

Warm up - Weeks 1 and 2

Game - Crab tigg

All gymnasts jump around the designated area with a bean bag between their feet, one person is selected as a crab, if tagged by the crab, bean bag falls out, or they go outside the designated area they must become a crab and help catch, continue until everybody has been caught.

Alternate activity if you have limited room

Perform the following activities up and down 1 strip of mat

1. 3 laps running	2. 1 lap hopping up on each leg, jog back	3. 1 lap rebound up forwards, then rebound up backwards, jog back	4. Bear walk up forwards, then bear walk up backwards, jog back
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Joint mobility with quality

Select someone at the end who was trying exceptionally hard at the warm up

Presentation, feet in 2nd

Presentation 5 circles at wrists

Presntation 5 circles at elbows

Presentation 5 circles at shoulders

Hands on hips, Head up down, head side to side, tilt head side to side

Presentation, twist upper body side to side x 2

Presntation, tilt upper body side to side, to touch knee x 2

Hands on hips, circles with hips x 5

Hands on knees, bend and straighten legs x 5

Presentation, lift 1 straight leg, point and flex toe x 5, repeat on other leg

Strength

Strength

To be done at second rotation

All groups do together at bars

10 to 20 second dish

5 to 10 chin ups partner, holding legs at Horizontal

10 to 20 second arch

5 to 10 leg raises

10 to 15 sit ups, hands to knees (straight arms)

-Tuck to horizontal lower straight

10 to 15 push ups with block of foam

-Straight to horizontal

In straddle 10 leg lifts with each leg

-Tuck to bar lower straight

5 to 10 second straddle lever attempt

-Straight to bar

5 to 10 pull downs with partner holding elastic

Stretching

10 second lunge on left leg

10 second straighten left leg chest to knee

10 second splits on left leg

10 second lunge on right leg

10 second straighten right leg chest to knee

10 second splits on right leg

10 second froggy splits

10 second side splits

5 second bridge with instructor guidance

Line up and ask the gymnasts what they did well or enjoyed today

Girls Club Badges

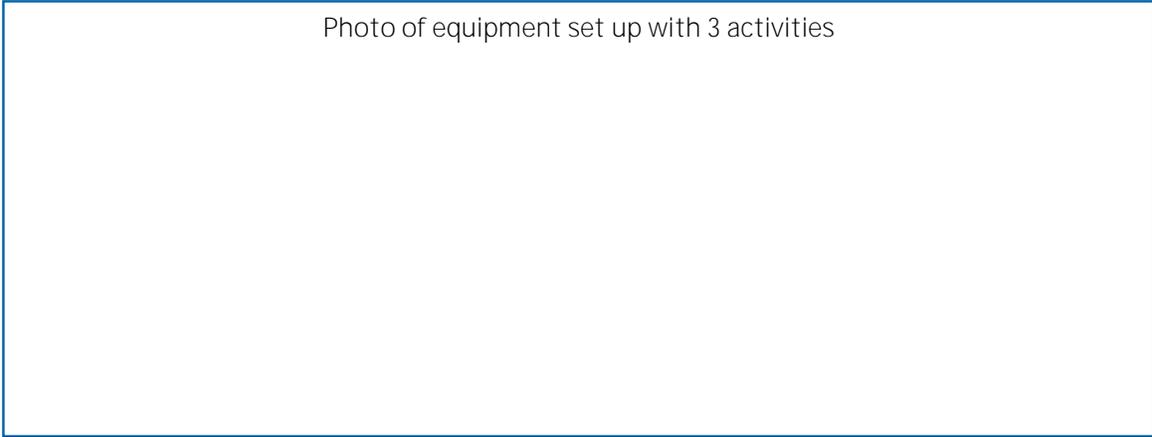


gymsports

LEARN TO GYM

*Badges 1-4
Weeks 1 and 2*

Vault - Weeks 1 and 2



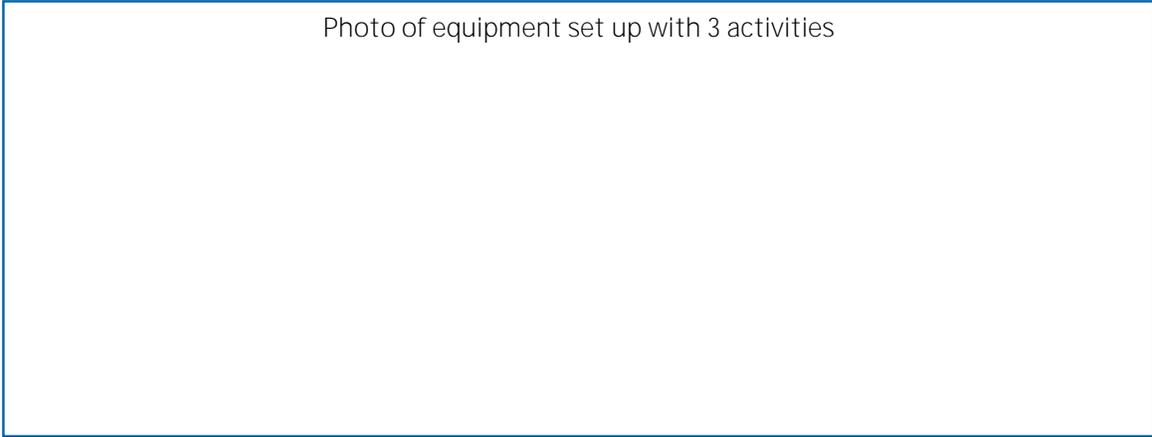
	Skill 1	Skill 2	Skill 3
			
Badge 1/2	10 meter sprint (can be into a pit, or jumping onto a crash mat)	Arch rocks x 5	Step 1 foot into first hoop, jump to land 2 feet in the second hoop
Badge 3/4	10 meter sprint to jump onto a spring board (can be into a pit, or jumping onto a crash mat)	Arch rocks x 5 with bean bag between feet	Step 1 foot into first hoop, jump and bring hands behind to land in board pause position in the second hoop
Extention 1	10 meter sprint to jump onto a spring board, tuck jump off (can be into a pit, or jumping onto a crash mat)	Arch rocks x 5 with bean bag between feet and foam block above head	Step 1 foot into first hoop, jump and bring hands behind to land in board pause position in the second hoop, straight jump out of the hoop to landing shape
Extention 2	10 meter sprint to jump onto a spring board, Straddle jump off (can be into a pit, or jumping onto a crash mat)		
Coaching tips	Gymnasts need to show a fast, accelerating run. Speed needs to be maintained as they approach the board. To move to the extention stage gymnast must show fast run, 2 feet take off, control in the air and stuck landing.	Arch rock must show large arch shape, straight arms and legs and feet together	Need to show good co-ordination, ideally be able to rebound jump with straight legs and pointed toes

Vault - Weeks 1 and 2

Photo of equipment set up with 5 activities

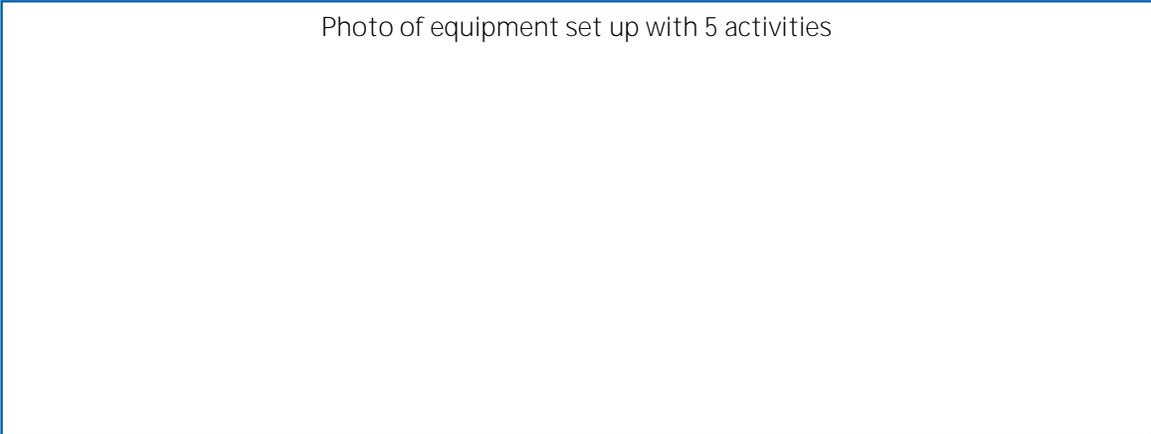
	Skill 4	Skill 5	
			
Badge 1/2	5 skips forward with rope	Short run to board to board pause position on board, immediate straight jump to landing shape on the board	
Badge 3/4	5 skips forward with rope	Short run to board pause position on board, immediate straight jump to landing shape, stop, then 5 rocket jumps on board with backward arm circles	
Extension 1	5 skips backward with rope	Short run board pause rocket jump to landing shape, then 5 rocket jumps on board with backward arm circles, tuck jump off to stick landing	
Extension 2		Short run board pause rocket jump to landing shape, then 5 rocket jumps on board with backward arm circles, straddle jump off to stick landing	
Coaching tips	Need to show good co-ordination, ideally be able to rebound jump with straight legs and pointed toes	Correct take off action on the board, move onto the extension skills when they can do 5 jumps with straight legs pointed toes and correct arm action	

Bars - Weeks 1 and 2



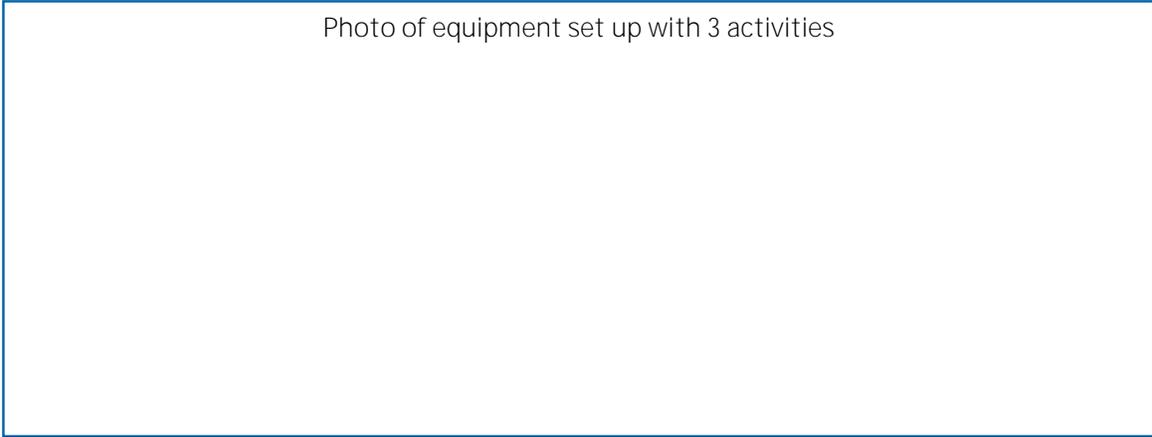
	Low bar	Ropes	Low bar
Badge 1/2			
Badge 3/4	Front support on single rail, 3 shoulder shrugs	Tuck Hang (5 seconds) with straight arms on 2 ropes	3 chin ups with feet on box, body at horizontal
Extension 1	Jump to front support x 3 with straight arms, 3 shoulder shrugs then forward roll to tuck shape hold 3 seconds	Tuck Hang (5 seconds) with bent arms on 2 ropes	5 chin ups with feet on box, body at horizontal
Extension 2	Jump to front support x 3 with straight arms, 3 shoulder shrugs forward roll to tuck shape hold for 3 seconds with bean bag between feet	Tuck Hang (5 seconds) with bent arms on 2 ropes lift to basket hang	10 chin ups with feet on box, body at horizontal
Coaching tips	<p>When jumping to front support ask the gymnast to push down on the bar to help keep arms straight. Chest rounded and open hips Head should be neutral</p> 	Start holding the ropes at head height	<p>Chin ups should be done slow and controlled If gymnasts are unable to do a chin up move the box closer and place hips on box Body should remain straight throughout the entire exercise</p>

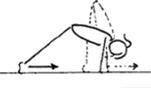
Bars Weeks 1 and 2



		Low bar	Ground bar	
Badge 1/2		Pullover from box to finish in support	Front support on ground bar hold for 10 seconds	
Badge 3/4		1 foot on box, pullover to finish in support	Front support on ground bar with hands in reverse grip hold for 10 seconds	
Extention 1		Pullover without box	Front support on ground bar hold for 10 seconds then 5 shoulder shrugs	
Extention 2		Chin up pullover		
Coaching tips		<p>The athlete should have straight legs and pointed toes. The athlete should finish pushing down on the bar in a strong front support shape.</p> 	<p>Ensure gymnasts push down on the bars so shoulder blades are not visible</p> 	

Beam - Weeks 1 and 2



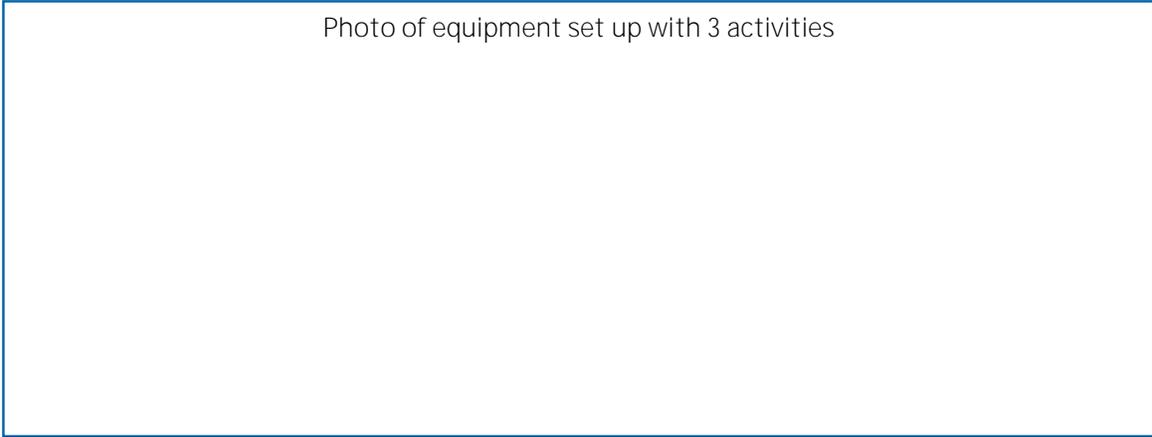
	Low Beam	Medium Beam	High Beam
			
Badge 1/2	Tuck handstand with knees on 60cm box hold 5 seconds then bunny hops side to side over low beam	Angry cat shape on beam crawling forward	Presentation, 3 bunny hops, safety exit to the side and present
Badge 3/4	Tuck handstand with knees on 60cm box hold 5 seconds then bunny hops along low beam	Angry cat shape on beam, bear walk	Presentation, 3 bunny hops with bean bag between feet, safety exit to the side and present
Extention 1	Tuck handstand with knees on 60cm box hold 5 seconds then bunny hops along low beam with bean bag between feet	Angry cat shape on beam, bear walk with straight legs	
Extention 2	Tuck handstand with knees on 60cm box hold 5 seconds then bunny hops backwards along low beam with bean bag between feet	Angry cat shape on beam, caterpillar walks with straight legs	
Coaching tips	Pistol grip hands on beam Head tucked in Eyes watching hands 	Pistol grip hands on beam Round chest in angry cat shape Eyes watching hands Legs and arms straight in bear walking	Pistol grip hands on Beam Safety exit is a bunny hop off the side of the beam to landing shape

Beam Weeks 1 and 2

Photo of equipment set up with 5 activities

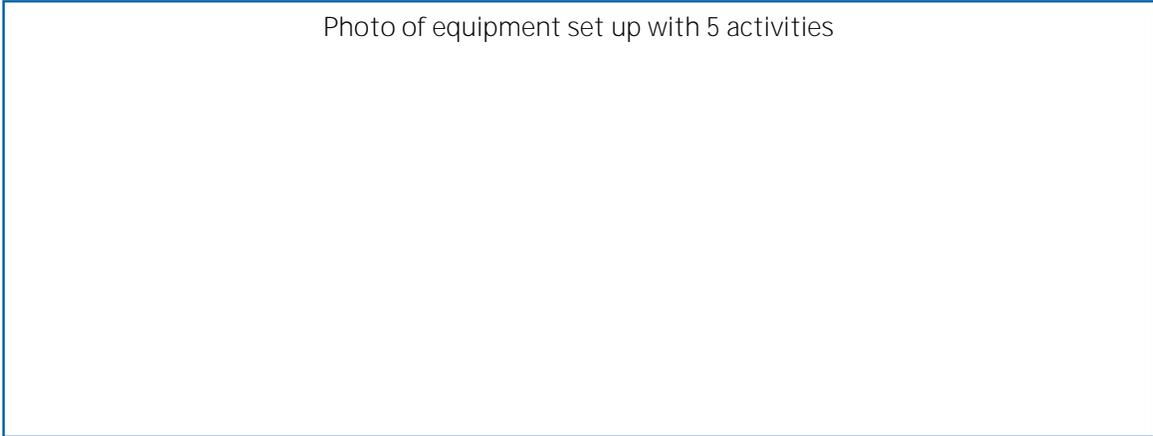
	Low Beam	High Beam	
			
Badge 1/2	Starting in scorpion, 3 small hops, safety exit and present	From Rocket, step forwards to lunge position, once on each leg	
Badge 3/4	From presentation, 3 small scorpion hops, safety exit and present	From Rocket position, lift leg to horizontal, step forward to lunge on each leg	
Extension 1	From presentation, 3 small scorpion hops, with straight legs safety exit presentation		
Extension 2	From presentation, 3 small scorpion hops with straight legs to finish in lunge		
Coaching tips	Eyes looking at hands, ears should be hidden	In lunge position for a handstand entry you should see complete body alignment with eyes spotting the end of the beam	

Floor Dance - Weeks 1 and 2



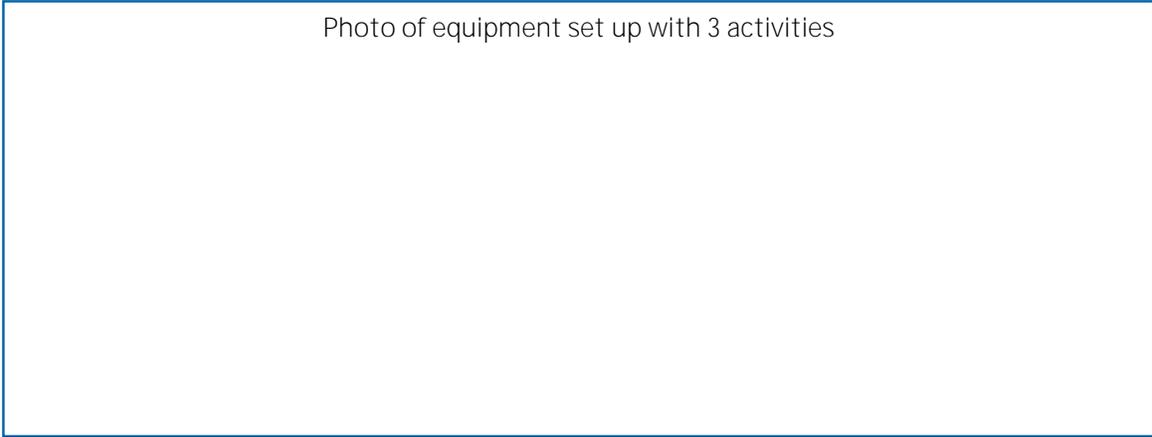
		Skill 1	Skill 2	Skill 3
				
Badge 1/2		Passe hold x 5 sec each leg	Releve hold with bean bag on head	10 calf raises with partner or at wall. Feet should be on a small height such as floor beam
Badge 3/4		Passe hold x5 sec , extend leg forward to 45 degrees below horizontal hold for 5 seconds. Do on other leg next turn	Releve walk forwards with bean bag on head	5 single leg calf raises with partner or at wall. Do each leg. Foot should be on a small height such as floor beam
Extention 1		Passe hold x5 sec , move to side passe hold 5 sec. Do on other leg next turn	Releve walk backwards with bean bag on head	
Extention 2		Passe hold x5 sec , move to side passe hold 5 sec, return to fwd passe and extend leg forward to 45 degrees below horizontal. Do on other leg next turn	Releve walk forwards, 1/2 turn in releve, releve walk backwards with bean bag on head	
Coaching tips		Passe must show big toe at the side of the knee and thigh horizontal to the hip. Bottom leg must be fully extended. Abbs and bottom should be squeezed to maintain balance with arms down by side	Look for full releve on toes, legs straight throughout and good posture. Make sure ankles are not rolling outwards	Calf raises to be performed on a small stable height, heel should lower below the height then raise as high as possible onto releve, should be performed slowly with control. Dont let the ankles sickle (roll out)

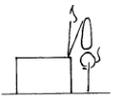
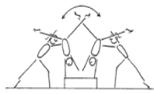
Floor Dance Weeks 1 and 2



Low/foam beam		Skill 5	
Badge 1/2	Walking in releve on low or foam beams	Standing on wobble board x 10 sec	
Badge 3/4	Passe walks on low or foam beams	Standing on wobble board x 10 sec	
Extension 1	Walking in releve on low or foam beams with bean bag on head		
Extension 2	Passe walks on low or foam beams with bean bag on head		
Coaching tips			

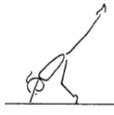
Floor Acro - Weeks 1 and 2



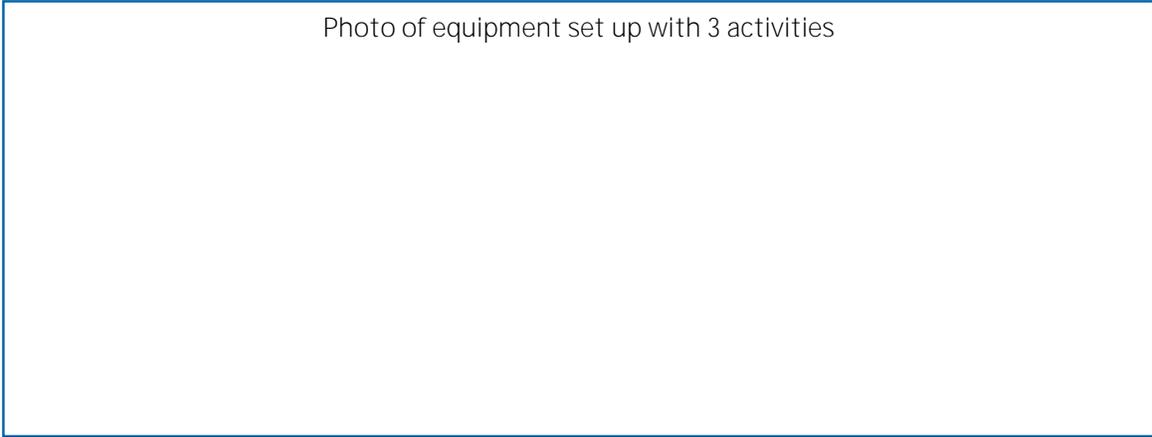
		Box	Skill 2	Skill 3
				
Badge 1/2		Tuck handstand knees on height hold for 5 seconds	Front support windscreen wipers walking. Feet on 30cm height	Mini cartwheel over box with straight legs - start and finish in star
Badge 3/4		Pike handstand with feet on height hold for 5 seconds	Front support windscreen wipers walking. Feet on 30cm height	Cartwheel over height in a semi circle - start in rocket and finish in star
Extension 1		3/4 Handstand with one foot on height hold for 5 seconds each leg	Front support windscreen wipers popping. Feet on 30cm height	Cartwheel in a semi circle - start in rocket and finish in star
Extension 2		3/4 Handstand with one foot on height hold for 5 seconds, forward roll stand to presentation		Cartwheel in a straight line - start in rocket and finish in star
Coaching tips		Must show alignment from wrist, shoulders to hips, and to toe for 3/4 handstand	Push through shoulders keeping arms straight, rounded back, open hips. Feet on the box only	Start from presentation then rocket. Arms to remain straight through out, ensure strong star shape at the end. Athletes should pass through vertical with hands in a T shape

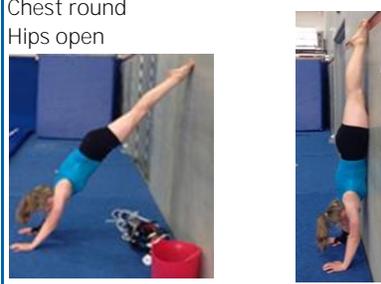
Floor Arco Weeks 1 and 2

Photo of equipment set up with 5 activities

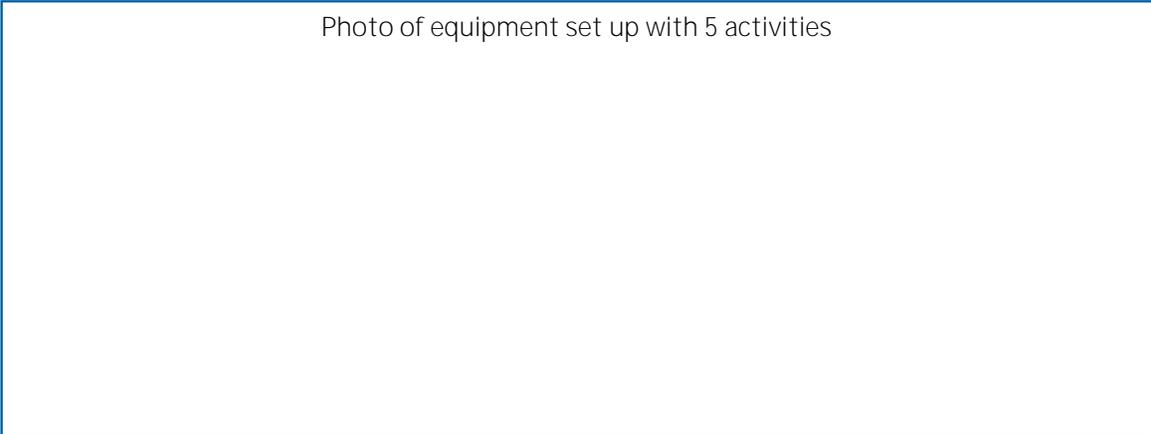
Skill 4		Wall	
			
Badge 1/2	Bunny hops forward	Walk feet up the wall to front support, hold for 10 seconds	
Badge 3/4	Scorpion walks forwards	Walk feet up the wall to slanted handstand, hold for 10 seconds	
Extension 1	Bunny hops backwards	Handstand stomach in against wall, hold 5 seconds	
Extension 2	Scorpion walks backwards	Handstand stomach in against wall, hold 5 seconds, forward roll to tuck shape	
Coaching tips	Keep straight arms, ask gymnasts to go as close to vertical as possible, start and finish in presentation	Ears should be hidden eyes on hands Chest round Hips open 	

Airtrack (Clarence only) - Weeks 1 and 2



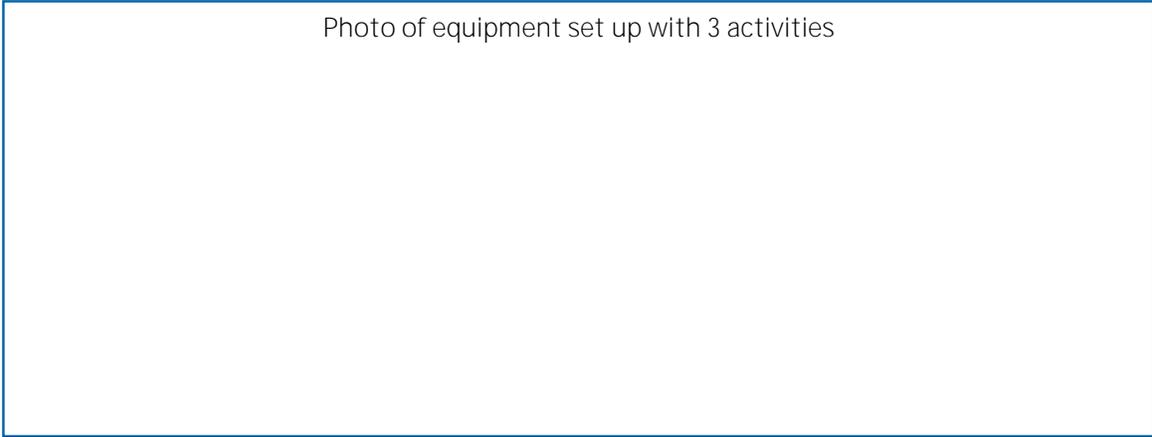
		Floor	Airtrack 1	Airtrack 2
				
Badge 1/2		Front drop shape - hold for 5 seconds	Straight jump, straight jump with arms circling backwards for connection	Front support with feet on the wall hands on the white line hold for 10 seconds
Badge 3/4		Front drop shape with bean bag between feet - hold for 5 seconds	Straight jump, immediate tuck jump (arms circle backwards for connection)	Slanted handstand with feet on the wall hold for 10 seconds
Extension 1			Straight jump, immediate tuck jump, immediate star jump	Handstand with stomach against the wall hold for 10 seconds
Extension 2			Straight jump, immediate tuck jump, immediate star jump, immediate straddle jump	Handstand with stomach against the wall hold for 10 seconds then forward roll to tuck shape
Coaching tips		<p>Hands under chin, elbows out to side side flat on the floor and eyes focus forward</p> 	<p>Arms should lift to rocket for the first jump, then circle behind to spring (connection) shape ready to connect the second jump</p>	<p>Ears should be hidden eyes on hands Chest round Hips open</p> 

Airtrack (Clarence only) - Weeks 1 and 2



		Crash mat	Crash mat		
Badge 1/2		Rocket shape fall to back from the end of airtrack	Angry cat to front drop		
Badge 3/4		Standing on one leg, jump to back drop shape from the end of airtrack to land on crash mat	Angry cat to front drop with bean bag between feet		
Extension 1		Jump to back drop shape onto crashmat from the end of airtrack	Front drop from rocket shape		
Extension 2			Front drop from rocket shape with bean bag between feet		
Coaching tips		when falling from rocket all body parts to land simultaneously. If doing back drop, bottom and shoulders to land simultaneously	When doing front drop the whole body should land simultaneously. Hands under chin, elbows out to side side flat on the tramp and eyes focus forward		

Tramp - Weeks 1 and 2



	Crash mat	Tramp	Tramp to pit/mat
			
Badge 1/2	Angry cat to front drop	5 Angry cats bounces on trampoline	Rocket shape fall back
Badge 3/4	Angry cat to front drop with bean bag between feet	Angry cat shape on tramp 3 x bounces to finish in front drop	1 leg kick through to back drop on mat or onto mat in pit
Extension 1	Front drop from rocket shape	Angry cat shape on tramp 3 x bounces to front drop finish in angry cat	
Extension 2	Front drop from rocket shape with bean bag between feet	Angry cat shape on tramp 3 x bounces to front drop finish in standing	
Coaching tips	<p>When doing front drop the whole body should land simultaneously. Hands under chin, elbows out to side side flat on the tramp and eyes focus forward</p> 	<p>When doing front drop the whole body should land in simultaneously. Hands under chin, elbows out to side side flat on the tramp and eyes focus forward</p>	<p>when falling from rocket all body parts to land simultaneously. If doing back drop, bottom and shoulders to land simultaneously</p>

Tramp Weeks 1 and 2

Photo of equipment set up with 5 activities

		Tumble tramp	Tumble tramp	
Badge 1/2	3 angry cat bounces forward roll to stand	Straight jump, straight jump with arms circling backwards for connection		
Badge 3/4	3 angry cat bounces forward roll to stand with bean bag between feet	Straight jump, immediate tuck jump (arms circle backwards for connection)		
Extension 1		Straight jump, immediate tuck jump, immediate star jump		
Extension 2		Straight jump, immediate tuck jump, immediate star jump, immediate straddle jump		
Coaching tips	During angry cat bounces chest should be in and bottom shouldn't be touching feet	Arms should lift to rocket for the first jump, then circle behind to spring (connection) shape ready to connect the second jump		

