

# *Boys Club Badges*



***gymsports***

LEARN TO GYM

*Badges 9-12*

*Week 5 and 6*

## 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

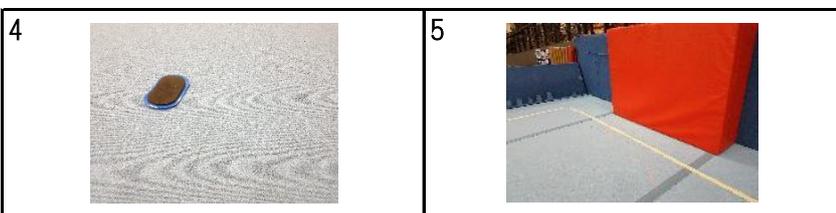
Arch lifts on floor x 10

Heel drivers on pommel x 10

## Floor week 5 and 6



1. Backward roll to handstand stages (see back)
2. Backward roll to handstand timer (backward roll to candle with arms by ears)  
Upgrade to 3/4 backward roll timer on floor
3. Level 1: Front support on fitball x 20 seconds  
Level 2: Front support rocks x 5 on fitball



4. Front support push away with slippery sheet x 3
5. Handstand with stomach against wall x 20 seconds, with forward roll down

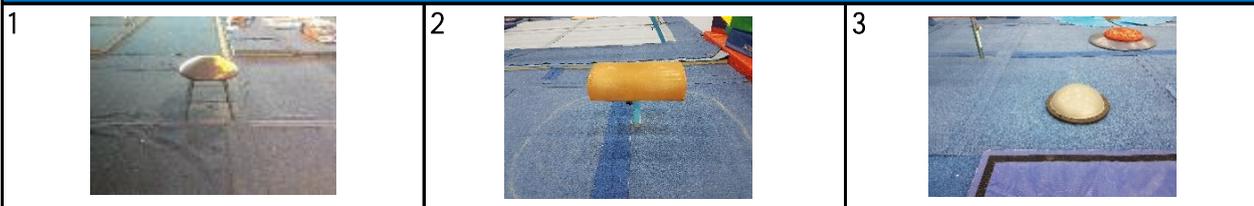
### Coaching points:

With all backward roll activities, encourage boys to have head in as they roll.

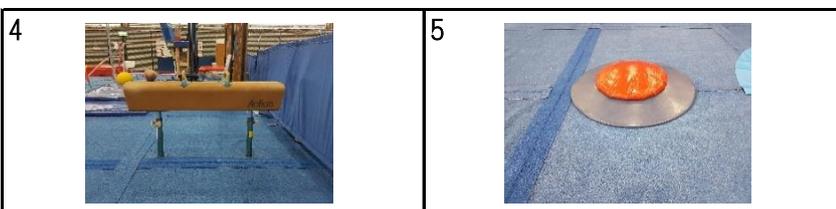
**Backward roll to handstand stages:**

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

## Pommel week 5 and 6



1. Mushroom - Circle stages (see back).
2. Buck - 1/4 circle x 5 starting in front support with beanbag in feet.
3. Back support with feet on bosu ball.  
- Upgrade to back support with feet on bosu ball, side slaps x 10.



4. Pommel horse -  
Level 1 - Support marches x 15 with feet together  
Level 2 - Support marches x 15 in straddle  
Level 3 - Straddle swing x 6
5. Ground mushroom:  
Level 1 - Front support small jumps with feet together through to side support - repeat 2 times  
Level 2 - Front support small jumps with feet together through to back support - repeat 2

### Coaching points:

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

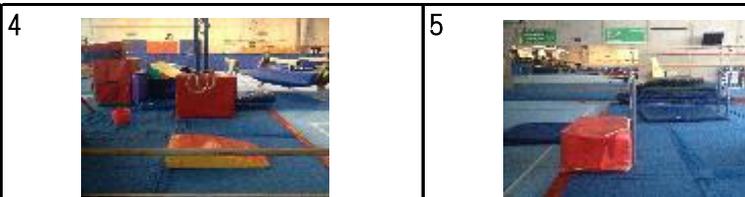
**5 circles on mushroom stages:**

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 5 and 6



1. Support swing to handstand 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.
  - Level 4: Penguin pops forward
  - Level 5: Penguin pops backward
  - Level 6: Penguin pops with bean bag in feet
3. Rings - 5 long swings with turn out on back swing and stuck landing



4. Rings:
  - Level 1: Support with feet on box.
  - Level 2: Support for 5 seconds.
  - Level 3: 5 tuck raises.
5. 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.

### Coaching points:

Progressing through support swing stages may take some time - make sure gymnasts are stable and controlled in their swings before upgrading.

**Support swing to handstand stages:**

1. Straight body hold for 5 seconds
2. 5 straight body mini swings
3. 10 straight body mini swings
4. 5 straight body swing with feet at bar height
5. 10 straight body swing with feet at bar height
6. 5 straight body swings to horizontal
7. 10 straight body swings to horizontal
8. 5 swings to 45 degrees
9. Spotted swing to handstand
10. Swing to handstand

## Vault week 5 and 6



1. Front salto stages (see back).
2. Into pit- Front salto into pit
3. Mini tramp with 90cm height:  
Level 1 - 3 rocket jumps forward roll to height  
Level 2 - 3 rocket jumps front salto to height



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 slippery sheet walk

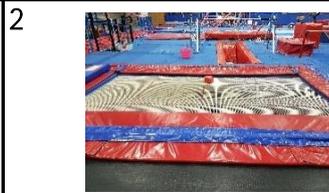
### Coaching points:

Make sure foam pit is full and monitor the front salto into pit for safety.

**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 5 and 6



1. Handspring on Tumble Track stages (see back)
2. Tramp with foam block
  - Level 1 - Donkey kicks from knees
  - Level 2 - Donkey kicks from feet
  - Level 3 - Flyspring (only if donkey kicks are excellent)
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
  - Tuck handstand on 45' angle (with 60cm box)
  - Handstand on 45'angle (with 60 cm box)

### Coaching points:

With handstand flatback and handspring stages focus on having a good lunge position and shoulders staying open.  
Open shoulders for the handstand activity in floor space.

**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

1



2



3



1. Chin up pull over stages (see back)

2. Pit bar strength sequence -

Level 1 - Chin up lower over 5 seconds, arch hold, tuck hold 5 seconds, half turn feet together

Level 2 - Chin up x 3, tension swings x 5, L hang 5 seconds, half turn x 2 with feet together

3. 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

4



5



4. Low bar

Level 1 - pull over with box

Level 2 - Pull over from ground.

Level 3 - pull over with straight legs

5. Ground bar front support feet on fit ball

- 10 marches

- 10 marches with grip change

- Push ups x 5

### Coaching points:

Mat under ropes for safety.

Focus on ground bar activities with a strong round front support.

**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