

# Warm up - Weeks 5 and 6

Game - Foam tiggly

All gymnasts jump around the designated area with a foam block between their feet, catcher also moves around the designated area with a foam block between their feet, if the foam block comes out(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 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
Presentation 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
Presentation, 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
Lying on back 10 to 20 leg kicks forward	5 to 10 chin ups, partner holding legs at Horizontal
In angry cat 10 to 20 leg kicks behind	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 seconds pike lever attempt	-Straight to bar
	5 to 10 pulldowns with partner holding elastic

## Stretching

10 seconds lunge on left leg
10 seconds straighten left leg chest to knee
10 seconds splits on left leg
10 seconds lunge on right leg
10 seconds straighten right leg chest to knee
10 seconds splits on right leg
10 seconds froggy splits
10 seconds side splits
5 seconds bridge with instructor guidance
Line up and ask the gymnasts what they did well or enjoyed today

# *Girls Club Badges*



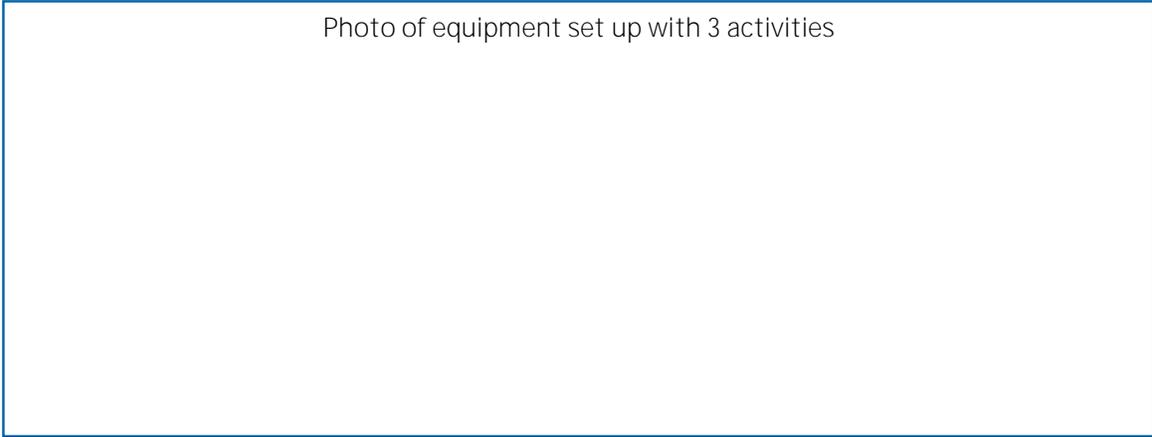
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LEARN TO GYM

*Badges 1-4*

*Weeks 5 and 6*

# Vault - Weeks 5 and 6



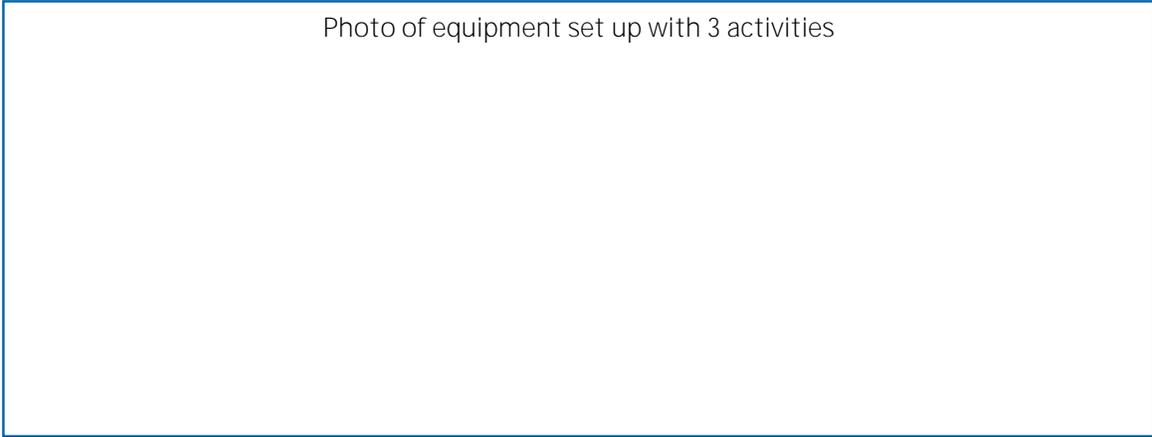
		Skill 1	Skill 2	Skill 3
Badge 1/2		3 backwards arm circle bounces on board, jump onto 60cm height forward roll to tuck shape	Forward roll onto 30cm box	Run board pause rocket jump to land on spring board
Badge 3/4		3 backward arm circle bounces on board, fast forward roll onto 60cm height	Forward roll over foam block onto 30cm box	Run board pause rocket jump to land on board then do 3 backwards arm circle jumps with the last one to land on the floor in landing shape
Extention 1		3 backward arm circle bounces on board, fast forward roll over foam block onto 60cm height	Forward roll over 2 foam blocks onto 30cm box	Run board pause rocket jump onto 60cm height
Extention 2		3 backward arm circle bounces on board, fast forward roll over 2 foam blocks onto 60cm height	Forward roll over 2 foam blocks onto 30cm box with foam block between feet	Run board pause rocket jump onto 60cm height with straight legs
Coaching tips		Gymnasts should demonstrate fast forward roll lifting hips on take off	Chin on chest during the roll	Two feet together on board Arms down on board

## Vault - Weeks 5 and 6

Photo of equipment set up with 5 activities

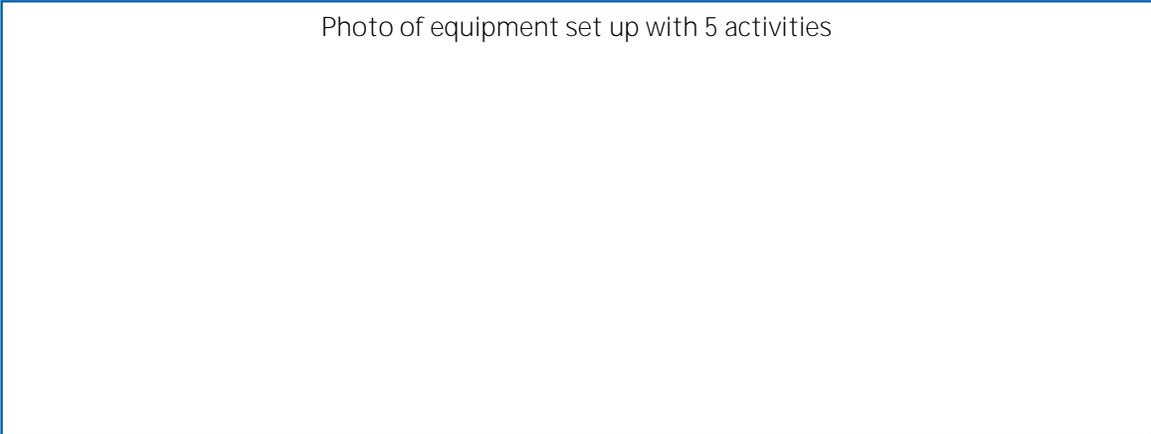
	Skill 4	Skill 5	
Badge 1/2	Tuck jump onto 30cm box straight jump off to perfect landing	Prone fall forwards from knees (safety fall)	
Badge 3/4	Tuck jump onto 30cm box with foam between feet, straight jump off to perfect landing	Tuck rock backwards with arms tucked in at chest (safety fall)	
Extension 1		From landing shape, prone fall forwards	
Extension 2		From landing shape, safety fall backwards (tuck rock with arms tucked in)	
Coaching tips	Maximum height in both jumps Hold landing shape for 3 seconds	In the prone fall the gymnasts should have hands facing inward and demonstrate ability to bend arms and control the fall. Falling backwards the gymnasts should not place hands on the ground. The arms should be crossed in front of the chest	

# Bars - Weeks 5 and 6



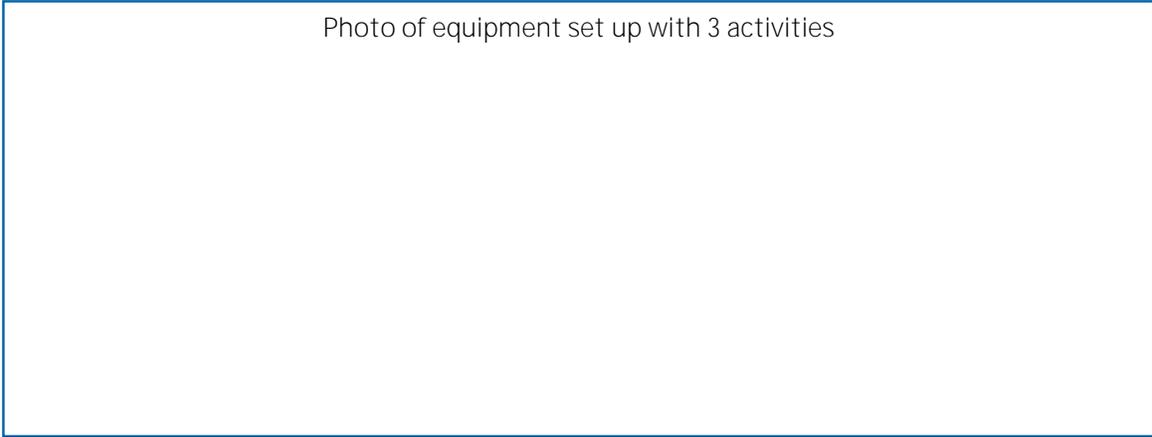
	Low bar	High bar	Ground
Badge 1/2	Jump from small box to catch bar and perform 3 bent leg swings to perfect landing	Dish shape with feet touching foam shape in front hold 5 sec	Dish for 5 seconds roll over to arch for 5 seconds with bean bag between feet
Badge 3/4	Jump from small box to catch bar and perform 3 bent leg swings to perfect landing, with foam between feet	Dish shape with feet touching foam shape in front hold 5 sec, arch shape hold 5 sec	Dish for 5 seconds, roll over to arch for 5 seconds, roll to dish and repeat with bean bag between feet
Extension 1	Jump from small box to catch bar and perform 3 bent leg swings, with foam between feet, aiming to touch coaches hand with their knees on the front swing	Dish shape with feet touching foam shape in front hold 5 sec, then 3 dish arch shapes continuous	
Extension 2		Dish shape with feet touching foam shape in front hold 5 sec, then 3 dish arch shapes continuous, with bean bag between feet	
Coaching tips	<p>Coach to hold their hand at about bar height on the front swing far enough away that the gymnast needs to stretch to touch the hand with their knees. You should still see a dish arch kick action as you would in a long swing but legs are bent</p>	<p>The foam shape encourages the gymnasts not to pike. Pull the ribs in to make the shape - they may need assistance to do this. They should not lift their legs to make a dish</p> 	<p>Lower back should be pressed into the floor with legs straight and toes pointed. In arch, the feet should be together with the legs straight and arms above the head.</p> 

# Bars Weeks 5 and 6



Low bar		Low bar	
Badge 1/2	Pullover from box to finish in support	From standing rocket shape on floor, reach forwards to hold dish shape with hands on bars feet on floor	
Badge 3/4	1 foot on box, pullover to finish in support	From standing in rocket shape on floor jump to to push off bar in dish shape to land in rocket shape on floor	
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.	Gymnasts should have flat hips and rounded chest throughout the activity. Ears should be hidden and shoulders should be pushing tall  	

# Beam - Weeks 5 and 6



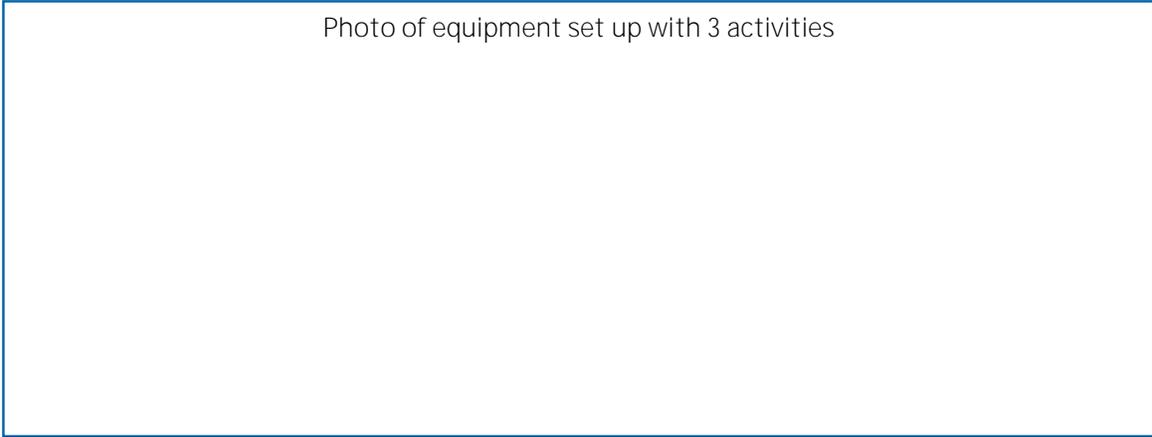
	Low Beam	High Beam	Medium Beam
Badge 1/2	Releve hold 2 seconds, repeat on other leg along the length of the beam	Lift onto releve hold 5 seconds with bean bag on head, step kicks to the other end of the beam	Angry cat shape hold 5 seconds, crawl forwards along the beam
Badge 3/4	Lift to passe in front, rotate knee to the side and return to in front, repeat on the other leg along the length of the beam	Releve 1/2 turn on toes x 2 with bean bag on head, step kicks to the other end of the beam	Angry cat shape hold 5 seconds, bear walk along the beam
Extention 1	Lift to passe in front, <i>rotate knee to the side and return to in front, raise onto toe</i> , repeat on the other leg along the length of the beam	Passe hold x 5 sec, releve 1/2 turn on toes x 2 with bean bag on head, step kicks to the other end of the beam	Angry cat shape on beam, bear walk with straight legs
Extention 2			Angry cat shape on beam, caterpillar walks with straight legs
Coaching tips	<p>The base leg should be locked straight, bottom and tummy should be squeezing tight to keep balanced</p> 		Pistol grip hands on beam

## Beam Weeks 5 and 6

Photo of equipment set up with 5 activities

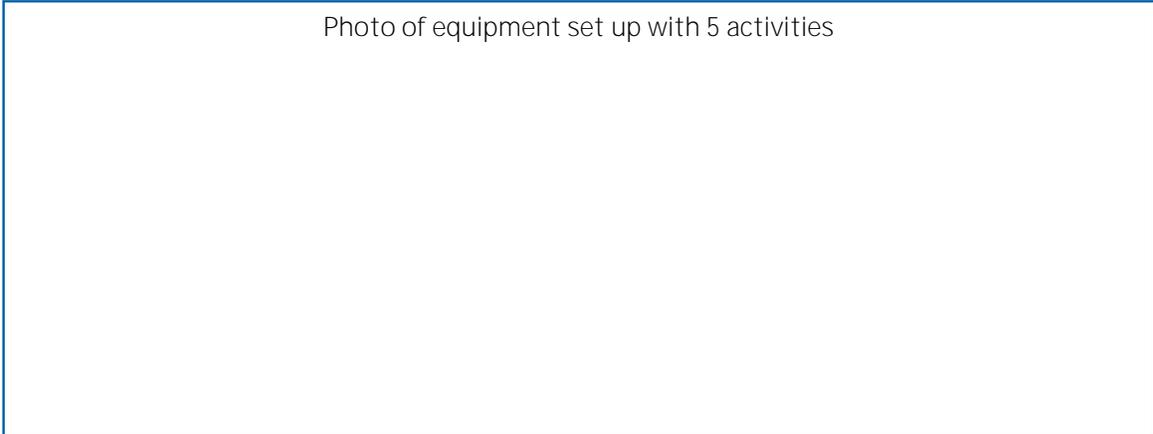
	Low Beam	High Beam	
Badge 1/2	Grapevine sideways on the beam	Step to passe, calf raise in passe, then repeat on the other leg down the beam. Arms will remain in soldier the entire time	
Badge 3/4	Grapevine sideways on toes	Step to passe, calf raise in passe, then repeat on the other leg down the beam. Arms will remain in soldier the entire time	
Extention 1			
Extention 2			
Coaching tips	Arms pressed back in presentation with eyes looking forward Make sure they are stepping in front and behind with stomach and bottom squeezing	Arms in soldier Chin up with eyes spotting the end of the beam When doing the calf raise ensure the gymnast's heel goes over big toe <b>(don't let ankles roll outwards)</b> This activity is quite challenging, stomach and bottom will need to be squeezed	

# Floor Dance - Weeks 5 and 6



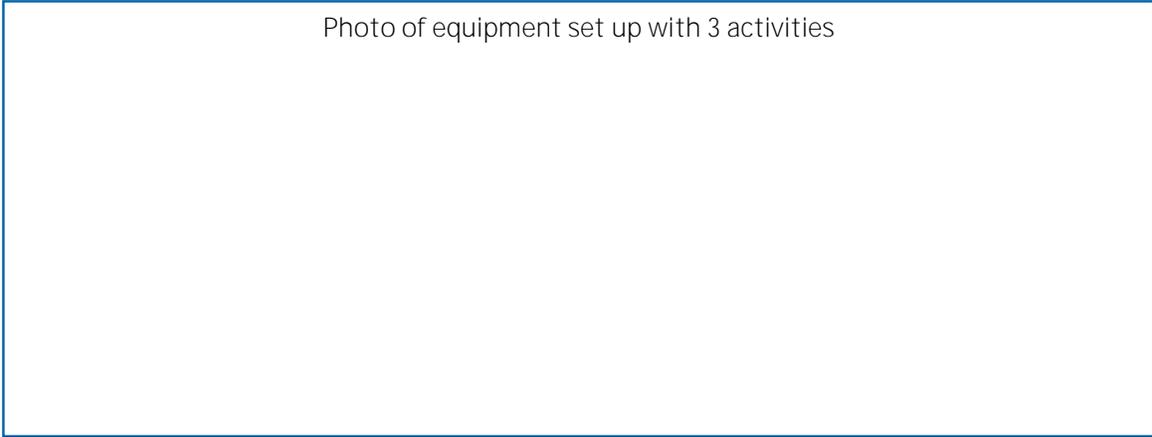
		Skill 1	Skill 2	Low Beam
Badge 1/2		Straight jump to land in connection position	Rocket jump onto 30cm box with straight legs to perfect landing shape	Straight jump timer
Badge 3/4		Straight jump x 2 connected	Standing sideways on the 30cm box, split jump off to land on the floor in landing shape	Straight jump on low beam
Extension 1		Straight jump, tuck jump connected	Starting on the floor side on to the box, split jump up onto the box to perfect landing shape	Straight jump x 2 connected
Extension 2		Straight jump, split jump connected		Straight jump, tuck jump connected
Coaching tips	Ensure arms sweep upwards during jump take offs	<p>You should see the gymnasts fully extend out of their legs in the jump. The split action should be fast with arms in presentation for the split</p> 	In the straight jump the arms lift to rocket then circle behind to spring shape ready to connect the next jump. This helps maximise height	

# Floor Dance Weeks 5 and 6



		Skill 4	Skill 5		
Badge 1/2		Mini Split jump on the spot	Standing with back against the wall with arms in presentation, perform 5 leg kicks forwards on each leg		
Badge 3/4		Mini Split jump on the spot	Standing with back against the wall with arms in presentation, perform 5 leg kicks forwards on each leg		
Extension 1			Standing facing the wall with hands on the wall at chest height, perform 5 leg kicks to the back		
Extension 2					
Coaching tips		<p>Arms should be pressed backwards in presentation shape, chest should be up straight and even split in the jump</p> 	<p>Arms should be pressed back into presentation shape. Ensure the bottom leg stays straight when kicking</p>		

# Floor Acro - Weeks 5 and 6



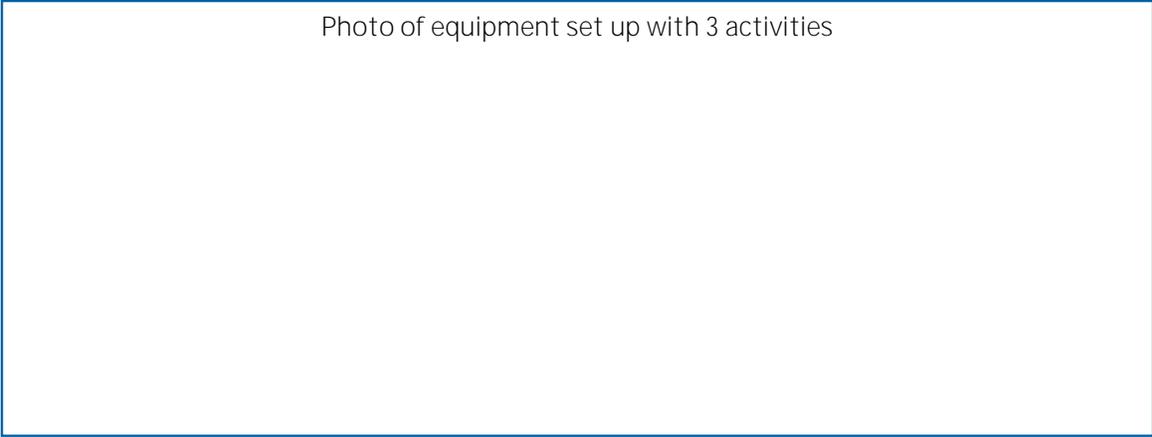
		Skill 1	Skill 2	Skill 3
Badge 1/2		Mini cartwheel over box with straight legs - start and finish in star	Spotted Bridge on 30cm box hold 5 seconds	Snail shape hands on 30cm box
Badge 3/4		Cartwheel over height in a semi circle - start in rocket and finish in star	Bridge hold 5 sec on 30cm box	Snail shape hands on 30cm box
Extension 1		Cartwheel in a semi circle - start in rocket and finish in star	Bridge on 30cm box lift 1 leg to vertical hold 5 seconds	
Extension 2		Cartwheel in a straight line - start in rocket and finish in star	Bridge on 30cm box kick over to lunge spotted	
Coaching tips		Start from presentation then rocket or star. Arms to remain straight throughout, ensure strong star shape at the end. Aim to go through vertical	Shoulders should be over hands, eyes on hands and legs to be straight  	Ensure bottom is in the air so the athletes can push their shoulders towards the floor properly  

## Floor Arco Weeks 5 and 6

Photo of equipment set up with 5 activities

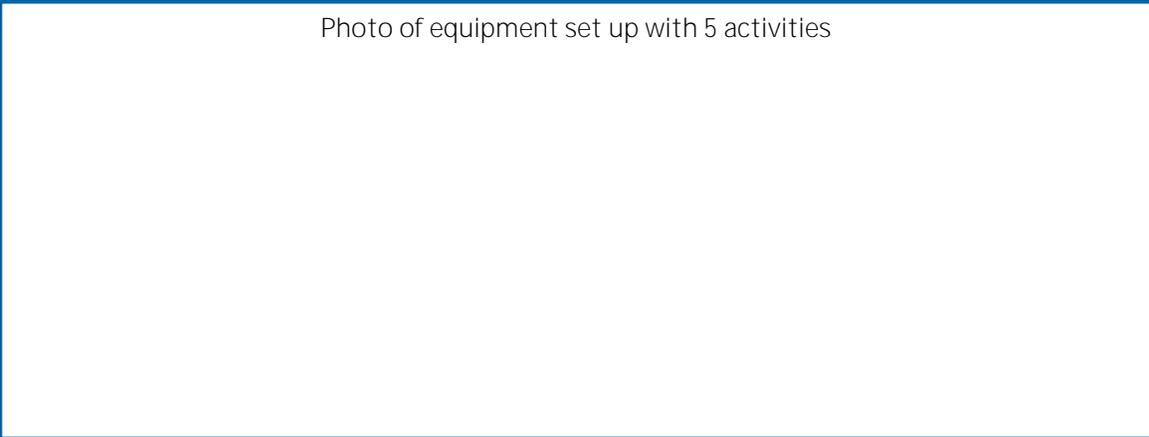
	Skill 4	Skill 5	
Badge 1/2	Mini flex routine- angry cat, happy cat, snail and seal	Present, spotted backward roll down slope to finish in angry cat	
Badge 3/4	Mini flex routine- angry cat, happy cat, snail, seal, turn over to back support, straddle sit and straddle fold	Present, backward roll down slope to finish in angry cat	
Extension 1		Present, backward roll down slope to finish in angry cat with straight arms	
Extension 2		Present, backward roll down slope to finish in squat with straight arms	
Coaching tips	Gymnast should not place bottom on the floor between supports	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	

# Airtrack (Clarence only) - Weeks 5 and 6



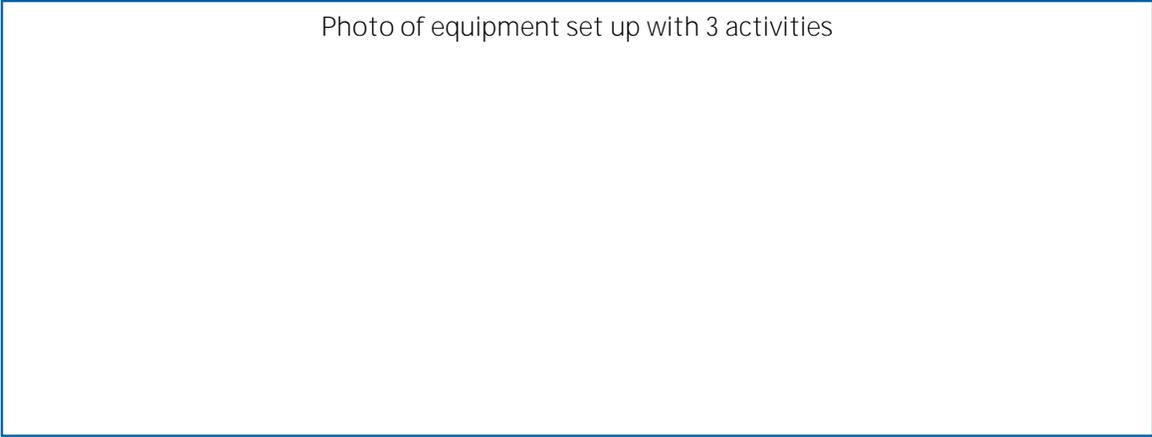
	Sweet spot	Airtrack	Airtrack
Badge 1/2	Split jump	From standing on 1 leg jump to back drop onto pyramid block	Front support with feet on small block hold for 5 seconds
Badge 3/4	Split jump, immediate tuck jump	From standing, jump to back drop onto pyramid block	Front support with feet on small block, march hands to touch elbow 6 times
Extension 1	Split jump, immediate tuck jump, immediate star jump		Front support with feet on small block, march hands to touch shoulder 6 times
Extension 2	Split jump, immediate tuck jump, immediate star jump, immediate straddle jump		
Coaching tips	Arms are in presentation in the split jump then they go to spring (connection) shape ready to connect the next jump	Arms and legs should be pointing slightly away from the body with head off the mat	Feet on box, chest should be rounded with head looking forwards. The body should be still as the gymnasts marches their hands

# Airtrack (Clarence only) - Weeks 5 and 6



		Crash mat	Crash mat	
Badge 1/2	Rocket shape fall back	From standing in a rocket shape, jump to seat drop shape		
Badge 3/4	Rocket shape fall forward 1/2 turn to land on back on mat	Jump 1/2 turn to feet then jump to seat drop shape		
Extension 1	Rocket shape fall backwards with 1/1 turn to land on back on mat	Jump half turn to seat drop shape (miss feet)		
Extension 2				
Coaching tips	Body alignment Wrap arms to twist	In the seat drop, hands should be placed next to the knees		

# Tramp - Weeks 5 and 6



	Crash mat	Tramp	Tramp to pit/mat
Badge 1/2	From standing on 1 leg jump to back drop on crash mat	Seat drop snap to rocket with straight legs x 2	Rocket shape fall back
Badge 3/4	From standing, jump to back drop on crash mat	Seat drop to stand, jump 1/2 turn, seat drop to stand with straight legs	Rocket shape fall forward 1/2 turn to land on back in pit or on mat
Extension 1		Seat drop 1/2 turn to stand x 2 with straight legs	Rocket shape fall backwards with 1/1 turn to land on back in pit or mat
Extension 2		Seat drop full turn to stand with straight legs	
Coaching tips	Arms and legs should be pointing slightly away from the body with head off the mat	In the seat drop, hands should be placed next to the knees	Body alignment Wrap arms to twist

## Tramp Weeks 5 and 6

Photo of equipment set up with 5 activities

Tumble tramp		Tumble tramp	
Badge 1/2	From hands and knees, bounce on hands x 5 (similar to handstand pop action)	Split jump	
Badge 3/4	From Front support, bounce on hands x 5 (similar to handstand pop action)	Split jump, immediate tuck jump	
Extension 1		Split jump, immediate tuck jump, immediate star jump	
Extension 2		Split jump, immediate tuck jump, immediate star jump, immediate straddle jump	
Coaching tips	Should see strong push through shoulders and wrists	Arms are in presentation in the split jump then they go to spring (connection) shape ready to connect the next jump	

