

Boys Club Badges



gymsports

LEARN TO GYM

*Badges 5-8
Week 7 and 8*

Floor week 7 and 8



1. Round off flic stages (see back)
2. Cartwheel challenge:
 - Cartwheel over foam blocks along bent velcro line.
 - Cartwheel over foam blocks along straight line.
3. Trolley walk from one line to the other:
 - Front support walking.
 - Front support pops.



4. Jump 1/2 turn up onto 30cm box with beanbag between feet.
5. Forward roll down wedge with legs in star shape and holding foam block. After roll immediatly shoot block to get into bucket. 1 point for sucessful shot.

Coaching points:

Focus on starting and finishing positions being correct for the round off stages before moving gymnasts on.
Cartwheel challenge only upgraded on straight arms and legs cartwheel

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.
10. Jump hurdle round off flic spotted.

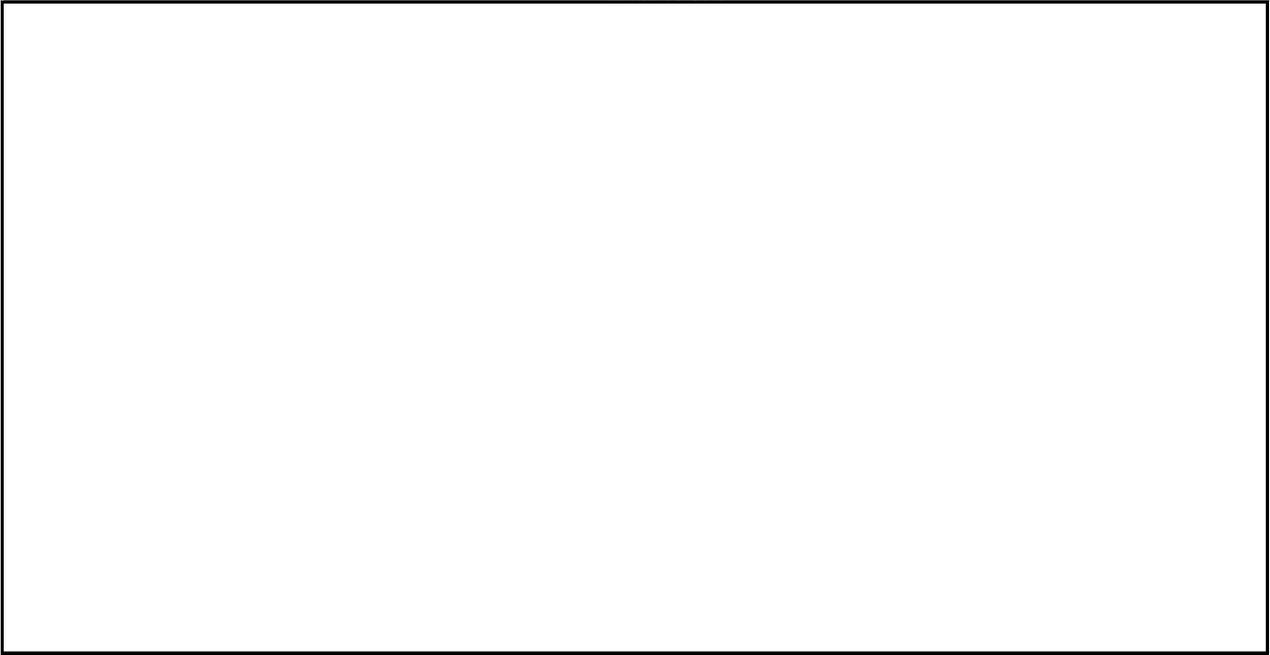
Rings week 7 and 8

1	2	3
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1. Tough Time - as listed in Lesson Plan Structure

4	5	
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Coaching points:



Pbars week 7 and 8

1	2	3
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1. Kip stages (see back).
2. Pbars challenge - crab walk forward along pbars with bean bag on stomach. Once in the middle, turn to face backward and continue backward the rest of the way. 1 point awarded if bean bag stays on.
3. Ground space:
Begin in L shape holding foam blocks above head, rock to candle keeping arms by ears x 5.

4	5	
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4. Pbars challenge
 - Upper arm tuck hold for 5 seconds
 - Upper arm tuck hold with foam block on knees for 5 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 7 and 8

1



2



3



1. Back flip stages (see back).
2. Spring board rebounds over 5 boards with foam in feet.
3. At edge of pit, jump backward into rocket shape, landing on back in pit. How far can you jump.

4



5



4. Chin up challenge:
 - Level 1 - monkey chin up at end, walk to middle, monkey chin up, walk to end, monkey chin up.
 - Level 2 - hanging chin up at end, walk to middle, monkey chin up, walk to end, monkey chin up.
 - Level 3 - hanging chin up at end, walk to middle, hanging chin up, walk to end, hanging chin up.
5. Slug walk from one line to the next

Coaching points:

Arms in soldier or crossed in front when falling into pit.

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 7 and 8



1. Backsalto stages (see back)
2. Edge of pit, 3 rocket jumps to perform tuck jump backward into pit with foam in feet. During tuck jump transfer the foam from feet to hands.
3. Jump from tramp onto 30cm box in the pit, then attempt to balance for 3 seconds



4. Begin in rocket shape laying on 30 cm box (shoulder off box). Backward roll off.
5. Roll dice to see which number circle you must jump over. Each time aiming to get to home base.

Coaching points:

If on pit:

- Do activity 1,2,3 and 4.

Back salto on tramp stages:

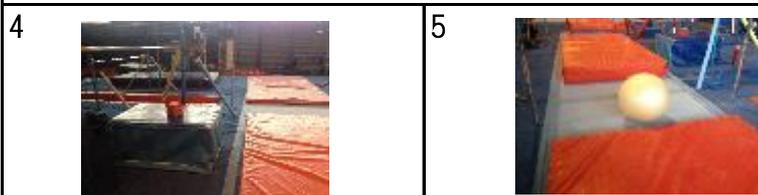
1. Tuck line outs x 5
2. Begin in squat, jump into back drop shape on mat
3. Begin in squat, jump into back drop shape
4. Backward roll on tramp spotted
5. Backward roll on tramp
6. Begin in squat, backward roll with bounce
7. Spotted rocket to inverted tuck shape, finishing on large blue box
8. Backsalto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

High Bar week 7 and 8



6 Stations - 3 minutes for each

1. Giant swing stages at U-pit rail (see back)
2. Pit bar:
 - Hang, 1/2 turn, kick into swings x 3 to land
 - Hang, 1/1 turn, kick into swings x 3 to land
 - Hang, 1/1 turn, pike raise, kick into swings x 3 to land
3. Ropes:
 - Straight body, bent arm hold with one hand on each rope 10 seconds.



4. 3 casts with foam in feet to shoot backward to red mat and return to bar.
5. 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.
6. Floor mushroom: 1/4 circle x 5 finishing in straight side support.

Coaching points:

Straight legs and feet together to upgrade pit rail challenge.

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