

# *Boys Club Badges*



***gymsports***

LEARN TO GYM

*Badges 9-12*

*Week 9 and 10*

## 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

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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 revision week

## Activity 1 skill revision

Jump Hurdle Round off	
9	Rocket start, cartwheel snap up through yurchenko to push back into soldier on 30cm mat
10	Rocket start, cartwheel snap up through yurchenko to push back into soldier on 30cm mat
11	Soldier start, jump hurdle round off to push back into soldier on 30cm mat
12	Soldier start, jump hurdle round off to push back into soldier on 30cm mat

## Activity 2 skill revision

Handstand forward roll	
9	Rocket start, kick to assisted handstand 10 seconds, step down to rocket
10	Rocket start, kick to assisted handstand 10 seconds, step down to rocket
11	Rocket start, kick to handstand straight arm forward roll to finish tuck (can be done on 10cm mat)
12	Rocket start, kick to handstand straight arm forward roll to finish tuck (can be done on 10cm mat)

## Activity 3 skill revision

Backward roll to front support	
9	Soldier start, backwards roll down slope finish front support
10	Soldier start, backwards roll down slope finish front support
11	Soldier start, backwards roll on floor finish front support
12	Soldier start, backwards roll on floor finish front support

## Activity 4 skill revision

Jump 1/1 turn	
9	Spring start, jump 1/2 turn finish from 30 cm to finish landing shape (assisted or unassisted)
10	Spring start, jump 1/2 turn finish from 30 cm to finish landing shape (assisted or unassisted)
11	Spring start, jump 1/1 turn finish landing shape (assisted or unassisted)
12	Spring start, jump 1/1 turn finish landing shape (assisted or unassisted)

# Pommel revision week

## Activity 1 skill revision

1 Circle on mushroom	
9	Spoon shape start, feint 3/4 circle mushroom
10	Spoon shape start, feint 3/4 circle mushroom
11	Spoon shape start, feint 1/1 circle mushroom
12	Spoon shape start, feint 1/1 circle mushroom

## Activity 2 skill revision

1 Loop on buck	
9	Spoon shape start, feint 3/4 loop buck
10	Spoon shape start, feint 3/4 loop buck
11	Spoon shape start, feint 1/1 loop buck
12	Spoon shape start, feint 1/1 loop buck

## 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 marches with hands on wobble board

## Pommel horse challenge

Level 1 - Tuck through from front support to back support x 3

Level 2 - Tuck through from front support to back support x 3 with bean bag in feet

Level 3 - Tuck through from front support to back support x 5 with bean bag in feet

Level 4 - Stride swing in and back out on both legs

# Rings/Pbars revision week

## Activity 1 skill revision

Cast into swings (rings)	
9	Basket start, pull up to candle fall to finish in rocket on back (mats shoulder height in candle)
10	Basket start, pull up to candle fall to finish in rocket on back (mats shoulder height in candle)
11	Basket start, cast into long swings x 5
12	Basket start, cast into long swings x 5

## Activity 2 skill revision

Basket kip (pbars)	
9	Jump into basket swings x 5, open to stand
10	Jump into basket swings x 5, open to stand
11	Basket kip (assisted or unassisted)
12	Basket kip (assisted or unassisted)

## Activity 3 skill revision

Support swing to 45 (pbars)	
9	Support start, swings x 5 to horizontal
10	Support start, swings x 5 to horizontal
11	Support start, swings x 3, horizontal, horizontal, 45'
12	Support start, swings x 3, horizontal, horizontal, 45'

## Activity 4 skill revision

L support (pbars)	
9	L support 5 seconds
10	L support 5 seconds
11	Straddle sit start, lift to L support hold 3 seconds, lift to straddle sit
12	Straddle sit start, lift to L support hold 3 seconds, lift to straddle sit

# Vault revision week

## Activity 1 skill revision

Front Salto to 60 cm height	
9	T start, run front salto to 10cm landing mat in pit finish landing shape
10	T start, run front salto to 10cm landing mat in pit finish landing shape
11	T start, run front salto to 60cm mat finish landing shape
12	T start, run front salto to 60cm mat finish landing shape

## 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

Level 4 - Sprint, front salto into the pit

# Tumble Tramp revision week

## Activity 1 skill revision

Handspring on TT	
9	Soldier start, jump hurdle handspring to mat in pit finish rocket
10	Soldier start, jump hurdle handspring to mat in pit finish rocket
11	Soldier start, jump hurdle handspring on TT (can be assisted)
12	Soldier start, jump hurdle handspring on TT (can be assisted)

## Activity 2 skill revision

Back salto on tramp	
9	Rocket start, back salto on tramp (assisted)
10	Rocket start, back salto on tramp (assisted)
11	Rocket start, back salto on tramp
12	Rocket start, back salto on tramp

### End tramp

Level 1 - Forward roll up to 60 cm

Level 2 - Dive roll up to 60 cm

### End TT

Level 1 - Spotted handstand flatback into pit

Level 2 - Handstand flatback into pit

Level 3 - Handspring into pit

# High Bar revision week

## Activity 1 skill revision

Underswing to 3 long swings	
9	Support start, lean back into underswing (assisted)
10	Support start, lean back into underswing (assisted)
11	Support start, underswing into 3 long swings
12	Support start, underswing into 3 long swings

## Activity 2 skill revision

Cast back hip circle	
9	Support start, cast back hip circle (assisted)
10	Support start, cast back hip circle (assisted)
11	Support start, cast back hip circle
12	Support start, cast back hip circle

## Activity 3 skill revision

Chin up pull around, forward roll to L hang 3 seconds	
9	Chin up x 2
10	Chin up x 2
11	Rocket hang start, chin up pull over, forward roll to L hang 3 seconds
12	Rocket hang start, chin up pull over, forward roll to L hang 3 seconds

## Pit bar

Level 1 - Kick into 5 longs swings

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

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