

# *Boys Club Badges*



**gymsports**

LEARN TO GYM

*Badges 9-12*

*Week 1 and 2*

## Lesson Plan Structure:

### Weeks 1-8

#### Rotation 1:

1. Warm up game (as listed in games and challenges) and 'strong stretching' - 10 minutes
2. Explain and begin first 3 stations - 10 minutes
3. Explain and add in next 2 stations - 10 minutes

#### Rotation 2:

1. Group challenge (as listed in games and challenges) - 10 minutes
2. Explain and begin first 3 stations - 10 minutes
3. Explain and add in next 2 stations - 10 minutes

#### Rotation 3:

1. Explain and begin first 3 stations - 10 minutes
2. Explain and add in next 2 stations - 10 minutes
3. Tough time (strength activities as listed in games and challenges) - 10 minutes

### Weeks 9-10

#### Revision weeks for filming

#### Rotation 1:

1. Warm up game (as listed in games and challenges) and 'strong stretching' - 10 minutes
2. Explain and begin first 3 revision skills - 10 minutes
3. Explain and add in 1 revision skill and 1 challenge stage skill - 10 minutes

#### Rotation 2:

1. Group challenge (as listed in games and challenges) - 10 minutes
2. Explain and begin first 3 revision skills - 10 minutes
3. Explain and add in 1 revision skill and 1 challenge stage skill - 10 minutes

#### Rotation 3:

1. Explain and begin first 3 revision skills - 10 minutes
2. Explain and add in 1 revision skill and 1 challenge stage skill - 10 minutes
3. Tough time (strength activities as listed in games and challenges) - 10 minutes



## Warm ups and challenges:

### Week 1:

#### Warm Up

- 2 laps jogging
- 2 laps sprint
- 1 lap hopping each side
- 1 lap side to side
- 1 lap rebound jumps

#### Joint mobility - all with strong fingers

- Circles with wrist
- Circles with elbows
- Circles with arms
- Stretch to each side
- Point and flex foot - both legs straight
- Lunge stretch
- Achillies stretch
- Pike fold
- Straddle fold

#### Middle rotation group challenge

Push up high 5's:

With partner push up at the same time to then hi 5 (opposite arms). Which team can do 10 push ups the fastest - push ups need to be done with straight body.

**Tough Time** - 1 point awarded to the best quality for each activity. (most points becomes the champion). All activities done on coaches count.

1. Push ups x 10 to 15 - straight body, chest to ground.
2. Sit ups x 10 to 20 - arms by sides, all the way up and down.
3. V-ups x 10 to 15 - from soldier to V position, straight legs.
4. Chin ups x 5 to 7 - from hang to chin up. Straight arms at bottom, chin above bar.

### Week 2:

#### Warm Up

At Vault -

Rebound jumps along springboards, rocket jump into the pit. Upgrade gymnasts through, star, tuck, pike, frontsalto where appropriate.

At Floor -

Box jumps over 30 cm boxes with rocket jump as final jump. Upgrade through star, tuck and pike.

#### Joint mobility - all with strong fingers

- Circles with wrist
- Circles with elbows
- Circles with arms
- Stretch to each side
- Point and flex foot - both legs straight
- Lunge stretch
- Achillies stretch
- Pike fold
- Straddle fold

#### Middle rotation group challenge

Sit up high 5's:

With partner sit up at the same time to then hi 5 (opposite arms). Which team can do 20 the

**Tough Time** - 1 point awarded to the best quality for each activity. (most points becomes the

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1. Dish hold 30 seconds
2. Tuck ups on wall bars x 15 to 20
3. Chin up hang x 15 seconds or 5 chin ups
4. Burpees x 10

### Week 3

#### Warm Up

At pbars-

Penguin walk forward x 2

Penguin walk backward x 2

Penguin pop forward x 2 (walk if not possible)

Support swings x 10

5 Dips (can be with spot)

#### Joint mobility - all with strong fingers

Circles with wrist

Circles with elbows

Circles with arms

Stretch to each side

Point and flex foot - both legs straight

Lunge stretch

Achillies stretch

Pike fold

Straddle fold

#### Middle rotation group challenge

Push up challenge -

Level 1 - push up x 10

Level 2 - push up pop x 10

Level 3 - push up clap x 5

Level 4 - push up clap behind back x 5

Only upgrade levels if quality is good.

**Tough Time** - 1 point awarded to the best quality for each activity. (most points becomes the champion). All activities done on coaches count.

Chin up certificate

### Week 4

#### Warm Up

At floor line:

Rebounds forward and backward over line x 10

Rebound hops forward and backward over line x 10 each line

Side to side rebounds over line x 10

Rebound tuck jump landing x 5

#### Joint mobility - all with strong fingers

Circles with wrist

Circles with elbows

Circles with arms

Stretch to each side

Point and flex foot - both legs straight

Lunge stretch

Achillies stretch

#### Middle rotation group challenge

### **Middle rotation group challenge**

Support challenge - must pass each level aiming to progress to the final level

Level 1 - Front support perfect 20 seconds

Level 2 - Front support with feet on fitball x 20 seconds

Level 3 - Support shrugs on pbars x 10

Level 4 - Support on rings 10 seconds

Level 5 - Support on swinging rings 10 seconds

Only upgrade levels if quality is good.

**Tough Time** - 1 point awarded to the best quality for each activity. (most points becomes the champion). All activities done on coaches count.

Dips x 5

Arch lifts on floor x 10

Heel drivers on pommel x 10

### **Week 5**

#### **Warm Up**

Front support walk

Bear walk forward

Walk forward with hands under toes

Pike walk with straight legs

Rebound jumps keeping toes off the ground

#### **Joint mobility - all with strong fingers**

Circles with wrist

Circles with elbows

Circles with arms

Stretch to each side

Point and flex foot - both legs straight

Lunge stretch

Achillies stretch

Pike fold

Straddle fold

#### **Middle rotation group challenge**

Handstand walk challenge - make sure boys know how to turn out/fall.

Who is able to do the most walking steps - boys are allowed 3 tries

**Tough Time** - 1 point awarded to the best quality for each activity. (most points becomes the champion). All activities done on coaches count.

Leg raise certificate

### **Week 6**

#### **Warm Up**

Race through the pit

#### **Joint mobility - all with strong fingers**

Circles with wrist

Circles with elbows

Circles with arms

Stretch to each side

Point and flex foot - both legs straight

Lunge stretch

Achillies stretch

Pike fold

### **Middle rotation group challenge**

Wall handstand challenge - all boys to make handstand with stomach against wall - see who is able to hold the longest.

**Tough Time** - 1 point awarded to the best quality for each activity. (most points becomes the champion). All activities done on coaches count.

Half rope climb

Rope climb

Rope climb with hands only attempt

### **Week 7**

#### **Warm Up**

Relay races:

Running

Hopping

Bear walk

Forward rolls

#### **Joint mobility - all with strong fingers**

Circles with wrist

Circles with elbows

Circles with arms

Stretch to each side

Point and flex foot - both legs straight

Lunge stretch

Achillies stretch

Pike fold

Straddle fold

#### **Middle rotation group challenge**

Mushroom circle competition:

Divide group into 2 teams, each team member gets 3 turns with their heighest amount of circles to count. Team with the highest ammount of circles wins.

**Tough Time** - 1 point awarded to the best quality for each activity. (most points becomes the champion). All activities done on coaches count.

Rope climb certificate

### **Week 8**

#### **Warm Up**

Sprint races into the pit.

#### **Joint mobility - all with strong fingers**

Circles with wrist

Circles with elbows

Circles with arms

Stretch to each side

Point and flex foot - both legs straight

Lunge stretch

Achillies stretch

Pike fold

Straddle fold

### **Middle rotation group challenge**

P-bar support swing challenge:

Partners face one another on a set of Pbars - they must support swing to transfer foam block from one person to the next. See how many times a group can achieve this in 1 minute. Perform on the low bars or with box under higher pbars for safety.

**Tough Time** - 1 point awarded to the best quality for each activity. (most points becomes the champion). All activities done on coaches count.

Push up upgrade challenge: Gymnasts must pass to move to next level.

Level 1 - Push up x 10 on ground

Level 2 - Push up x 10 on ground bars

Level 3 - Push up x 10 on lo rings

Level 4 - Dips x 10

### **Week 9**

#### **Warm Up**

At pbars-

Penguin walk forward x 2

Penguin walk backward x 2

Penguin pop forward x 2 (walk if not possible)

Support swings x 10

5 Dips (can be with spot)

#### **Joint mobility - all with strong fingers**

Circles with wrist

Circles with elbows

Circles with arms

Stretch to each side

Point and flex foot - both legs straight

Lunge stretch

Achillies stretch

Pike fold

Straddle fold

#### **Middle rotation group challenge**

Push up challenge -

Level 1 - push up x 10

Level 2 - push up pop x 10

Level 3 - push up clap x 5

Level 4 - push up clap behind back x 5

Only upgrade levels if quality is good.

**Tough Time** - 1 point awarded to the best quality for each activity. (most points becomes the champion). All activities done on coaches count.

1. Dish hold 30 seconds

2. Tuck ups on wall bars x 15 to 20

3. Chin up hang x 15 seconds or 5 chin ups

4. Burpees x 10

## Week 10

### Warm Up

At floor line:

Rebounds forward and backward over line x 10

Rebound hops forward and backward over line x 10 each line

Side to side rebounds over line x 10

Rebound tuck jump landing x 5

### Joint mobility - all with strong fingers

Circles with wrist

Circles with elbows

Circles with arms

Stretch to each side

Point and flex foot - both legs straight

Lunge stretch

Achillies stretch

### Middle rotation group challenge

Support challenge - must pass each level aiming to progress to the final level

Level 1 - Front support perfect 20 seconds

Level 2 - Front support with feet on fitball x 20 seconds

Level 3 - Support shrugs on pbars x 10

Level 4 - Support on rings 10 seconds

Level 5 - Support on swinging rings 10 seconds

Only upgrade levels if quality is good.

**Tough Time** - 1 point awarded to the best quality for each activity. (most points becomes the champion). All activities done on coaches count.

Dips x 5

Arch lifts on floor x 10

Heel drivers on pommel x 10

## Floor week 1 and 2



1. Round off flic stages (see back)
2. Cartwheel through 2 small triangles to finish star shape.  
- Cartwheel snap up through 2 small triangles block
3. Star handstand with stomach against wall 20 seconds.



4. Jump hurdle from 30cm height - focus on achieving a strong lunge shape.  
- Jump hurdle cartwheel for upgrade.
5. Badge 9 + 10 - straddle stand with hands on ground - jump to place feet on 30 cm height.  
Badge 11 + 12 - straddle stand with hands on ground, feet on 30 cm height, jump to handstand.

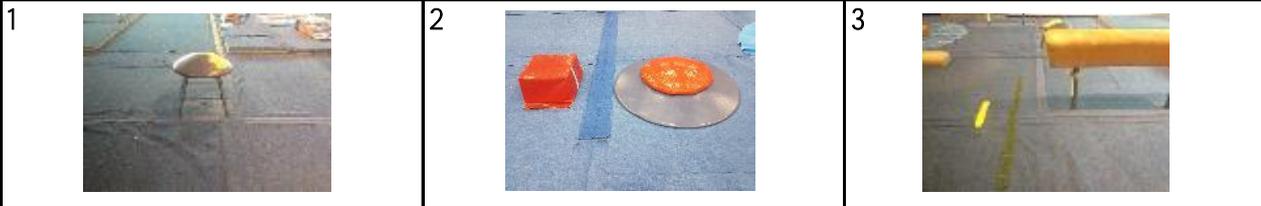
### Coaching points:

Focus on starting and finishing positions being correct for the round off stages before moving gymnasts on.  
Straddle activities with straight arms and grippy fingers.

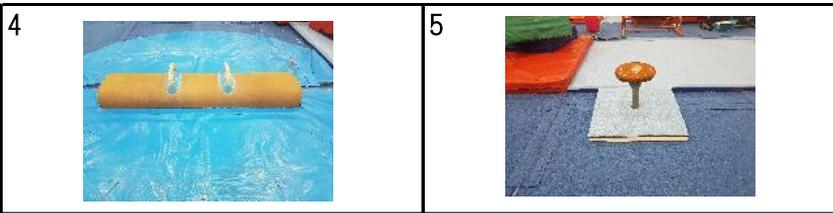
**Round off flic stages:**

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.
10. Jump hurdle round off flic spotted.

## Pommel week 1 and 2



1. Mushroom circle stages (see back).
2. Front support with feet on 30cm box, hands on ground mushroom - side slaps x 10 with straight body.  
Level 2 - Front support with feet on 30cm box, hands on bosu ball.  
Level 3 - 10 side slaps in front support on bosu ball.
3. At pommel (with no handles), walk hands up to line (L handstand), hold 15 seconds.



4. Bunny lever on handles - ground pommel 15 seconds.
5. Skinny mushroom - 3 attempts at maximum circle.

### Coaching points:

Make sure starting shapes for the circle stages are strong and neat as well as any other finishing positions.

**5 circles on mushroom stages:**

1. Walk through all positions to finish in front support (low hips in this position)
2. Begin in feint position, 1/4 circle to side support
3. Begin in feint position, 1/4 circle to side support, walk to finish in back support
4. 1/2 circle to back support
5. 1/2 circle to back support, walk to finish in 3/4 side support
6. 3/4 circle to side support
7. 1 circle
8. 1 1/4 circle
9. 2 circles
10. 5 circles

## Rings - Pbars week 1 and 2



1. Cast into swings stages (see back).
2. Low pbars- 10 support swings with beanbag between feet- Must swing with straight body.
3. Yurchenko block set up at end of pbars. Arch rock with straight legs x 10 to try touch the block with feet.



4. Dorsal challenge (rings):
  - Level 1 - Begin on feet jump through to dorsal and back.
  - Level 2 - Begin on feet jump through to dorsal and back with foam block in feet.
  - Level 3 - Begin on feet jump through to dorsal and back with foam block in feet - hold dorsal position 5 seconds.
5. High pbars - long swing x 5 with ban bag in feet.

### Coaching points:

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

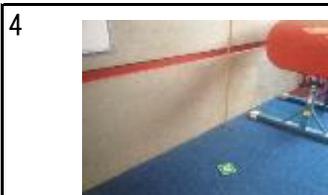
**Cast into swings stages:**

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.

## Vault week 1 and 2



1. Front salto stages (see back).
2. Sprint into pit over spring board, land with feet in front of body - fast arms in sprint, keep chest up tall when jumping into the pit.
3. 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



4. At wall - Handstand with stomach against wall 20 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

## Tumble track week 1 and 2



1. Handspring on Tumble Track stages (see back)
2. Donkey kick x 5 with foam between knees on tramp - straighten legs in kick.
3. Bounce handstand flatback onto crashmat in pit - focus on keeping arms by ears throughout, and open shoulders.



4. Arch lift with stick x 10.
5. Step handspring over cylinder to finish in rocket stand.  
- Jump hurdle handspring over cylinder to finish in rocket.

### Coaching points:

Focus on strong and straight 'rocket' arms throughout the handspring stages.

**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



1. Giant swing stages at U-pit rail (see back)
2. Low bar:
  - Jump pull around, cast x 3 with straight arms and legs, slow forward roll down to tuck.
  - Chin pull around, cast x 5 with straight arms and legs, slow forward roll down to tuck.
3. Pit rail:
  - 5 long swings with straight legs and feet together (getting the basic shapes).
  - Kick start into 7 long swings.



4. High loops:
  - Dish to arch tension swings x 10
  - Spotted long swings x 5
5. Rope on comp rail:
  - Level 1 - Rope chin up x 3 (alternate hands each go).
  - Level 2 - Rope chin up x 3 in straddle from sitting.
  - Level 3 - Rope climb hands only.

### Coaching points:

Gymnasts dismounting only on back swing on the pit rail.  
If gymnasts performs good tension swings on the high loops rail you can upgrade to spotted long swings.

### 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