

Boys Club Badges



gymsports

LEARN TO GYM

Badges 9-12

Week 3 and 4

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 chip 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

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 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.

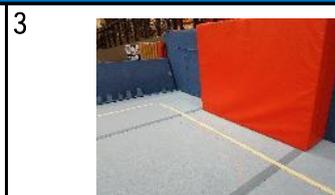
Tough Time - 1 point awarded to the best quality for each activity. (most points becomes the champion). All activities done on coaches count.

Dips x 5

Arch lifts on floor x 10

Heel drivers on pommel x 10

Floor week 3 and 4



1. Handstand Forward Roll stages (see back)
2. Bunny lever
Level 1 - Bunny lever on ground bars 10 seconds
Level 2 - Press from front support drag to bunny lever 3 times
Level 3 - Mini press from stand to 30 cm box
3. Large spotting box against wall
Handstand with stomach against 20 seconds for good shape.



4. Candle rock
Candle rock to stand with arms by ears - upgrade to candle rocket jump
5. Front support slippery sheet walk

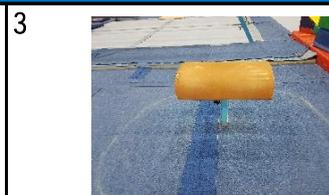
Coaching points:

In the handstand forward roll skill, a good handstand shape with legs together needs to be shown before forward roll.

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.

Pommel week 3 and 4



1. Mushroom - circle stages
2. Walk around pommel challenge on hands only
 - From end to handles
 - From end to end
3. Buck - Pike handstand - upgrade to pike handstand push up x 3



4. Pommel - Tuck through and back x 5
5. Handstand flat back onto crash mat in floor space

Coaching points:

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

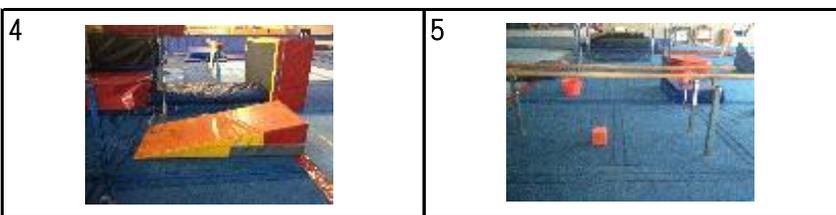
5 circles on mushroom stages:

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 3 and 4



1. Kip stages (see back).
2. Pbars
 - Upper arm tuck hold for 5 seconds
 - Upper arm tuck hold with foam block on knees for 5 seconds
 - Upper arm tuck hold with 2kg weight on knees for 5 seconds
3. Low rings push up challenge
 - Push up from knees x 5
 - Push up from feet x 5
 - Push up from feet raised x 5



4. Low rings - Back swing arch rocks on ground
5. Pbars - Candle snap to basket x 5

Coaching points:

Kip stage will likely need a lot of spotting or assistance.

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 3 and 4



1. Back flip stages (see back).
2. Floor bars - press from front support to pike stand x 3
3. Step off 60 cm box, rebound jump off spring board to landing challenge.
 - Rocket
 - Tuck
 - Star
 - Half turn
 - Full turn



4. Rocket jump up onto box perfect landing, straight legs in the air, focusing on take off position
5. Vault table - either jumping backward or falling backward into pit.

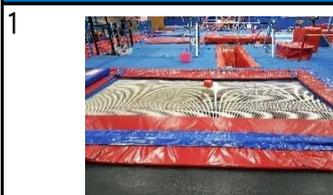
Coaching points:

Show arm circle for rebound landing challenge and squeezing stomach tight.

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

Tumble track week 3 and 4



1. Backsalto stages (see back)
2. Backward roll off edge of TT into pit - upgrade to backsalto off tramp into pit
3. Large green wedge - bounce rocket jump to land on bottom and backward roll.



5

4. Jump full turn onto mat in pit

Coaching points:

When possible spotting at the green wedge - if not spotting back saltos.

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

1



2



3



1. Back hip circle undercast stages (see back)
2. Pit bar challenge
Long swings x 5
Long swings x 5 with kickstart
3. Low bar - cast x 5 with straight arms and legs

4



5



4. On rope
- Inverted hang on rope x 10 seconds
- Climb rope upside down
5. Dish hold x 20 seconds
Dish with weighted stick x 20 seconds
Dish rocks x 10 with weighted stick

Coaching points:

Make sure mat is under rope for safety.
Use pad on the bar for the back hip circle stages.

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.