

Boys Club Badges



gymsports

LEARN TO GYM

Badges 9-12

Week 7 and 8

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

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 7 and 8

1



2



3



1. Round off flic stages (see back)
2. Cartwheel challenge:
 - Cartwheel along straight line
 - Cartwheel between 2 boxes or shapes
 - Cartwheel between 2 stacks of foam blocks
3. Trolley walk from one line to the other:
 - Front support walking.
 - Front support pops.
 - Back support walk.
 - Back support pops.

4



5



4. Jump hurdle cartwheel off 30 cm box.
5. Cartwheel from kneeling lunge position.

Coaching points:

To create more power in jump hurdles ask gymnasts to jump as if they are doing a long jump, then place feet for hurdle.

Gymnasts need to push hard in cartwheel from lunge to have success.

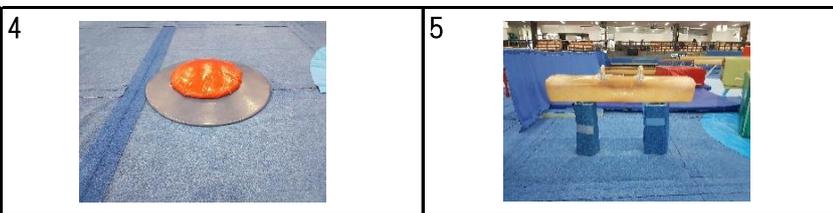
Round off flic stages:

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 7 and 8



1. Mushroom - Circle stages (see back).
2. Pommel horse:
Begin in support with 1 leg in front and one behind. Swing back leg to kick as high as possible x 3 on each leg. Make sure this is done with straight legs.
3. Front support with feet on wobble board.
Front support with feet on wobble board and hands on Bosu ball.



4. Floor mushroom: 1/4 circle x 5 finishing in straight side support.
5. Pommel:
Tuck through x 3.
Tuck through x 3 with foam block.
Tuck through x 3 with 1kg weight.

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 7 and 8

1



2



3



1. Cast into swings stages (see back).
2. Pbars challenge
 - Support march x 10
 - Support half turn x 3
 - Support half turn x 3 with 1 kg weight
3. Low rings:
 - Tuck hang 5 seconds with foam block on knees.
 - Tuck hang with 1kg medicine ball on knees.
 - L hang 5 seconds

4



5



4. Ground space:
 - Front swing rock timer x 5 - from L to candle with arms by ears.
5. High pbars with one send high and the end other low - Monkey walk uphill with bean bag in feet.

Coaching points:

Focus on rings swings being strong and tight (height not important).

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 7 and 8

1



2



3



1. Back flip stages (see back).
2. Spring board rebounds over 3 boards with foam in feet to finish in pit.
Upgrade to
 - Spring board rebounds, tuck jump into the pit.
 - Spring board rebounds, frontsalto into the pit.
3. Spring board on angle and crash mat. begin in landing shape, push back into rocket shape on crash mat.

4



5



4. Chin up challenge:
 - Level 1 - Monkey chin up x 5
 - Level 2 - Pbar row x 5
5. Slug walk from one line to the next

Coaching points:

Springboard rebounds need to be only 1 bounce on each board and very tight before upgrading.

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 7 and 8

1



2



3

1. Backsalto stages (see back)
2. TT - Jump hurdle cartwheel - upgrade to cartwheel up hill (to 30 cm box)
3. Large green wedge - bounce rocket jump to land on bottom and backward roll.

4



5

4. End TT - Jump hurdle cartwheel onto mat in pit - upgrade to jump hurdle roundoff onto mat in pit

Coaching points:

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

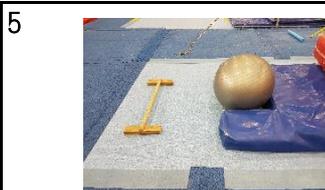
Back salto on tramp stages:

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 7 and 8



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.
 - Bent arms, attempt 2 steps with each hand.
 - Climb rope to bar with 1 hand on each rope.



4. 5 casts with foam in feet, straight arms and legs
5. Fitball push up challenge:
 - Stomach on fitball, push up on ground bar x 3
 - Knees on fitball, push up on ground bar x 3
 - Feet on fitball, push up on ground bar x 3

Coaching points:

Mat under ropes for safety.

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