

Warm up - Weeks 3 and 4

Game - Bean bag tiggy

All gymnasts jump around the designated area with a bean bag on their head, catcher also moves around the designated area with bean bag on their head, if the bean bag falls off (catcher included) goes outside the designated area or gets tagged by the catcher, perform 5 tuck jumps on a mat and return to the game.

Alternate activity if you have limited room

Perform the following activities up and down 1 strip of mat

1. 3 laps of running	2. 1 lap hopping up on each leg, jog back	3. 1 lap rebounds 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 dish rocks

5 to 10 chin ups partner, holding legs at Horizontal

10 to 20 arch rocks

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 pike 10 leg lifts with each leg

-Tuck to bar lower straight

5 to 10 second bunny lever hold attempt

-Straight to bar

5 to 10 pulldowns 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



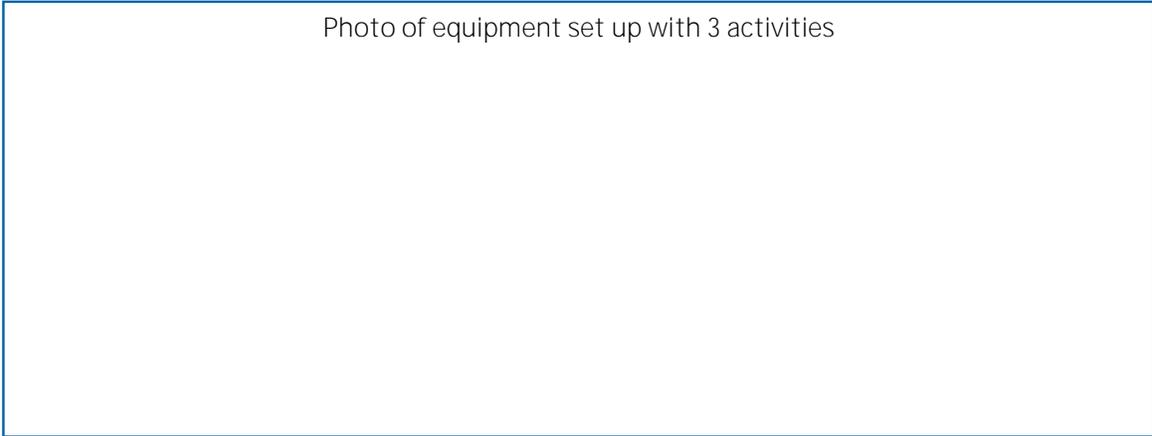
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LEARN TO GYM

Badges 1-4

Weeks 3 and 4

Vault - Weeks 3 and 4



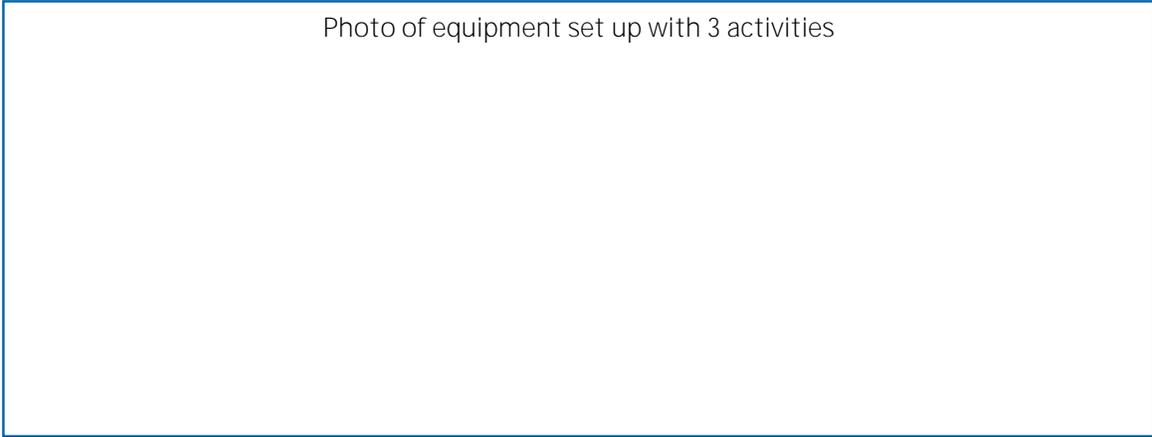
		Skill 1	Skill 2	Skill 3
Badge 1/2		Front support shape on ground with bean bag between feet hold for 5 seconds	Walk feet up wall to 45 degree front support hold 10 seconds	Run, board pause rocket jump off spring board to perfect landing shape, hold 3 seconds
Badge 3/4		Handstand shape on back (can have bent knees to ensure lower back is on the floor) hold for 10 seconds	Walk feet up wall to 45 degree front support march hands 6 times on the spot (should see minimal body movement)	Run board pause tuck jump off spring board to perfect landing shape, hold 3 seconds
Extension 1		Handstand shape on stomach hold for 10 seconds	Walk feet up wall to 45 degree front support march hands 6 times to touch shoulder (should see minimal body movement)	
Extension 2				
Coaching tips	<p>Gymnasts need to demonstrate strong rounded back and open hips in front support When lying on back rotate hips under to maintain flat back position</p> 	<p>Must have good, strong rounded back shape to move to the next stage</p> 	<p>Arms must be down on the board If doing a tuck jump, arms will be down on the board then lift to rocket before coming back down to grab the knees in a tuck</p>	

Vault - Weeks 3 and 4

Photo of equipment set up with 5 activities

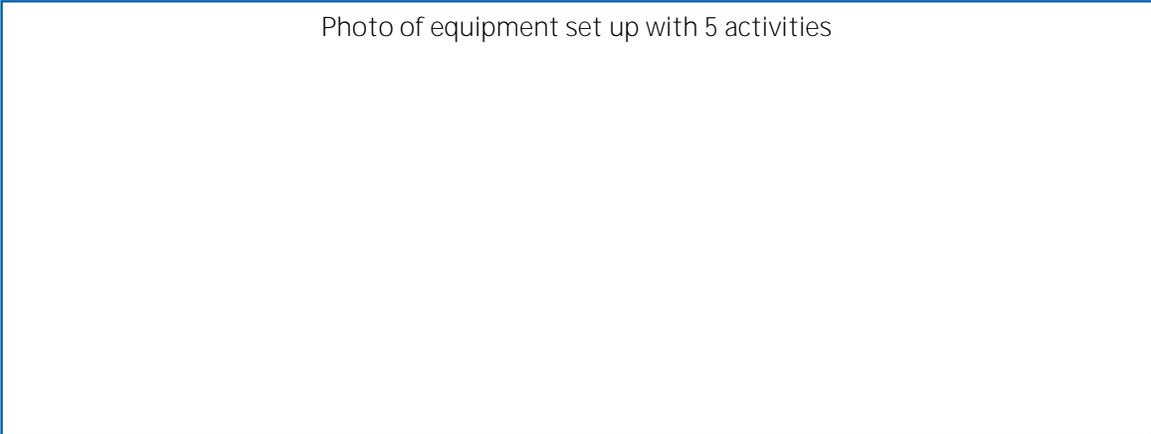
	Skill 4	Skill 5	
Badge 1/2	From standing on springboard, 3 soldier bounces forward roll onto 60cm mats with foam between feet to finish in handstand shape on back	Front support trolley walk with knees on trolley, back rounded	
Badge 3/4	From standing on springboard, 3 soldier bounces forward roll onto 60cm mats with straight legs and foam between feet to finish in handstand shape on back	Front support with knees on trolley, jumping hands forward	
Extension 1	From standing on springboard, 3 soldier bounces forward roll onto 60cm mats with straight arms and legs and foam between feet to finish in handstand shape on back		
Extension 2	From standing on springboard, 3 soldier bounces to handstand flat back 60cm mats with foam between feet		
Coaching tips	Arms are down in preparation for board pause position when doing running vaults Having the arms down means they will need to reach in order to complete the activity	Push the floor away to make chest round Should see minimal body movement as they walk in support	

Bars - Weeks 3 and 4



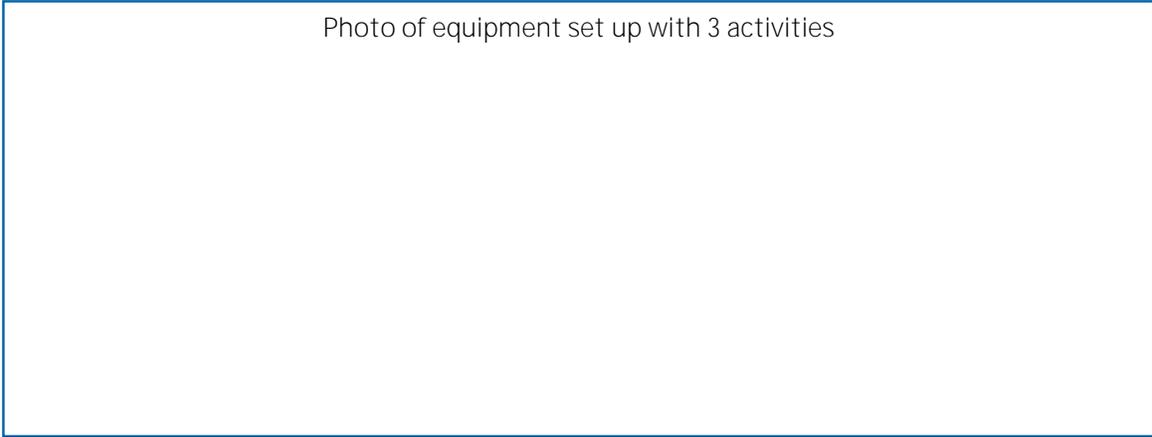
		Low bar	High bar	Low bar
Badge 1/2		Standing dish hold with feet on box for 3 seconds, jump to land back on wedge	In hang, walk sideways across the bar with foam between feet, make a dish shape hold 3 seconds	Tuck leg raises on a slope x 5
Badge 3/4		Standing dish hold with feet on box for 3 seconds, jump to land back on wedge	In hang, walk sideways across the bar with foam between feet, 1/2 turn in hang and make a dish shape hold 3 seconds	Tuck leg raises open to straight, lower straight on a slope x 5
Extension 1		Dish hold feet on box for 3 seconds jump into dish swing forward	In hang, walk sideways across the bar with foam between feet, full turn in hang make a dish shape hold 3 seconds	Piked leg raises on a slope x 5
Extension 2		Standing dish hold feet on box for 3 seconds jump into dish swing forward return to stand on ground	In hang, walk sideways across the bar with foam between feet, full turn in hang, make a dish shape and hold 3 seconds	Pike hang tucked leg raises to the bar, return to pike hang x 3
Coaching tips	<p>Gymnasts should be pushing on the bar with chest rounded and hips open. When they jump the chest should remain the same. During the glide the gymnasts should keep the feet close to the floor and show an extension shape.</p> 	<p>When making a dish shape look for strong chest in shape and open hips</p>	<p>Gymnasts should aim to touch the bar or get within 10 cm of the bar before moving to the next stage. Make sure the gymnast understands to lower down as this helps build strength. Gymnast should also be hanging through their shoulders</p>	

Bars Weeks 3 and 4



		Low bar	Floor		
Badge 1/2		Pullover from box to finish in support	Dish shape on floor with bean bag between feet hold for 10 sec		
Badge 3/4		1 foot on box, pullover to finish in support	Dish shape on floor with bean bag between feet for 10 seconds then 5 rocks		
Extension 1		Pullover without box to finish in support			
Extension 2		Chin up pullover to finish in support			
Coaching tips		Athletes should have straight legs and pointed toes. Gymnast should also finish pushing on the bar in a strong front support shape.	Ensure the athlete has their lower back pressed firmly into the ground. Some athletes may need to bend their knees to feel this position 		

Beam - Weeks 3 and 4



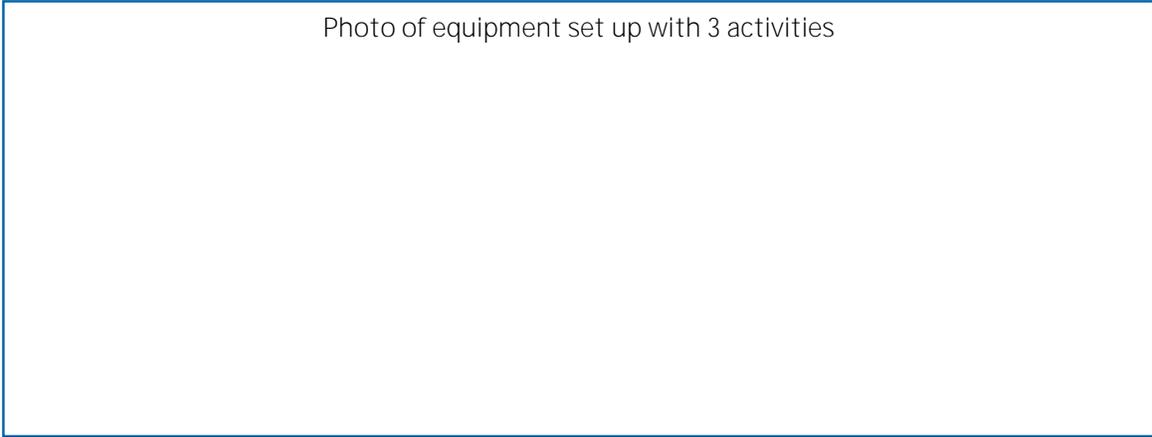
	Low Beam	High Beam	High Beam
Badge 1/2	Caterpillar walks forward	Jump to front support shape lift straight leg over the beam to straddle sit	Rocket jump to perfect landing shape and present. The landing surface should be approx. 60cm below the height of the high beam
Badge 3/4	Caterpillar walks backwards	With straight arms jump to front support, lift straight leg over the beam to straddle sit	Rocket jump with eyes closed to perfect landing shape and present. The landing surface should be approx. 60cm below the height of the high
Extention 1		With straight arms jump to front support, lift straight leg over the beam to straddle sit, lift up to clear straddle support (legs can be down	Rocket jump backwards to perfect landing shape, present to a landing surface approx 60cm below the height of the high beam
Extention 2		With straight arms jump to front support, lift straight leg over the beam to straddle sit, lift up to clear straddle support (legs can be down low), walk on hands x 6	Rocket jump backwards, eyes closed, to perfect landing shape, present. Landing surface should be approx 60cm below the height of the beam
Coaching tips	Pistol grip hands Body alignment Trying to go as low as possible without losing shape or falling	Ask gymnast to push down on the beam so their arms remain straight as they jump to front support. Hands can be slightly narrower than shoulder width 	Must show full stretch in rocket jump Landing shape should be hips tucked under legs slightly bent, chest in and arms turned out in front 

Beam Weeks 3 and 4

Photo of equipment set up with 5 activities

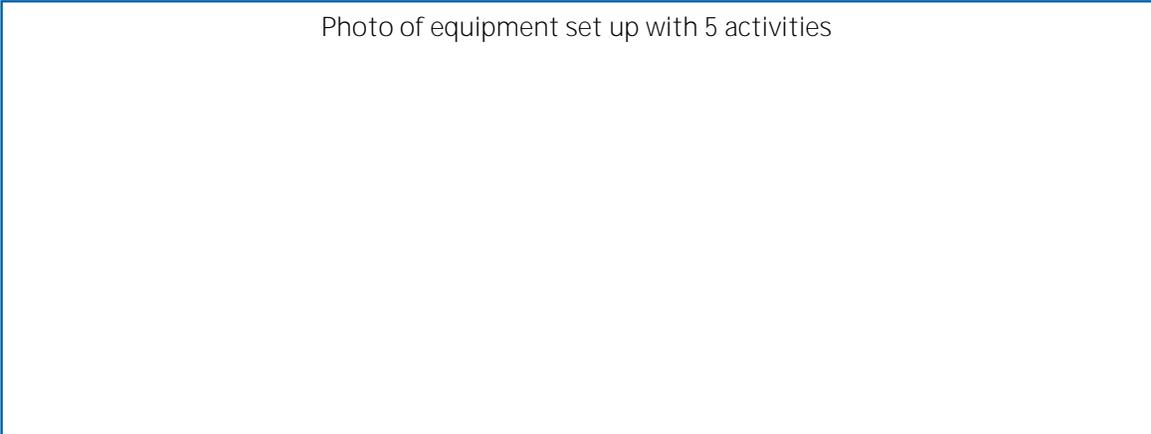
	Low Beam	Medium Beam	
Badge 1/2	Walking forwards on Low beam with bean Bag on Head	Rocket jump off beam to perfect landing shape, present	
Badge 3/4	Walking backwards on low beam with bean bag on head	Rocket jump off low beam with eyes closed to perfect landing shape, present	
Extension 1	Step kicks forward on low beam with bean bag on head	Rocket jump backwards off beam to perfect landing shape, present	
Extension 2	Step kicks going backwards on low beam with bean bag on head	Rocket jump backwards off low beam with eyes closed to perfect landing shape, present	
Coaching tips	Each level must be completed with straight legs, bean bag remaining untouched on top of head and without falling off the beam	Must show good stretch in jump and perfect landing shape to move to the next level	

Floor Dance - Weeks 3 and 4



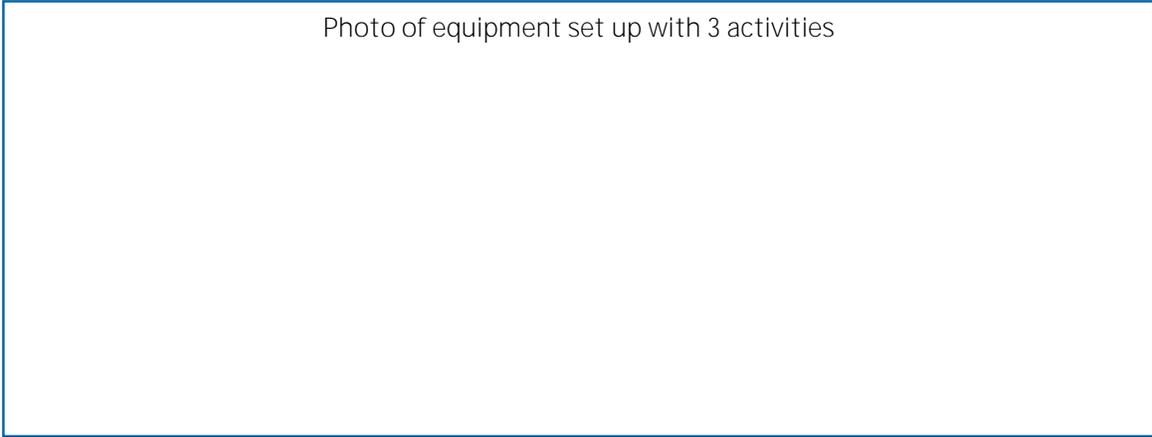
		Skill 1	Skill 2	Skill 3
Badge 1/2	Lift a straight leg to hold at 45 degrees in front for 5 sec, step on to front leg hold back leg at 45 degrees behind for 5 sec	Present, 1 step, leap over chalk lines (50cm apart) to land in arabesque	Splits with hands on 30cm box, back foot against a wall, how far can you reach your front foot. Place a bean bag where you got to.	
Badge 3/4	Lift a straight leg to hold at 45 degrees in front for 5 sec, leap to land on front leg and hold back leg at 45 degrees behind for 5 sec	Present, 1 step leap over chalk lines (50cm apart) go through arabesque, step forwards to present with toe pointed behind	Splits with hands on 30cm box, back foot against a wall, how far can you reach your front foot. Place a bean bag where you got to	
Extention 1	Lift a straight leg to hold at 45 degrees in front for 5 sec, hop with leg at 45 degrees, step on to front leg and hold back leg at 45 degrees	Present, 1 step leap over chalk lines (75cm apart) go through arabesque, step forward to present with toe pointed behind		
Extention 2	lift straight leg to hold at 45 degrees in front hold 5 sec, hop with leg at 45 degrees, leap to land on front leg hold back leg at 45 degrees behind for 5	Present, 1 step leap over chalk lines (1 metre apart) go through arabesque, step forward to present with toe pointed behind		
Coaching tips	Gymnasts should show straight legs on both held and support leg. When leaping they may bend their leg when they land. Chest should remain up tall and still. Arms should be pulled back in presentation throughout the whole skill	Gymnasts should show straight legs in the air and perfect landing position before moving onto the next level 	Back foot must remain on the back wall. Can you try and beat your best effort each go (move the bean bag to your best effort) Make sure they do both legs	

Floor Dance Weeks 3 and 4



Low/foam beam		Skill 5	
Badge 1/2	Step kicks forward to above 45 degrees with bean bag on head	Arabesque with leg at 45 degrees bounce ball x 5 with out stepping or hoping	
Badge 3/4	Step kicks backward to above 45 degrees (walking forward)	Arabesque with leg at horizontal bounce ball x 5 with out stepping or hoping	
Extension 1	Step kicks forward to horizontal with bean bag on head		
Extension 2	Step kicks backward to horizontal (walking forward)		
Coaching tips	Arms pulled back in presentation 		

Floor Acro - Weeks 3 and 4



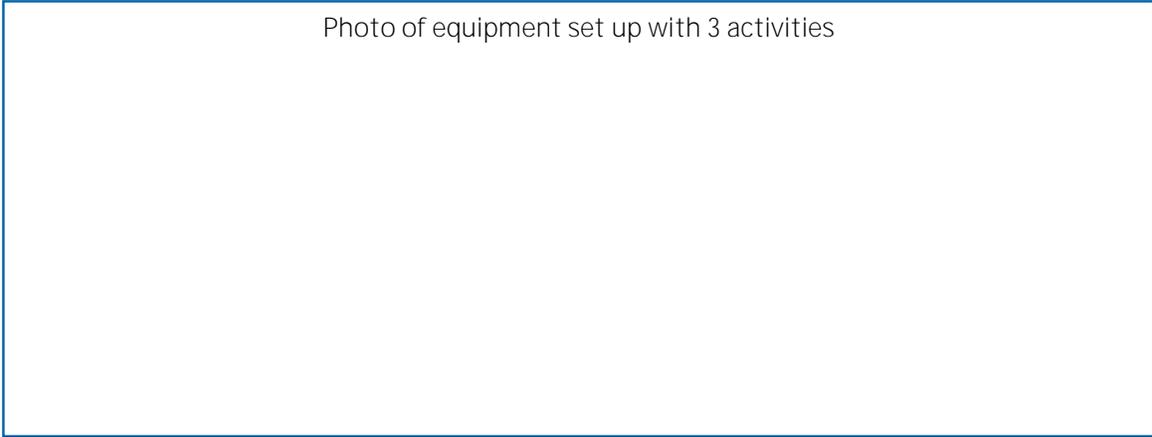
	Box	Skill 2	Skill 3
Badge 1/2	Present, spotted backward roll down slope to finish in angry cat	5 tuck rocks to place hands on the ground for backward roll	Front support with feet on the wall at 45 degrees hold 10 seconds
Badge 3/4	Present, backward roll down slope to finish in angry cat	5 tuck rocks to candle stick to place hands on the ground for backward roll with bean bag between feet	Front support with feet on the wall at 45 degrees, march feet on the spot on the wall x 10
Extention 1	Present, backward roll down slope to finish in front support	5 tuck rocks to candle stick to place hands on the ground with bean bag between feet and straight arms (hands will be turned in)	Front support with feet on the wall at 45 degrees, walk hands on the spot x 10
Extention 2	Present, backward roll down slope to finish in front support with straight arms		Front support with feet on the wall at 45 degrees, walk hands on the spot touching shoulder x 10
Coaching tips	<p>Gymnasts should show tuck shape as they roll over with head in. Place hands on the ground early and push against the ground to straighten arms. Hands should be turned in so little fingers touch the floor first</p>	<p>As the gymnasts rock back their hips should be over their shoulders Place hands flat down on the ground with fingers facing towards shoulders</p> 	<p>Gymnasts should have a strong rounded back position throughout with shoulders open. Should see limited body movement</p> 

Floor Arco Weeks 3 and 4

Photo of equipment set up with 5 activities

Skill 4		Wall	
Badge 1/2	Shape sequence challenge (See tips)	Present, forward roll down slope and present	
Badge 3/4	Shape sequence challenge with bean bag between feet	Present, forward roll down slope with bean bag between feet and present	
Extention 1		Present, forward roll down slope with bean bag between feet and under chin then present	
Extention 2		Present, forward roll down slope with bean bag between feet, knees and under chin then present	
Coaching tips	Can you perform the following sequence without fogetting Angry cat, Front support, turn to back support, L-sit, Pike, Dish, shoulder stand tuck to stand and present	Must perfrom a good forward roll without using hands to stand and without losing bean bag to go to the next level	

Airtrack (Clarence only) - Weeks 3 and 4



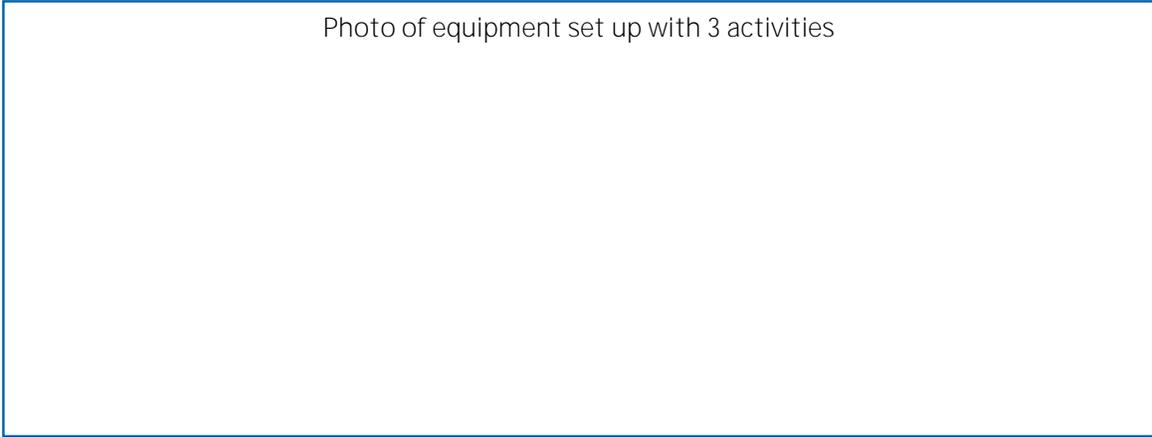
	Sweet spot	Airtrack	Airtrack
Badge 1/2	5 rocket jumps with backward arm circle	5 bunny hop bounces on airtrack with foam between feet	Rocket jump off 30cm height to perfect landing shape
Badge 3/4	5 rocket jumps with backward arm circle, tuck line out	5 bunny hop bounces on airtrack with foam between feet, forward roll to stand	Tuck jump off 30cm height to perfect landing shape
Extension 1	5 rocket jumps with backward arm circle, tuck line out, star jump		Rocket jump backwards off 30cm height to perfect landing shape
Extension 2	5 rocket jumps with backward arm circle, tuck line out, star jump, straddle jump		Tuck jump backwards off 30cm height to perfect landing shape
Coaching tips	As the gymnast jumps, the arms must raise forward to rocket shape, as the gymnast returns to the tramp arms continue to circle backwards, to the side in preparation to lift again. During the tuck line out show a tight tuck shape then open strongly to rocket before landing	Gymnasts should aim to get to show a tuck handstand position each time before forward rolling with straight arms. It is easier to forward roll with straight arms if the hands are turned in slightly	Gymnast should show maximum height throughout jumps

Airtrack (Clarence only) - Weeks 3 and 4

Photo of equipment set up with 5 activities

	Crash mat	Crash mat	
Badge 1/2	5 rocket jumps, forward roll onto 60cm height to finish in tuck	Starting on the floor in a rocket shape, forward roll onto pyramid block to tuck shape	
Badge 3/4	5 rocket jumps, high forward roll onto 60cm height to finish in tuck	Starting on the floor in a rocket shape, high forward roll onto pyramid block to tuck shape	
Extension 1	5 rocket jumps, mini frontsaunt to tuck shape onto 60cm height	Starting on the floor in a rocket shape, mini frontsaunt to tuck shape onto pyramid block	
Extension 2			
Coaching tips	Rocket jumps should be tight with ears hidden, straight arms and feet together. Forward roll/frontsaunt should have a nice tight tuck shape (knees apart but feet together to avoid nose injuries)	Rocket shape should be tight with ears hidden, straight arms and feet together. Forward roll/frontsaunt should have a nice tight tuck shape (knees apart but feet together to avoid nose injuries)	

Tramp - Weeks 3 and 4



	Tramp	Tumble tramp	Tramp to pit/mat
Badge 1/2	5 rocket jumps with backward arm circle	5 bunny hop bounces on trampoline with foam between feet	Rocket jump to land on target on mat or into pit
Badge 3/4	5 rocket jumps with backward arm circle, tuck line out	5 bunny hop bounces on trampoline foam between feet, forward roll to stand on tramp	Tuck line out to land on target on mat or into pit
Extension 1	5 rocket jumps with backward arm circle, tuck line out, star jump		
Extension 2	5 rocket jumps with backward arm circle, tuck line out, star jump, straddle jump		
Coaching tips	As the gymnasts jumps, the arms must raise forward to rocket shape, as the gymnasts returns to the tramp arms continue to circle backwards, to the side in preparation to lift again. During the tuck line out show a tight tuck shape then open strongly to rocket before landing		

Tramp Weeks 3 and 4

Photo of equipment set up with 5 activities

	Floor	Tumble tramp	
Badge 1/2	Presentation Forward roll on floor	5 rocket jumps, forward roll onto 60cm height to finish in tuck	
Badge 3/4	Presentation forward roll onto 30 cm box	5 rocket jumps, high forward roll onto 60cm height to finish in tuck	
Extension 1	Presentation forward roll onto 30 cm box with foam between feet	5 rocket jumps, mini frontsault to tuck shape onto 60cm height	
Extension 2	Presentation forward roll over foam block on 30 cm box with foam between feet		
Coaching tips	Chin on chest and finish is a tuck shape	Rocket jumps should be tight with ears hidden, straight arms and feet together. Forward roll/frontsault should have a nice tight tuck shape (knees apart but feet together to avoid nose injuries)	

