 1 point awarded to the best quality for each activity. (most points becomes the champion). All activities done on coaches count.

Week 3-4:

1. Push ups x 10 - straight body, chest to ground.
2. Sit ups x 10 - arms by sides, all the way up and down.
3. V-ups x 10 - from soldier to V position, straight legs.
4. Chin ups x 5 - from hang to chip up. Straight arms at bottom, chin above bar.

Week 7-8:

1. Dish hold 20 seconds
2. Tuck ups on wall bars x 10
3. Chin up hang x 10 seconds.
4. Burpees x 10

Floor revision week

Activity 1 skill revision

Jump Hurdle Round off	
1	Squat start, tuck handstand x 3 (assisted)
2	Squat start, tuck handstand x 3 (assisted)
3	Star start, cartwheel hands on box, finish in star (assisted or unassisted)
4	Star start, cartwheel hands on box, finish in star (assisted or unassisted)

Activity 2 skill revision

Handstand forward roll	
1	Rocket start, forward roll down wedge, finish tuck
2	Rocket start, forward roll down wedge, finish tuck
3	Rocket start, forward roll on floor, finish tuck (asisted or unassisted)
4	Rocket start, forward roll on floor, finish tuck (asisted or unassisted)

Activity 3 skill revision

Backward roll to front support	
1	Tuck rocks x 3 place hands flat on the floor
2	Tuck rocks x 3 place hands flat on the floor
3	Sitting start, tucked backwards roll down slope finish angry cat (assisted or unassisted)
4	Sitting start, tucked backwards roll down slope finish angry cat (assisted or unassisted)

Activity 4 skill revision

4 Jump 1/1 turn	
1	Spring start, rocket jump finish landing shape (assisted or unassisted)
2	Spring start, rocket jump finish landing shape (assisted or unassisted)
3	Spring start, rocket jump forward off 30cm finish landing shape
4	Spring start, rocket jump forward off 30cm finish landing shape

Rings revision week

Activity 1 skill revision

Cast into swings (rings)	
1	Candle hold 10 seconds on rings
2	Candle hold 10 seconds on rings
3	Back swing shapers x 10 on floor (arch rocks with straight arms)
4	Back swing shapers x 10 on floor (arch rocks with straight arms)

Activity 2 skill revision

L support (rings)	
1	Front support on low rings
2	Front support on low rings
3	3 push ups in front support on low rings
4	3 push ups in front support on low rings

Front support wobble board challenge

Level 1 - Front support with hands on ground feet on wobble board 15 seconds

Level 2 - Front support with hands on wobble board feet on ground 15 seconds

Level 3 - Front support with hands on wobble board feet on ground bean bag on back 15 seconds

Pbars revision week

Activity 1 skill revision

Basket kip (pbars)	
1	Candle hold 10 seconds on pbars
2	Candle hold 10 seconds on pbars
3	Basket hold 10 seconds on pbars (hands on the inside)
4	Basket hold 10 seconds on pbars (hands on the inside)

Activity 2 skill revision

Support swing to 45 (pbars)	
1	Support hold on pbars 20 seconds
2	Support hold on pbars 20 seconds
3	Support start, mini support swings x 5
4	Support start, mini support swings x 5

1	1 Circle on mushroom
1	Spoon shape start, walk to 1/4, 1/2, 3/4, finish spoon shape (3 seconds each position)
2	Spoon shape start, walk to 1/4, 1/2, 3/4, finish spoon shape (3 seconds each position)
3	Spoon shape start, feint 1/4 circle mushroom (can be assisted)
4	Spoon shape start, feint 1/4 circle mushroom (can be assisted)

Vault revision week

Activity 1 skill revision

Front Salto to 60 cm height	
1	T start, 3 steps jump to land rocket on board
2	T start, 3 steps jump to land rocket on board
3	T start, run rocket jump to land on board finish landing shape
4	T start, run rocket jump to land on board finish landing shape

Dive roll levels

Level 1 - Rocket jump up to 60 cm

Level 2 - Forward roll up to 60 cm

Level 3 - Dive roll up to 60 cm

Pit activity

Level 1 - Sprint, rocket jump into the pit

Level 2 - Sprint, tuck jump into the pit

Level 3 - Sprint, full turn into the pit

Tumble Tramp revision week

Activity 1 skill revision

Handspring on TT	
1	Arch rocks x 5
2	Arch rocks x 5
3	Donkey kicks from knees x 5 (trampoline)
4	Donkey kicks from knees x 5 (trampoline)

Activity 2 skill revision

Back salto on tramp	
1	Soldier rebounds backwards on TT
2	Soldier rebounds backwards on TT
3	Tuck jumps x 5 on tramp
4	Tuck jumps x 5 on tramp

End tramp

Level 1 - Forward roll up to 60 cm

Level 2 - Dive roll up to 60 cm

End TT

Level 1 - Spotted handstand flatback into pit

Level 2 - Handstand flatback into pit

High Bar revision week

Activity 1 skill revision

	Underswing to 3 long swings
1	Dish and arch hold on bar 5 seconds
2	Dish and arch hold on bar 5 seconds
3	Dish to arch tension swings x 5 (assisted)
4	Dish to arch tension swings x 5 (assisted)

Activity 2 skill revision

	Cast back hip circle
1	Dish hold on floor 5 seconds
2	Dish hold on floor 5 seconds
3	Support start, mini casts x 3
4	Support start, mini casts x 3

Activity 3 skill revision

	Chin up pull around, forward roll to L hang 3 seconds
1	Bent arm hang on bar 5 seconds
2	Bent arm hang on bar 5 seconds
3	Pull over with box finish support (assisted or unassisted)
4	Pull over with box finish support (assisted or unassisted)

Pit bar

Level 1 - Kick into 5 longs swings

Level 2 - Kick into 5 longs swings with foam in feet