

Boys Club Badges



gymsports

LEARN TO GYM

*Badges 5-8
Week 5 and 6*

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 5 and 6



1. Backward roll to handstand stages (see back)
 2. Tuck rock timer - Tuck rock with straight arms, how hard can you hit hands onto the ground?
 3. Log roll with foam in feet and above head. If foam drops its the end of a go.
- Level 1 - Rolling with allowing arms to come to closed dish.
Level 2 - Rolling with foam staying above head.



4. 30 cm box
Level 1 - Rocket jump off
Level 2 - 1/2 turn off
Level 3 - 1/1 turn off
5. Front support side walk challenge. Keeping hands and feet over lines.

Coaching points:

Assist with tuck rock timer to make sure gymnasts understand how to do this

Backward roll to handstand stages:

1. Backward roll spotted down wedge
2. Backward roll to squat down wedge
3. Backward roll to star with straight arms down wedge
4. Backward roll to front support with straight arms down wedge
5. Backward roll to front support with straight arms on floor
6. Backward roll to front support up to 30 cm height
7. Backward roll to front support up to 60 cm height
8. Backward roll to handstand down wedge
9. Backward roll to handstand spotted on floor
10. Backward roll to handstand

Rings week 5 and 6

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1. Cast into swings stages (see back).
2. Rings - 5 long swings with foam in feet to shoot foam for bucket on last front swing.
3. Low floor bars:
 - Level 1: Front support with feet on box.
 - Level 2: Tuck support for 5 seconds.
 - Level 3: L support for 5 seconds.

4	5
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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:

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 5 and 6

1	2	3
		

1. Kip stages (see back).
2. Low pbars - penguin walk levels:
 Level 1: Penguin walk forward.
 Level 2: Penguin walk forward with bean bag in feet.
 Level 3: Penguin walk backward with bean bag in feet.
3. Pbars:
 Level 1: Lift knees to lift noodle of the bars for 5 seconds.
 Level 2: Straight leg lift to lift noodle off bars for 5 seconds.

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4. Ground space:
 Begin in L shape holding foam blocks above head, rock to candle keeping arms by ears x 5.

Coaching points:

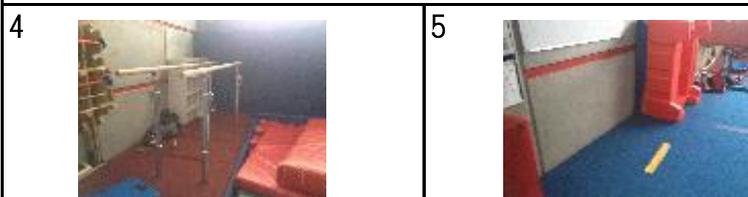
Kip stages:

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

Vault week 5 and 6



1. Front salto stages (see back).
 2. Into pit- short run jump on spring board, forward roll down large green wedge to land in pit.
 3. Bean bag landing challenge - 1 point for each landing with bean bag staying on head.
- Level 1:** Jump off spring board forward with bean bag on head.
Level 2: Jump backward.
Level 3: Half turn.



4. Pbars challenge:
Monkey walk from one end to the other with hands and feet on bars and foam block on stomach.
5. Back support at wall, walk feet up as high as possible to hold for 5 seconds.

Coaching points:

On front salto stages, spend plenty of time making sure gymnasts understand how to arm circle.

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 5 and 6



1. Handspring on Tumble Track stages (see back)
2. Tramp with foam block
 - Level 1 - Angry cat to front drop to angry cat
 - Level 2 - Angry cat to front drop to soldier
 - Level 3 - Angry cat to front drop to 1/2 turn to soldier
3. Off tramp
 - 3 bounce forward roll up to height
 - 3 bounce forward roll with straight arms and legs
 - 3 bounce handstand flat back



4. TT - spotted handstand flat back to finish on crash mat
5. Floor space
 - Front support bounces on spring board x 5 with straight arms
 - Front support bounces with straight arms with claps

Coaching points:

If on pit:

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

Handspring on TT stages:

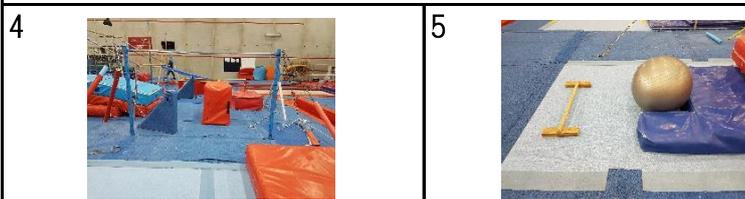
1. Spotted Kick to handstand
2. Spotted step handstand flatback into the pit
3. Step handstand flatback into pit
4. Hurdle handstand flatback into pit
5. Hurdle spotted handspring into pit
6. Hurdle handspring into pit
7. Spotted hurdle handspring to crash mat in pit
8. Hurdle handspring to crash mat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

High Bar week 5 and 6



6 Stations - 3 minutes for each

1. Chin up pull over stages (see back)
2. Low bar
 - Level 1 - pull over with box
 - Level 2 - Pull over from ground.
 - Level 3 - pull over with straight legs
3. Ground bar front support feet on fit ball
 - 10 marches
 - 10 marches with straight arms



4. Floor mushroom: 1/4 circle x 5 finishing in straight side support.
5. Dish rocks with bean bag in feet.
6. On ropes
 - Level 1 - Kick pull over showing candle, basket, touch floor and return.
 - Level 2 - Same as above with foam in feet.
 - Level 3 - Same as above with straight legs

Coaching points:

1 gymnast at a time on the platform

Chin up pull over forward roll to front lever stages:

1. 5 chin ups with feet on each side of U-pit
2. 5 chin ups with feet on each side of U-pit, spotted pull over
3. 5 chin ups with feet on each side of U-pit, pull over
4. 5 chin ups in hang, kick to pull over
5. 5 chin ups in hang, spotted pull over
6. Chin up pull over
7. Chin up pull over, forward roll to tuck hang hold
8. Chin up pull over, forward roll to L hang hold
9. Chin up pull over, forward roll to spotted front lever
10. Chin up pull over, forward roll to front lever