

Warm up - Weeks 7 and 8

Game - Memory game

All gymnasts standing on a velcro line if you call out red(can be anything) you have to run and place 1 foot on the velcro line to the left. If you call out blue, you have to run and place 1 foot on the velcro line to the right. You can try to trick the gymnasts by pointing the wrong way. Add in additional names to run to the left or the right to make it more confusing.

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 on each leg, jog back	3. 1 lap rebounds forwards, then rebound backwards, jog back	4. Bear walk forwards, then bear walk 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 side 10 to 20 leg kicks to the side

5 to 10 chin ups, partner holding legs at Horizontal

10 to 20 sec front support hold

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 Straddle 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



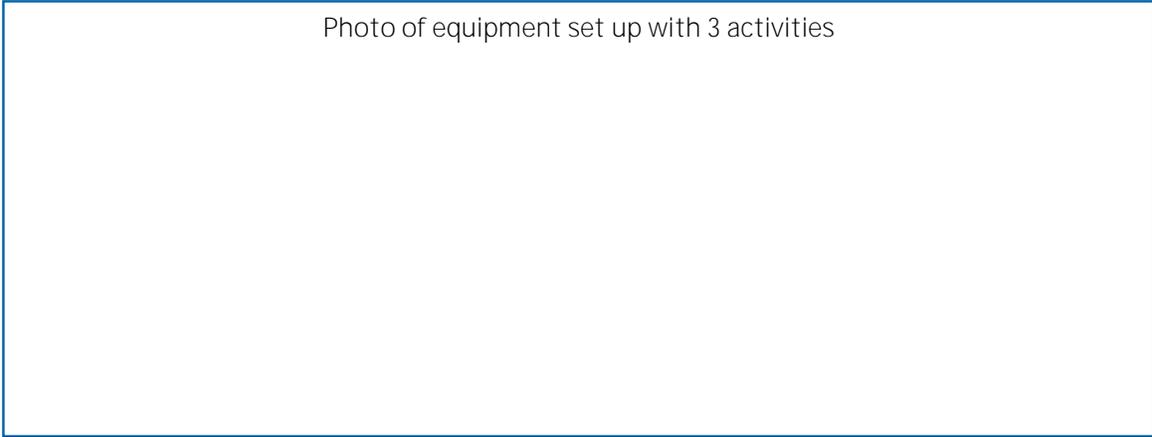
gymsports

LEARN TO GYM

Badges 1-4

Weeks 7 and 8

Vault - Weeks 7 and 8



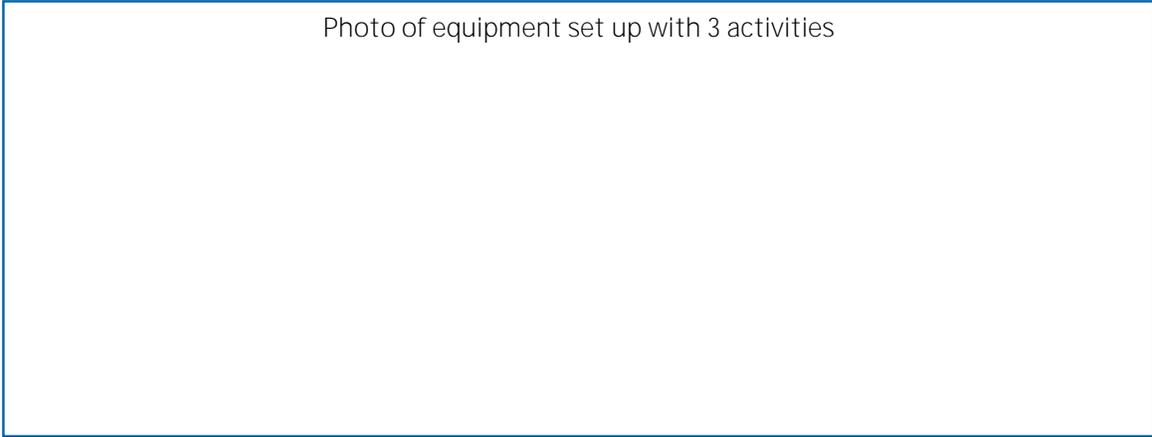
		Skill 1	Skill 2	Skill 3
Badge 1/2	Run, board pause straight jump onto 60cm mat, forward roll	Straight jump to perfect landing shape	Springboard sequence, 3 rocket jumps, star jump, 3 rocket jumps continuous	
Badge 3/4	Run, board pause forward roll onto 60cm mat	Straight jump from 30cm box perfect landing shape	Springboard sequence, 3 rocket jumps, star jump, Tuck jump, 3 rocket jumps continuous	
Extention 1	Run, board pause forward roll with straight arms and legs onto 60cm mat	Straight jump backwards off 30cm box perfect landing shape	Springboard sequence, 3 rocket jumps, star jump, Tuck jump, Star jump, 3 rocket jumps continuous	
Extention 2	Run, board pause handstand flat back onto 60cm mat	Straight jump backwards off 30cm box with eyes closed off 30cm to perfect landing shape	Springboard sequence, 3 rocket jumps, star jump, Tuck jump, Star jump, Tuck jump 3 rocket jumps continuous	
Coaching tips	Move onto the next stage when done correctly	Should show full extention and pointed toes whilst jumping	Should show full extention and pointed toes whilst jumping	

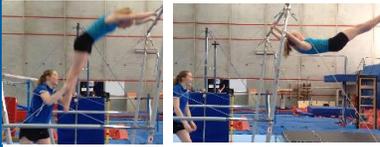
Vault - Weeks 7 and 8

Photo of equipment set up with 5 activities

	Skill 4	Skill 5	
Badge 1/2	Walk feet up wall to front support at 45 degrees. March x 10 with hands touching head inbetween each march	Rebound jumps over foam blocks	
Badge 3/4	Walk feet up wall to front support at 45 degrees. March x 10 with hands touching shoulder in between each march	Rebound jumps over foam blocks with foam between feet	
Extension 1	Walk feet up wall to front support at 45 degrees. March x 10 with hands touching hip in between each march	Rebound jumps with straight legs over foam blocks with foam between feet	
Extension 2	Walk feet up wall to front support at 45 degrees. March x 10 with hands touching hip with straight arm in between each march		
Coaching tips	<p>Open shoulders, rounded chest, eyes on hands and minimal body movement when moving hands</p> 	Athletes should show full extension through their legs in each jump before progressing onto the next level. Ears should also be hidden throughout.	

Bars - Weeks 7 and 8



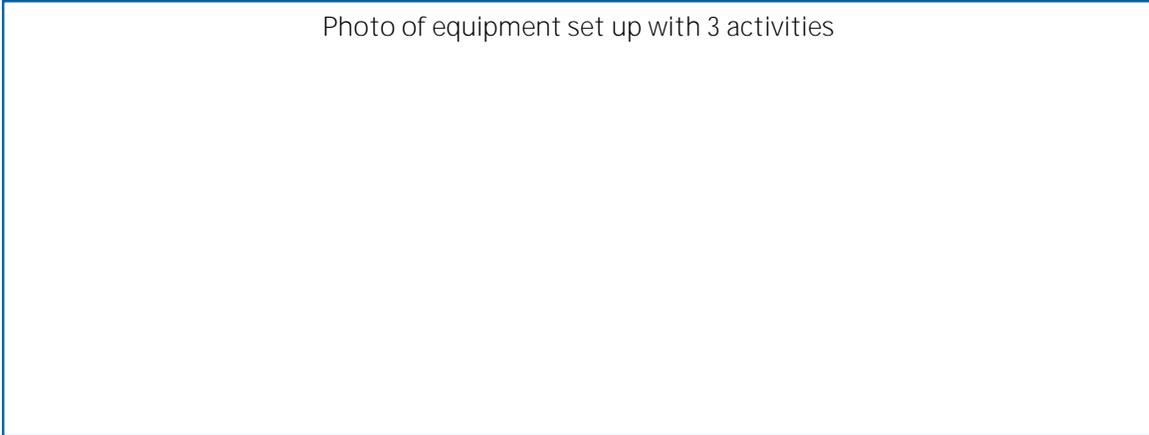
		Low bar	High bar	Ground
Badge 1/2		Front support shape on bars with straight arms, 3 shoulder shrugs then 3 small swings with legs	5 swings on High bar with foam between feet	Front support with hands on ground bar feet on fit ball x 10 sec
Badge 3/4		3 shoulder shrugs then 3 small casts on bars with straight arms	5 swings on High bar with re grip with foam between feet	Front support with hands on ground bar feet on fit ball rock back and forward x 5
Extention 1		3 shoulder shrugs then 3 casts to 45 below horizontal with straight arms	5 swings on high bar with re grip. Show dish shape at the back of swing with foam between feet	
Extention 2		3 casts to horizontal with straight arms		
Coaching tips	<p>Shoulders should be leaning forward over the bar, legs should be straight and toes pointed. Chest should be rounded and hips open in cast</p> 	<p>Gymnasts should show a dish shape on either side of the bar with the "tap" (arch) under the bar.</p> 	<p>Gymnasts should push down on the bar so their elbows are straight and chest is rounded. Gymnasts should look forward so they have a short neck.</p> 	

Bars Weeks 7 and 8

Photo of equipment set up with 5 activities

	Low bar	Low bar	
Badge 1/2	Coach assisted inverted hang hold 5 sec	From knees, extend to prone shape on floor using hand wheel(if you don't have hand wheel walk out as far to prone as possible and back) x 3	
Badge 3/4	From front support, coach assisted, fall back to inverted hang hold 5 sec	From knees extend to prone shape on floor using hand wheel (if you don't have hand wheel walk out as far to prone as possible and back) x 3	
Extention 1	From front support, coach assisted backhip circle		
Extention 2	From front support, coach assisted backhip circle with straight arms		
Coaching tips	Chest to remain in and hips open throughout. If doing the back hip circle you should see a fast wrist shift around the bar. This helps the elbows remain straight	Ensure chest is rounded, hips are open and eyes look towards the hands with ears hidden	

Beam - Weeks 7 and 8



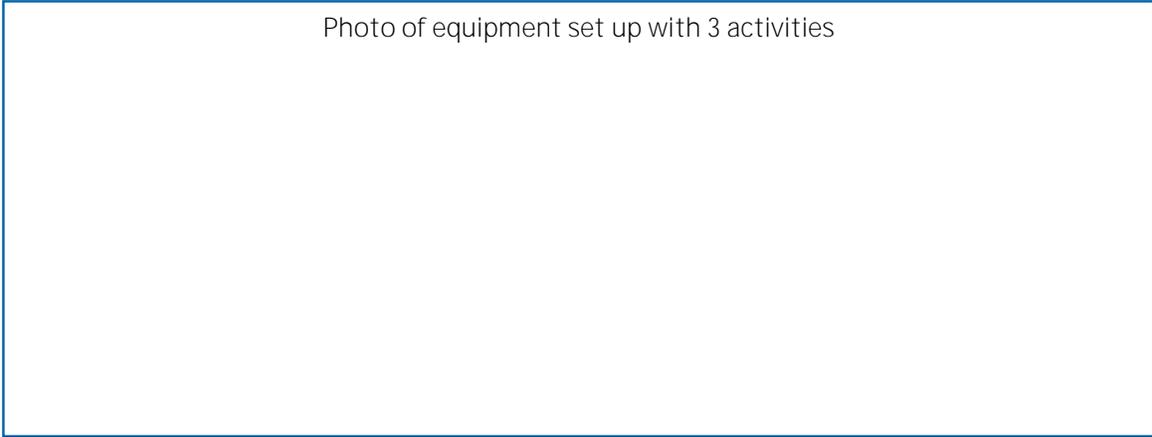
	Low Beam	High Beam	Medium Beam
Badge 1/2	Straight jump timer, hold Landing shape for 5 seconds then skip to the end of the beam	Landing shape on high beam hold for 5 seconds, step kicks to the end of the beam	Presentation with toe pointed in front, step kick fwds along beam (return to presentation with toe point before each kick)
Badge 3/4	Straight jump hold Landing shape for 5 seconds then skip to the end of the beam	Straight jump timer on high beam hold Landing shape for 5 seconds, step kicks to the end of the beam	Presentation with toe pointed in front, step kick bwds along beam (return to presentation with toe point before each kick)
Extension 1	Tuck jump hold Landing shape for 5 seconds then skip to the end of the beam	Straight jump on high beam hold Landing shape for 5 seconds, step kicks to the end of the beam	Presentation with toe point, step kick fwds x2, step kick bwds x2 (return to presentation before each kick)
Extension 2	Straight jump x2 in series hold Landing shape for 5 seconds then skip to the end of the beam	Tuck jump timer on high beam hold Landing shape for 5 seconds, step kicks to the end of the beam	
Coaching tips	Arms should be sweeping up as the gymnast takes off into the jump. In the air, ears should be hidden, legs should be straight and toes pointed. If doing two jump connected, arms should continue to circle behind the gymnast in the first jump and sweep upwards in the second jump	Strong arm swing into the jump Maximum extension (body alignment) Maximum height in jumps 	

Beam Weeks 7 and 8

Photo of equipment set up with 5 activities

	Low Beam	High Beam	
Badge 1/2	Straight jumps over bean bags on wide low beam	Passe walks on high beam	
Badge 3/4	Straight jumps over bean bags on narrow low beam	Passe walks on high beam with bean bag on head	
Extension 1	Connected straight jumps over bean bags on narrow beam (arms can circle)		
Extension 2			
Coaching tips	Arms should be lifting upwards with the jump to assist with gaining height. Legs should be tight with toes fully pointed. Ensure correct beam feet (5th position- heel to toe with slight turn out)	Eyes should focus on the end of the beam. Toe should be at knee during passe phase of the walks.	

Floor Dance - Weeks 7 and 8



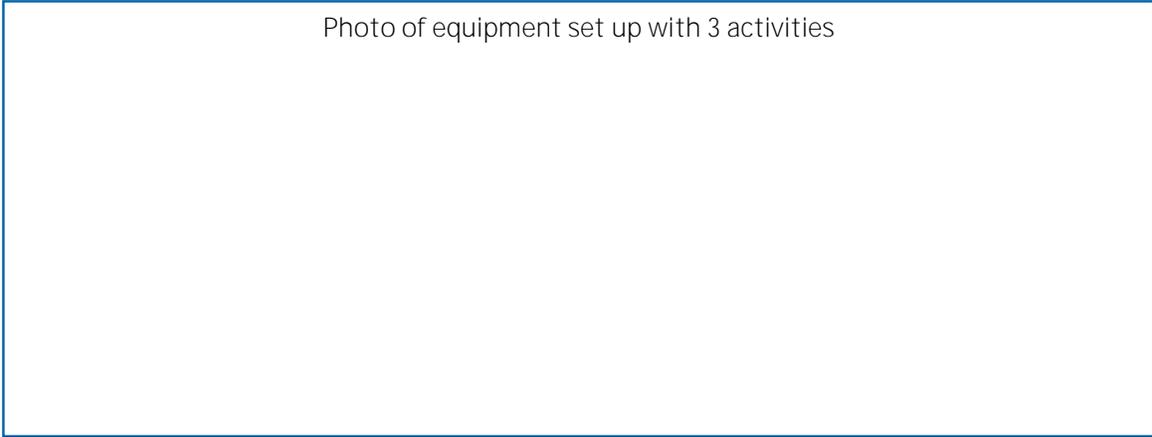
		Skill 1	Skill 2	Low Beam
Badge 1/2		Lift leg forward hold 3 sec as high as possible with straight legs. Repeat on other leg	4 step kicks forward with straight legs	5 hops on low beam
Badge 3/4		Lift leg behind hold 3 sec as high as possible with straight legs. Repeat on other leg	4 step kicks behind, walking forward	5 hops on low beam with leg straight in front
Extention 1		Lift leg forward hold 3 sec as high as possible standing on a bent bottom leg. Repeat on other leg	2 step kicks forward, 2 step kicks behind	5 hops on low beam with leg straight behind
Extention 2		Lift leg behind hold 3 sec as high as possible standing on a bent bottom leg. Repeat on other leg	2 step kicks forward above horizontal, 2 step kicks behind above horizontal	
Coaching tips		Ensure chest is upright and arms are pulled back 	Ensure base leg is straight and gymnast comes to presentation with a toe point in front between each kick 	Chest up tall and hands on hips or in presentation

Floor Dance Weeks 7 and 8

Photo of equipment set up with 5 activities

	Skill 4	Skill 5	
Badge 1/2	Coach assisted mini split jump	Standing with arms in presentation, lift one leg in front, hold for 3 seconds then step to hold arabesque on the other leg for 3 seconds. Repeat on	
Badge 3/4	Mini split jump	Standing with arms in presentation, lift one leg in front, hold for 3 seconds then hop and hold on a bent bottom leg for 3 seconds. Repeat on other leg	
Extension 1	Split jump to 90 degrees	Leap lead up drill (leg in front, hop and hold, leap onto the other leg to hold arabesque on a bent bottom leg)	
Extension 2	Split jump to 135 degrees		
Coaching tips	<p>Arms in presentation, chest upright and straight legs</p> 	<p>Arms pressed back into presentation Chest and chin up The free leg should be straight When landing, the support leg should be bent and held for 3 seconds</p>	

Floor Acro - Weeks 7 and 8



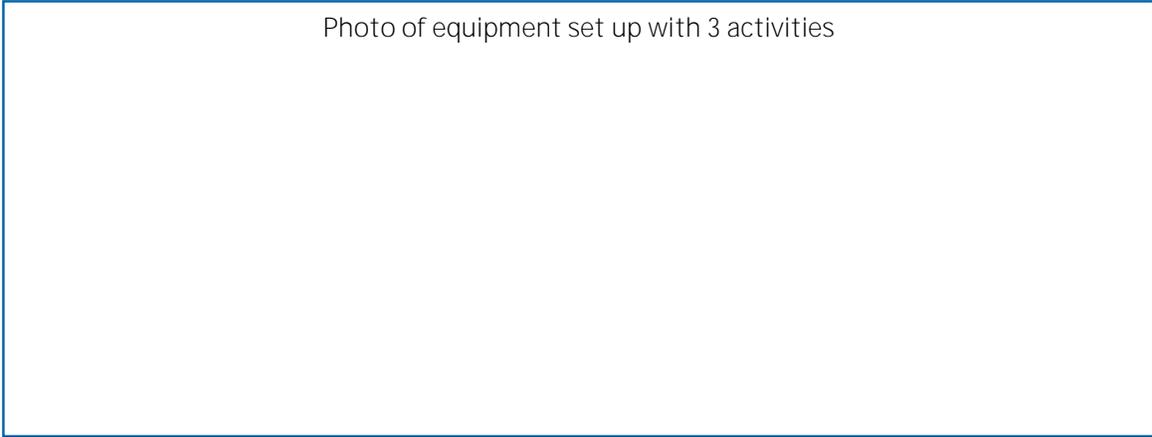
		Skill 1	Skill 2	Skill 3
Badge 1/2		Presentation, forward roll down a slope to stand and present	Spotted Bridge on 30cm box hold 5 seconds	Cartwheel in a semi circle to finish in star
Badge 3/4		Presentation, forward roll down a slope to stand and present with bean bag between feet	Bridge hold 5 sec on 30cm box	Cartwheel on floor to finish in star
Extension 1		Presentation, forward roll down a slope immediate forward roll on ground to tuck with bean bag between feet	Bridge on 30cm box lift 1 leg to vertical	Cartwheel on line to finish in star
Extension 2		Presentation forward roll down a slope immediate forward roll on ground to stand with bean bag between feet	Bridge on 30cm box kick over to stand	Cartwheel on line to finish in lunge
Coaching tips		Chin in, strong tuck shape throughout	Shoulders should be over hands, eyes on hands and legs to be straight 	Long entry T hands Eyes should be watching hands and see the first foot land on the line Landing should be fast and strong

Floor Arco Weeks 7 and 8

Photo of equipment set up with 5 activities

	Skill 4	Skill 5	
Badge 1/2	Mini cartwheel over box with straight legs - start and finish in star	Front support walks on trolley or slide sheet backwards	
Badge 3/4	Cartwheel over height in a semi circle start in rocket and finish in star	Front support walks on trolley or slide sheet forwards	
Extension 1	Cartwheel in a semi circle - start in rocket and finish in star		
Extension 2	Cartwheel in a straight line - start in rocket and finish in star		
Coaching tips	Start from presentation then rocket. Arms to remain straight through out, ensure strong star shape at the end	Push through chest	

Airtrack (Clarence only) - Weeks 7 and 8



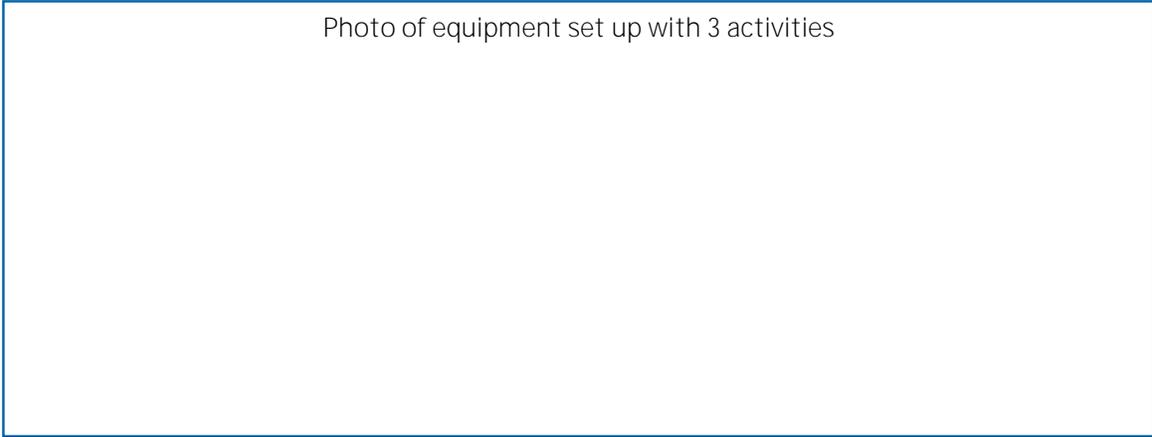
	Sweet spot	Airtrack	Airtrack
Badge 1/2	3 star jumps	Hurdle shape with hands on the wall hold 5 seconds	3 scorpion kicks with back against the wall - try to get to a 3/4 handstand
Badge 3/4	3 mini split jumps on each leg with straight legs	Step to hurdle shape with hands on the wall hold 5 seconds	3 kicks with back against the wall to finish in handstand and hold for 3 seconds
Extension 1	3 split jumps with straight legs to 135 degrees on each leg		Stomach in against the wall hold for 5 seconds
Extension 2			
Coaching tips	Arms in presentation throughout the split jumps	Lean into the wall, straight line from foot to hands, one leg bent and parrallele to the wall	Arms should be straight with eyes watching hands and legs straight in the air. Should see body alignment in the handstands

Airtrack (Clarence only) - Weeks 7 and 8

Photo of equipment set up with 5 activities

	Airtrack	Crash mat	
Badge 1/2	Handstand shape on back hold 10 seconds with bent legs	Presentation, rocket, handstand flat back onto mat	
Badge 3/4	Handstand shape on stomach hold for 10 seconds	Presentation, rocket, fast handstand flatback onto mat	
Extension 1		Presentation, rocket, handstand pop flat back onto mat	
Extension 2			
Coaching tips	<p>Handstand shape on back should have flexed wrists, lower back on the floor and slightly bent legs</p> <p>Handstand shape on stomach should have flexed wrists, arm pits pressing into the floor, round chest and straight legs</p> 	<p>Should see alignment through wrists, shoulders, hips and toes</p> 	

Tramp - Weeks 7 and 8



	Crash mat	Tramp	Track to pit/mat
Badge 1/2	Presentation, rocket, handstand flat back onto mat	5 bunny hops on tramp	Handstand spotted flat back onto mat or pit
Badge 3/4	Presentation, rocket, fast handstand flatback onto mat	5 donkey kicks on tramp	Handstand flat back into the pit
Extension 1	Presentation, rocket, handstand pop flat back onto mat	5 cat springs on tramp	Hop step flat back into pit
Extension 2			Hurdle flat back into pit
Coaching tips	<p>Should see alignment through wrists, shoulders, hips and toes.</p> 		<p>Long entry into handstand Should see body alignment and a bit of lift before landing on their back (will only happen if they are tight)</p>

Tramp Weeks 7 and 8

Photo of equipment set up with 5 activities

	Tumble tramp	Tumble tramp	
Badge 1/2	Angry cat bounces x5	3 star jumps	
Badge 3/4	Front support bounces x5	3 mini split jumps on each leg with straight legs	
Extension 1	Front support bounces x5 backward	3 split jumps with straight legs to 135 degrees on each leg	
Extension 2			
Coaching tips	Blocking through the shoulders and wrists with minimal body movement	Arms in presentation throughout the split jumps	