

## ***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

# ***Boys Club Badges***



***gymsports***  
LEARN TO GYM

***Badges 5-8  
Week 3 and 4***

## Floor week 3 and 4

|                                                                                   |                                                                                   |                                                                                     |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| <b>1</b>                                                                          | <b>2</b>                                                                          | <b>3</b>                                                                            |
|  |  |  |

1. Handstand Forward Roll stages (see back)
2. Bunny lever challenge
  - Level 1 - Bunny lever on ground bars 5 seconds
  - Level 2 - Bunny lever on floor 5 seconds
  - Level 3 - Bunny lever with floor beam under feet 5 seconds
3. Velcro on blue wall
  - Level 1 - With hands on the ground walk feet from one side to the other keeping feet above line
  - Level 2 - Same as above but with foam block between feet.

|                                                                                    |                                                                                    |  |
|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|--|
| <b>4</b>                                                                           | <b>5</b>                                                                           |  |
|  |  |  |

4. Candle rock challenge
  - Level 1 - Candle rock shoot foam into bucket with bent legs
  - Level 2 - Candle rock shoot foam into bucket with straight legs
5. Front support trolley walk through bean bag minefield

### Coaching points:

Make sure to spot the handstand forward roll stages for the gymnasts confidence, especially from the tucked handstand forward roll stage on.

**Handstand Forward Roll stages:**

1. Forward roll down wedge to finish in tuck shape.
2. Forward roll down wedge with bean bag in feet.
3. Forward roll on floor to finish in tuck shape.
4. Forward roll on floor to finish in rocket.
5. L handstand, forward roll to finish in rocket.
6. Walk up wall to handstand, forward roll to finish in rocket.
7. Spotted handstand forward roll down wedge.
8. Handstand forward roll down wedge.
9. Spotted handstand forward roll on floor.
10. Handstand forward roll on floor.

## Rings week 3 and 4

|          |                                                                                   |                                                                                     |
|----------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| <b>1</b> | <b>2</b>                                                                          | <b>3</b>                                                                            |
|          |  |  |

1. L support stages (see back).
2. Low rings push up challenge
  - Push up from knees x 5
  - Push up from feet x 5
  - Push up from feet raised x 5
3. Back swing shape on wedge

|          |          |  |
|----------|----------|--|
| <b>4</b> | <b>5</b> |  |
|          |          |  |

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:

Back swing shape in activity 3, arch shape with rings out to the side.

**L Support on Rings stages:**

1. Front support on low rings 10 seconds
  2. 3 push up in front support on low rings
  3. Straight body support on rings, 5 seconds
  4. Tuck support on rings, 5 seconds
  5. 45' L support on rings, 5 seconds
  6. L support on rings, 5 seconds
-

## ***Pbars week 3 and 4***

|   |   |   |
|---|---|---|
| 1 | 2 | 3 |
|---|---|---|

1. Tough Time - as listed in Lesson Plan Structure

|   |   |  |
|---|---|--|
| 4 | 5 |  |
|---|---|--|

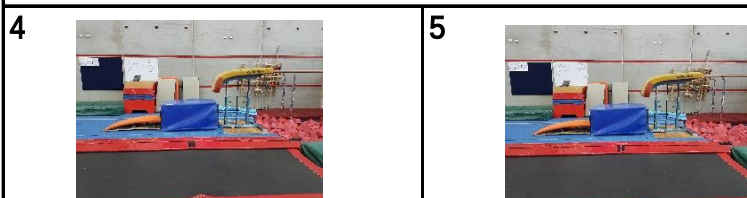
|  |
|--|
|  |
|  |



## Vault week 3 and 4



1. Back flip stages (see back).
2. Floor bar - press from front support to pike and shoot slippery sheet for goal
3. Landing challenge off spring board
  - Rocket
  - Tuck
  - Star
  - Half turn
  - Full turn



4. Rocket jump up onto box perfect landing, straight legs
5. Vault table - either jumping backward or falling backward into pit.

**Coaching points:**

Falling backward into the pit with arms by sides or crossed in front of body.

**Back flip stages:**

1. Stand at wall, move to sit at wall.
2. From stand, sit at box, push to rocket on back.
3. Spotted flip to handstand over cylinder.
4. Flip to handstand over cylinder.
5. Flip to handstand over cylinder, push to stomach on large soft blocks.
6. Spotted flip to handstand on large soft blocks
7. Spotted flip to handstand, push to stomach on large soft blocks
8. Spotted flip to feet on large soft blocks
9. Spotted flip from mini tramp onto large soft blocks
10. Flip from mini tramp onto large soft blocks

## TT - Pit week 3 and 4

|                                                                                   |                                                                                   |                                                                                     |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| <b>1</b>                                                                          | <b>2</b>                                                                          | <b>3</b>                                                                            |
|  |  |  |

1. Backsalto stages (see back)
2. Backward roll off edge of TT into pit.
3. Throw foam block, backward roll down wedge to catch. 1 point for each catch.

|                                                                                    |                                                                                    |  |
|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|--|
| <b>4</b>                                                                           | <b>5</b>                                                                           |  |
|  |  |  |

4. Jump from blue tramp into pit, while in the air partner to throw foam block to catch.
5. TT add ons (work through the stages)
  - rocket jump
  - star jump
  - tuck jump
  - seat drop

### Coaching points:

If on pit:

- Do activity 4 at the edge of the pit
- Leave out activity 5

**Back salto on tramp stages:**

1. Tuck line outs x 5
2. Begin in squat, jump into back drop shape on mat
3. Begin in squat, jump into back drop shape
4. Backward roll on tramp spotted
5. Backward roll on tramp
6. Begin in squat, backward roll with bounce
7. Spotted rocket to inverted tuck shape, finishing on large blue box
8. Backsalto spotted
9. Backsalto with coach standing in
10. Backsalto

## High Bar week 3 and 4



**6 Stations - 3 minutes for each**

1. Back hip circle undercast stages (see back)
2. Low bar - cast x 3 with bean bag in feet
3. Low bar - Forward roll challenge
  - Level 1 - Forward roll to tuck with foam in feet (without touching ground)
  - Level 2 - Forward roll to tuck with foam in feet, lift feet to touch bar
  - Level 3 - Forward roll to L with foam in feet
  - Level 4 - Forward roll to L with foam in feet, lift feet to touch bar



4. On rope (competition bar)
  - Inverted hang on rope x 10 seconds
  - Climb rope upside down
5. Ground bar front support feet on fit ball
  - 10 marches
  - 10 marches with grip change
6. Floor mushroom: 1/4 circle x 5 finishing in straight side support.

**Coaching points:**

Some gymnasts may be tentative with the back hip circle stage. Allow them to progress when feeling comfortable.

**Back hip circle underswing stages:**

1. Loops on, strong support position on bar x 5 seconds.
2. Spotted support to inverted hang.
3. Support, spotted slow circle around bar.
4. Cast, stop, spotted circle around bar.
5. Cast, spotted back hip circle.
6. Cast back hip circle.
7. Cast back hip circle, coach spot to inverted hang after circle.
8. Cast bouncer into swing.
9. Cast back hip circle undercast spotted.
10. Cast back hip circle.