

Boys Club Badges



gymsports
LEARN TO GYM

***Badges 5-8
Week 1 and 2***

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 week 1 and 2



1. Round off flic stages (see back)
2. Star shape with heels on Yurchenko box and shoulders on 30cm box.
 Level 1 - Place 2 foam blocks on stomach, hold for 15 seconds.
 Level 2 - Place 3 foam blocks on stomach, hold for 15 seconds.
 Level 3 - Place 4 foam blocks on stomach, hold for 15 seconds.
3. Straddle pancake with bottom against wall, reach forward to hold cones out as far as possible for 10 seconds. Mark your record distance.



4. Forward roll challenge down wedge.
 Level 1 - Start T, forward roll to finish in T.
 Level 2 - Forward roll with bean bag in feet.
 Level 3 - Forward roll with bean bag in feet and knees.
 Level 4 - Forward roll with bean bag in feet, knees and under chin.
5. Badge 1 + 2 - Tuck bunnies between the velcro lines with bean bag in feet.
 Badge 3 + 4 - Straddle bunnies between the velcro lines, straight arms and legs.

Coaching points:

Focus on starting and finishing positions being correct for the round off stages before moving gymnasts on.

Tuck bunnies and straddle bunnies with straight arms and grippy fingers.

Round off flic stages:

1. Mini cartwheel over box. Start in rocket, finish in star.
2. Cartwheel over box with straight arms and legs. Start in rocket, finish in star.
3. Cartwheel around semi circle with straight arms and legs. Start in rocket, finish in star.
4. Cartwheel along straight line with straight arms and legs. Start in rocket, finish in star.
5. Cartwheel snap up. Start and finish in rocket.
6. Jump hurdle cartwheel snap up.
7. Jump hurdle round off over 30cm box.
8. Jump hurdle round off with push back.
9. Jump hurdle round off with spotted flic to stomach.

Rings week 1 and 2

1	2	3
		

1. Cast into swings stages (see back).
2. Dorsal challenge (rings):
 - Level 1 - Begin in hang, jump through to dorsal and pick up the top foam block from a stack of 3 - return to hang.
 - Level 2 - Pick up the top foam block from a stack of 2.
 - Level 3 - Pick up the foam block from a stack of 1.
 - Level 4 - Pick up 1 kg medicine ball weight.
3. Floor space. Arch rock with straight legs x 10 to try touch the block with feet.

4	5	

4. Mushroom circle:
 - Level 1.** Walk through all positions to finish in front support (low hips in this position)
 - Level 2.** Begin in feint position, 1/4 circle to side support
 - Level 3.** Begin in feint position, 1/4 circle to side support, walk to finish in back support

Coaching points:

Focus on rings swings being strong and tight (height not important).
 Dorsal challenge may need some assistance.

Cast into swings stages:

1. Tuck hold for 10 seconds
2. Tuck hold 5 seconds, show L, 3 swings, finish landing shape
3. Tuck hold, show L, 3 swings, pike up to candle on final swing
4. Tuck hold, show L, 3 swings, pike up to candle, 2 swings, finish landing shape
5. Tuck, lift to candle, pike lower into 3 swings
6. Tuck, lift to candle, straight arm cast to 5 swings
7. Tuck, lift to candle, 1/2 dorsal, straight arm cast into 5 swings
8. Tuck lift to candle, dorsal, straight arm cast into 5 swings
9. Tuck, lift to candle, dorsal, small arm bent cast into 5 swings
10. Tuck, lift to candle, dorsal, bent arm cast into 5 swings

Pbars week 1 and 2

1	2	3
		
1. Kip stages (see back). 2. Pbars challenge - 3 swings between noodles with bean bag in feet, shoot bean bag for bucket. 1 point for each score. 3. High pbars - monkey walk with bean bag between feet, drop to perfect landing. 1 point awarded if bean bag stays in and landing holds for 3 seconds.		
4	5	
4. Pbars challenge - Upper arm tuck hold for 5 seconds - Upper arm tuck hold with foam block on knees for 5 seconds - Upper arm tuck hold with foam block on knees for 10 seconds		
Coaching points:		

Kip stages:

1. Glide swing from box to return
2. Glide swing from box to basket position
3. Spotted jump from stand into basket
4. Jump from stand into basket
5. Jump from stand into basket, return to stand
6. Spotted basket kip to straddle
7. Basket kip to straddle
8. Spotted glide kip to straddle
9. Glide kip to straddle
10. Glide kip to support

Vault week 1 and 2

1	2	3
		

1. Front salto stages (see back).
2. Rocket launch laying on trolley, pushing off spring board. Mark your record.
3. Sprint into pit, land with feet in front of body.

4	5	
		

4. Pbars challenge:
 Level 1 - 5 chin ups with knees over bars.
 Level 2 - 5 chin ups with feet over bars.
 Level 3 - 5 chin ups
5. At wall - Bunny hop x 3 to finish with feet over the line (stomach facing the wall).
 Bean bag between feet.

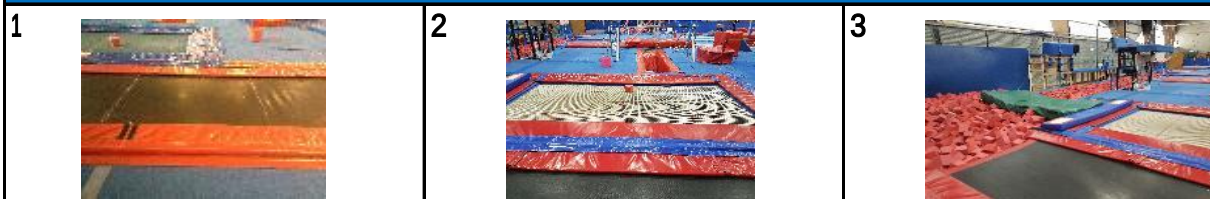
Coaching points:

On front salto stages, spend plenty of time making sure gymnasts understand how to arm circle.
 Rocket launch activity can be slow - move some gymnasts on if need.

Front salto stages:

1. Jump to 60cm (showing take off from 1 foot and jump with 2 feet). Finish Landing shape
2. Rocket jump to 60cm, finish landing shape
3. Rocket jump to 90cm, finish landing shape
4. Rocket jump to 90cm, into immediate forward roll. Finish in tuck shape
5. Forward roll to 90cm with fast run
6. Forward roll with straight arms and legs. Finish in L shape
7. Handstand flat back, finish in rocket on back
8. Spotted front salto to 90cm
9. Front salto to 90cm
10. Front salto to 60cm

TT - Pit week 1 and 2



1. Handspring on Tumble Track stages (see back)
2. Donkey kick x 5 with foam between knees on tramp.
3. Rocket jump stick challenge, from tramp to mat in pit. 1 point awarded for each stuck landing.



4. Jump turn challenge with foam in feet - end of TT.
 Level 1 - Jump 1/2 turn to stick landing.
 Level 2 - Jump 1/1 turn to stick landing.
 Level 3 - Jump 1 1/2 turn to stick landing.
5. Scorpion challenge along the side of the pit. Scorpion kicks between the velcro lines without falling and with top leg straight.

Coaching points:

If on pit:

- Do activity 2, 3, 4 and 5.
- Activity 4 to be done into pit near the ropes

Handspring on TT stages:

1. Spotted Kick to handstand
2. Spotted step handstand flatback into the pit
3. Step handstand flatback into pit
4. Hurdle handstand flatback into pit
5. Hurdle spotted handspring into pit
6. Hurdle handspring into pit
7. Spotted hurdle handspring to crash mat in pit
8. Hurdle handspring to crash mat in pit
9. Hurdle spotted handspring on TT
10. Hurdle handspring on TT

High Bar week 1 and 2



6 Stations - 3 minutes for each

1. Giant swing stages at U-pit rail (see back)
2. Rope, ground bar and 30cm box set up at low rail.
 Level 1 - front support hold with feet on rope 20 seconds
 Level 2 - front support marches x 10
 Level 3 - front support rock to long support x 3
3. Rope climb challenge.
 Level 1 - With feet to the top.



4. Fitball push up challenge:
 - Stomach on fitball, push up on ground bar.
 - Knees on fitball, push up on ground bar.
 - Feet on fitball, push up on ground bar.
5. Dish hold with foam block in feet, 10 seconds.
6. Floor mushroom: 1/4 circle x 5 finishing in straight side support.

Coaching points:

Giant swing stages (u-pit):

1. Mini swings with loops
2. Begin in dish stand on edge, jump into 3 dish swings
3. Begin in dish stand on edge, jump into 1 dish swing and return to stand
4. Begin in dish stand on edge, jump into 3 swings with arch tap and return to stand
5. Cast into 3 swings
6. Kick start (L, arch, V) into 3 swings
7. Undercast into 3 swings
8. Spotted cast to handstand, lower into 3 swings
9. Spotted cast to handstand, swing down into 3 swings
10. Spotted giant from handstand