

Boys Club Badges



gymsports

LEARN TO GYM

Badges 5-8
Week 9 and 10

Floor revision week

Activity 1 skill revision

1	Jump Hurdle Round off
5	Rocket start , cart wheel, finish in star
6	Rocket start , cart wheel, finish in star
7	Rocket start , cart wheel, finish in rocket
8	Rocket start , cart wheel, finish in rocket

Activity 2 skill revision

2	Handstand and forward roll
5	L handstand 5- 10 seconds
6	L handstand 5- 10 seconds
7	Handstand stomach against wall 10 seconds roll out to tuck
8	Handstand stomach against wall 10 seconds roll out to tuck

Activity 3 skill revision

3	Backward roll to front support
5	Soldier start , tucked backwards roll down slope through squat finish soldier
6	Soldier start , tucked backwards roll down slope through squat finish soldier
7	Soldier start , tucked backward roll x 2 finish squat on floor
8	Soldier start , tucked backward roll x 2 finish squat on floor

Activity 4 skill revision

4	Jump 1/ 1 turn
5	Spring start , rocket jump forward off 60cm finish landing shape
6	Spring start , rocket jump forward off 60cm finish landing shape
7	Spring start , jump 1/ 2 turn finish landing shape (assisted or unassisted)
8	Spring start , jump 1/ 2 turn finish landing shape (assisted or unassisted)

Rings revision week

Activity 1 skill revision

Cast into swings (rings)	
5	Start candle, snap to basket, snap to candle x 5
6	Start candle, snap to basket, snap to candle x 5
7	Long swings on rings x 5 (correct turn out)
8	Long swings on rings x 5 (correct turn out)

Activity 2 skill revision

L support (rings)	
5	Straight body support (5 seconds)
6	Straight body support (5 seconds)
7	Tuck support (5 seconds)
8	Tuck support (5 seconds)

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 2 skill revision

	Basket kip (pbars)
5	Basket swings x5 (assist ed or unassist ed)
6	Basket swings x5 (assist ed or unassist ed)
7	Jump into basket swings x 5
8	Jump into basket swings x 5

Activity 3 skill revision

	Support swing to 45 (pbars)
5	Support start , penguin walk forwards
6	Support start , penguin walk forwards
7	Support start , swings x 5 to bar height
8	Support start , swings x 5 to bar height

Activity 1 skill revision

1	Circle on mushroom
5	Spoon shape start , feint 1/ 4 circle floor mushroom
6	Spoon shape start , feint 1/ 4 circle floor mushroom
7	Spoon shape start , feint 1/ 2 circle mushroom
8	Spoon shape start , feint 1/ 2 circle mushroom

Vault revision week

Activity 1 skill revision

Front Salt o to 60 cm height	
5	T start, run rocket jump to 60cm height finish landing shape
6	T start, run rocket jump to 60cm height finish landing shape
7	T start, run jump to tucked handstand on 60cm
8	T start, run jump to tucked handstand on 60cm

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	
5	Cat springs from feet x 5
6	Cat springs from feet x 5
7	Rocket start, step kick to handspring flat back finish laying in rocket
8	Rocket start, step kick to handspring flat back finish laying in rocket

Activity 2 skill revision

Back salto on tramp	
5	Rocket jump to bottom on 60cm, backward roll
6	Rocket jump to bottom on 60cm, backward roll
7	Rocket start, spotted jump to tuck
8	Rocket start, spotted jump to tuck

End tramp

Level 1 - Forward roll up to 60 cm

Level 2 - Dive roll up to 60 cm

End TT

Level 1 - Spotted handstand flat back into pit

Level 2 - Handstand flat back into pit

High Bar revision week

Activity 1 skill revision

Underswing to 3 long swings	
5	Swing through shapes, dish, arch, dish x 3 (assisted)
6	Swing through shapes, dish, arch, dish x 3 (assisted)
7	Long swings x 3 (assisted)
8	Long swings x 3 (assisted)

Activity 2 skill revision

Cast back hip circle	
5	Support start, cast to horizontal x 5 (assisted)
6	Support start, cast to horizontal x 5 (assisted)
7	Support start, back hip circle from support (assisted)
8	Support start, back hip circle from support (assisted)

Activity 3 skill revision

Chin up pull around, forward roll to L hang 3 seconds	
5	Support start, forward roll to momentary V hang, lower to tuck hang (assisted)
6	Support start, forward roll to momentary V hang, lower to tuck hang (assisted)
7	Support start, forward roll through V finish L hang (assisted)
8	Support start, forward roll through V finish L hang (assisted)

Pit bar

Level 1- Kick into 5 longs swings

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