

Warm up - Weeks 9 and 10

Game - Spiders Web

Gymnasts move around in a crab shape in the designated area. Taggers are to stand and join hands together. To tag a crab they must move their arms over the top of the crab. The crab then becomes a part of the tagging team. When the web reaches 4 people, split into two groups. Catchers can move around by walking or jumping.

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

10 x squat needle kicks

5 to 10 chin ups, partner holding legs at Horizontal

10 to 20 sec back 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

Bunny tuck lever hold for 5-10seconds

-Tuck to bar lower straight

Straddle lever 5-10 seconds

-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

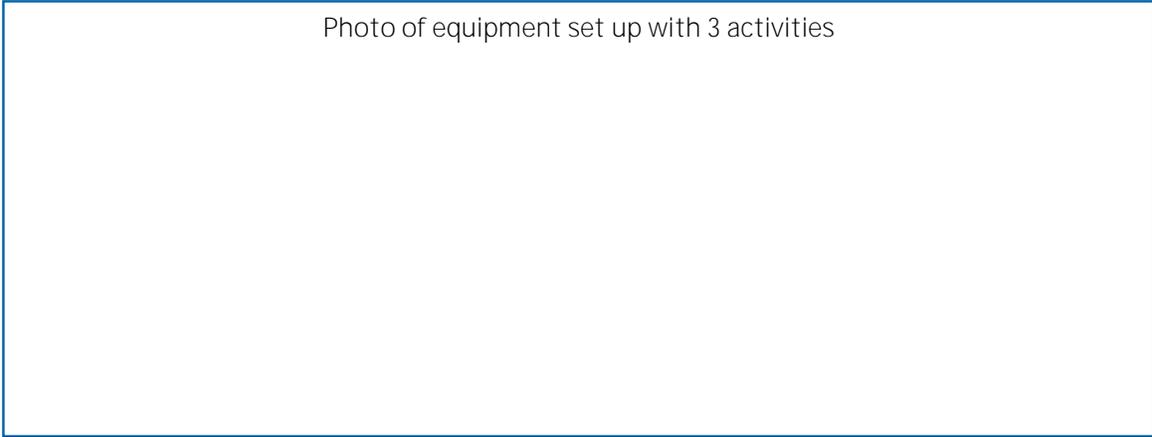


gymsports

LEARN TO GYM

*Badges 1-4
Weeks 9 and
10*

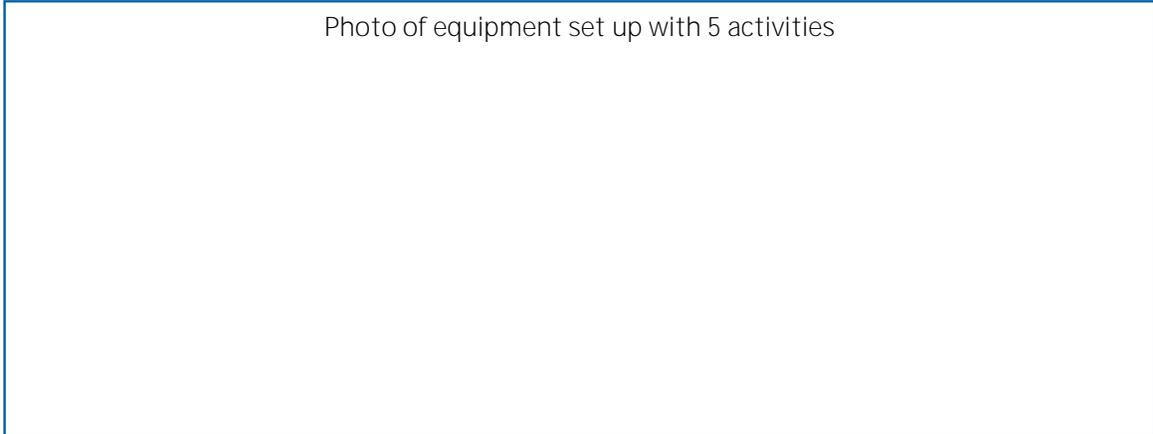
Vault - Weeks 9 and 10



		Skill 1	Skill 2	Skill 3
Badge 1/2		Front support shape on ground for 10 seconds	10 metre sprint	Forward roll to tuck shape onto 30cm height
Badge 3/4		Handstand shape on back on the ground, hold for 10 seconds	10 metre sprint, straight jump to landing shape onto 30cm mat	5 rebound jumps, forward roll onto 60cm height
Extention 1		Front support to 45° with feet against the wall	10 metre sprint, straight jump to landing shape onto 60cm mat	
Extention 2		Handstand stomach against the wall hold for 10 seconds		
Coaching tips	<p>Chest in and looking forwards during front support. Lower back is to be on the ground when doing handstand on back, eyes focus towards the hands. Knees can be bent.</p> 			Chin on chest, finish in tuck shape with one hand on each shin

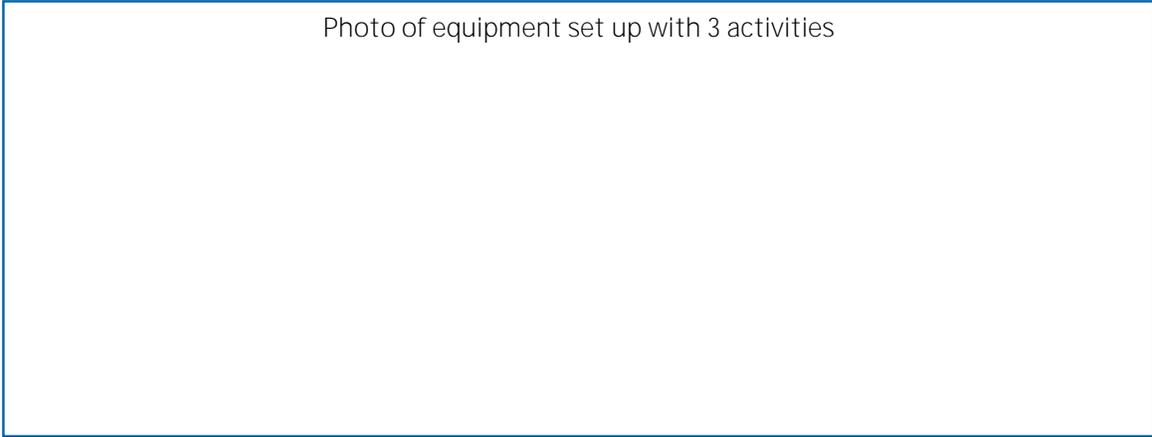
Vault - Weeks 9 and 10

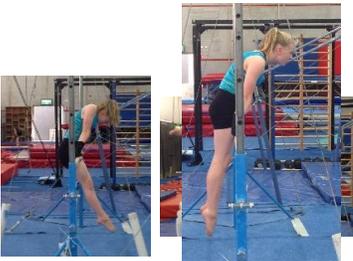
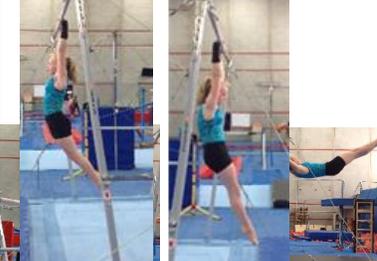
Photo of equipment set up with 5 activities



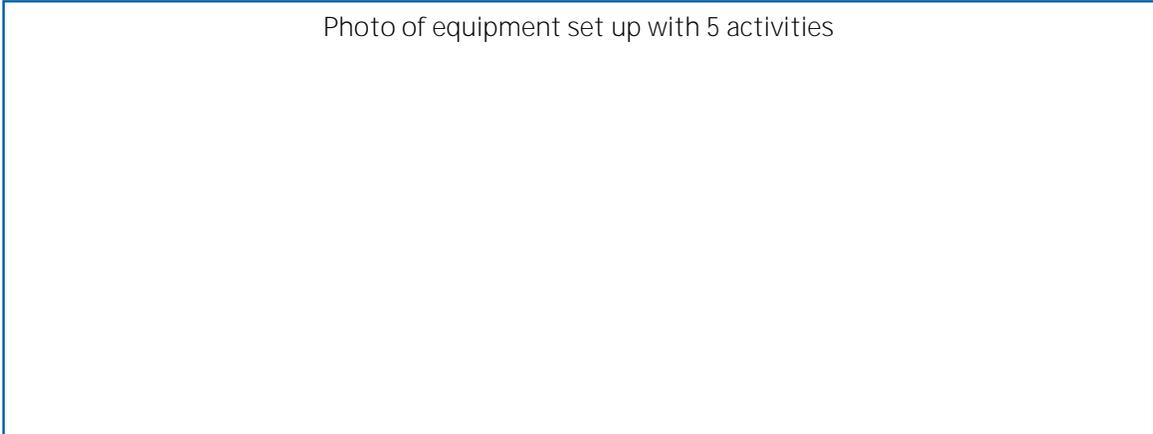
	Skill 4	Skill 5	
Badge 1/2	Straight jump to landing shape	5 backward arm circle bounces on spring board	
Badge 3/4	Straight jump forwards off 30cm height to landing shape	5 backward arm circle bounces on spring, straight jump off to landing shape on the last bounce	
Extension 1			
Extension 2			
Coaching tips	<p>Should see full extension through the legs and feet</p> 	<p>Should see full extension through the legs and feet</p>	

Bars - Weeks 9 and 10



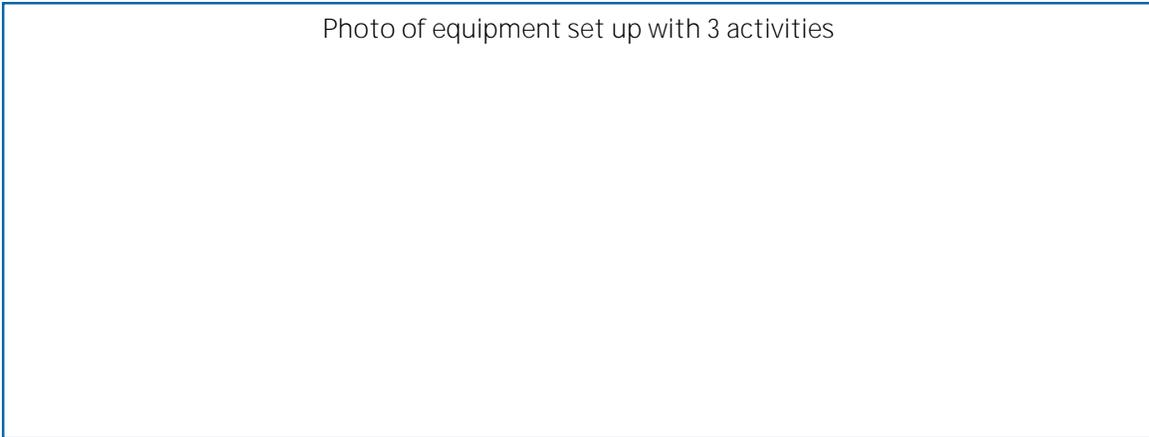
	Low bar	High bar	Ground
Badge 1/2	Push on the bar, front support hold 5 seconds	Backward roll between the ropes	Dish hold 10 seconds
Badge 3/4	3 casts	Dish shape hold 3 seconds, arch shape hold 3 seconds	Dish hold 10 seconds
Extension 1		Tension swings x 5 (fish flops)	Dish hold for 10 seconds roll to arch for 10 seconds
Extension 2			
Coaching tips	<p>Push on the bar, round chest and open hips in cast</p> 	<p>Ribs in, open hips throughout</p> 	<p>Ensure lower back is on the floor through out entire dish hold</p> 

Bars Weeks 9 and 10



Low bar		Low bar	
Badge 1/2	Standing dish hold on low bar hold for 5 seconds	Pull over with feet on box	
Badge 3/4	Standing dish hold on box, one small jump return to the box	Pull over with feet on box	
Extention 1		Pullover with one foot on box	
Extention 2		Pullover without a box	
Coaching tips	Standing with open hips, chest in and pushing on the bar. Ears should be hidden with eyes focused forward 	Legs straight with pointed toes Gymnast to finish in support	

Beam - Weeks 9 and 10



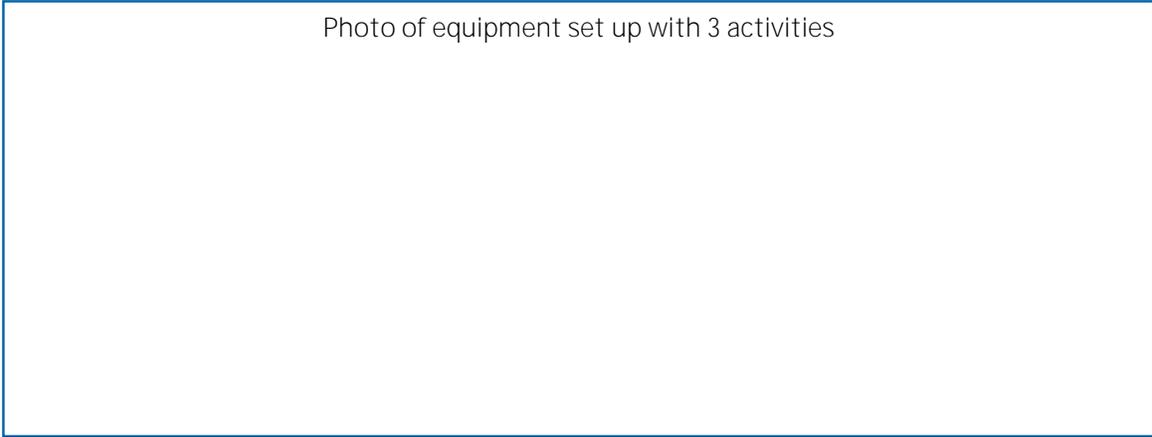
	Low Beam	High Beam	Medium Beam
Badge 1/2	Releve hold for 5 seconds	Jump to front support with straight arms	Straight jump dismount to landing shape
Badge 3/4	Releve half turn	Landing shape	Straight jump to landing shape
Extension 1			
Extension 2			
Coaching tips	<p>Chin up, shoulders pulled back and bottom should be tucked under on full releve</p> 	 	<p>Should see maximum height in jumps with full extension through legs in the air with arms locked by ears</p>

Beam Weeks 9 and 10

Photo of equipment set up with 5 activities

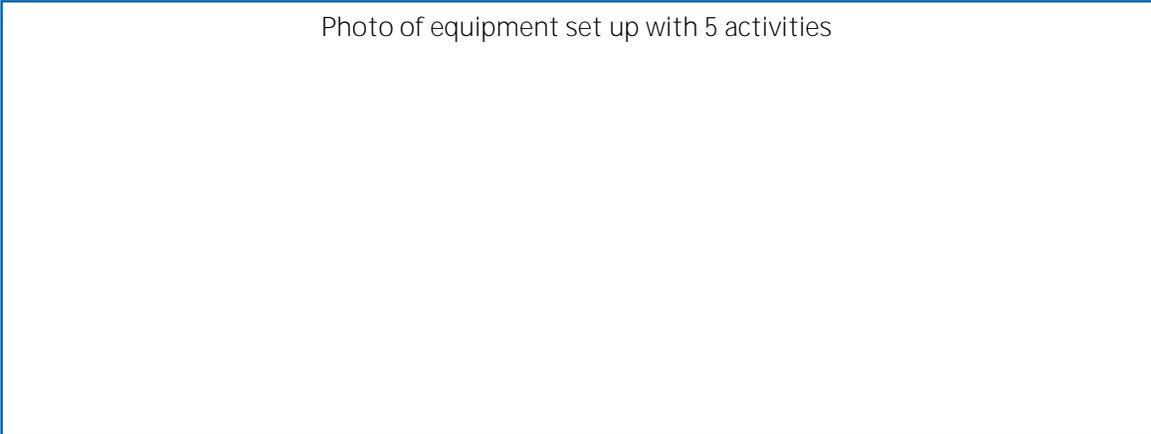
		Low Beam	High Beam	
Badge 1/2	Bunny hops along low beam	Jump to front support with straight arms		
Badge 3/4	Scorpion kicks along low beam	Jump to front support, lift a straight leg over to straddle sit		
Extension 1				
Extension 2				
Coaching tips	Hands in pistol grip	Push down on the beam to ensure elbows remain straight		

Floor Dance - Weeks 9 and 10



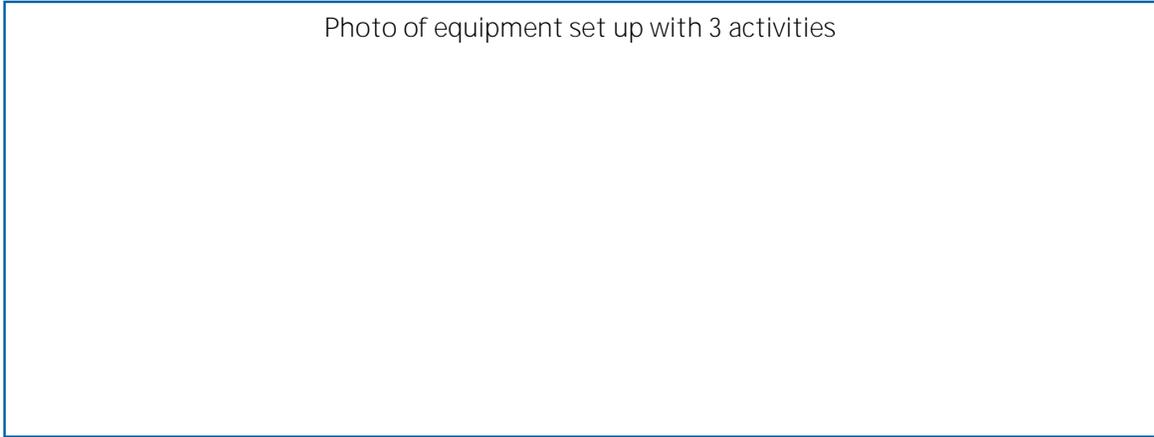
		Skill 1	Skill 2	Low Beam
Badge 1/2		Step kicks forward x4 with arms in presentation	Straight jump to finish in spring shape (connection shape)	Leg hold 45' below horizontal hold 5 seconds
Badge 3/4		Step kicks backwards x4 with arms in presentation	Straight jump x 2 in series	Leg hold to the back 45' below horizontal 5 seconds
Extension 1		Step kicks forward x4 with arms in presentation with bean bag on head	Straight jump tuck jump in series	
Extension 2		Step kicks backwards x4 with arms in presentation with bean bag on head		
Coaching tips		<p>Arms in presentation, chin up, kicks should be sharp</p> 	<p>Arms circle backwards in the straight jump so the gymnasts can finish in spring shape. Ensure full extension through legs</p>	<p>Arms in presentation and keep chest up</p>

Floor Dance Weeks 9 and 10



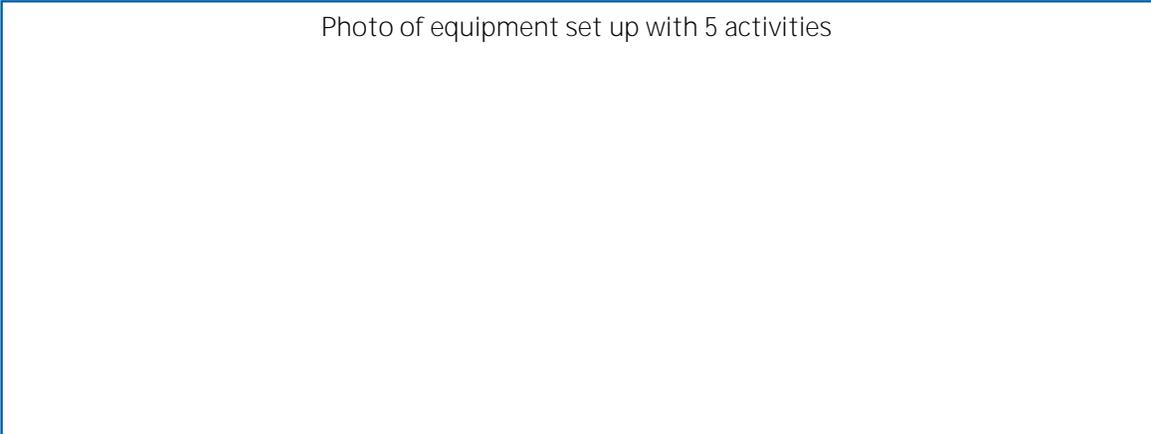
		Skill 4	Skill 5	
Badge 1/2		Splits on each leg for 5 seconds	Releve half turn	
Badge 3/4		Split leap over 50cm gap	Passe hold for 3 seconds	
Extension 1				
Extension 2				
Coaching tips	<p>Ensure back leg is in line with the body when sitting in splits and hips are not twisted</p> 	<p>Make sure bottom is tucked under and stomachs are squeezing tight</p> 		

Floor Acro - Weeks 9 and 10



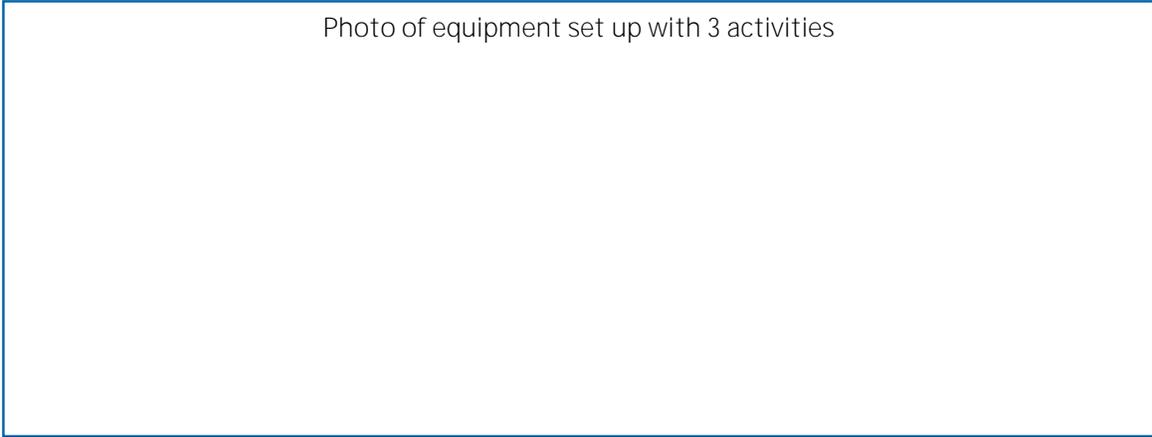
	Skill 1	Skill 2	Skill 3
Badge 1/2	Tuck rocks to place hands on the floor x 3	Tuck handstand knees on box	Snail shape with hands on 30cm box
Badge 3/4	Backward roll to angry cat down slope (start on the ground)	3/4 handstand with foot on box	Bridge with feet on 30cm box
Extension 1	Backward roll to squat down slope (start on ground)		Bridge on floor
Extension 2	Backward roll to squat on the floor		
Coaching tips	<p>Chin on chest during roll and aim for straight elbows throughout the entire movement</p> 	<p>Gymnasts should be in a straight line from toes to wrists. Eyes should be on hands</p> 	<p>In snail, athletes should be pushing their shoulders into the floor with their bottom in the air In bridge the gymnast should aim to have their shoulders over top of their hands with feet together and straight legs</p> 

Floor Arco Weeks 9 and 10



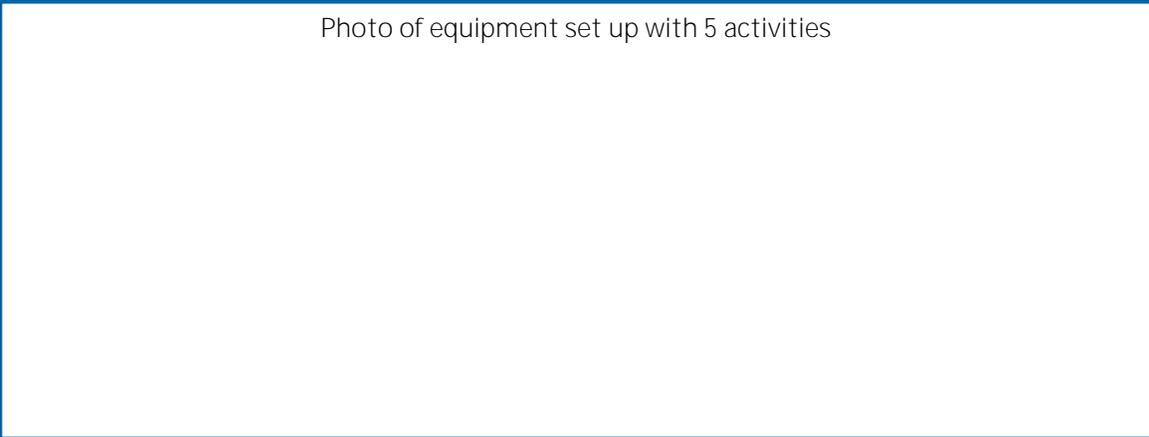
		Skill 4	Skill 5	
Badge 1/2		Forward roll down slope to finish in tuck shape (start on the slope)	Cartwheel over a box with hands and feet shapes	
Badge 3/4		Forward roll on floor to finish in tuck shape	Cartwheel over a box with hands and feet shapes	
Extension 1		Forward roll to stand up and finish in rocket without using hands	Cartwheel with hands and feet shapes	
Extension 2			Cartwheel on the line	
Coaching tips		During the roll athletes should have chin on their chest and one hand on each leg just below their knees	Arms by ears , legs straight and toes pointed. Gymnasts should aim to go through vertical	

Airtrack (Clarence only) - Weeks 7 and 8



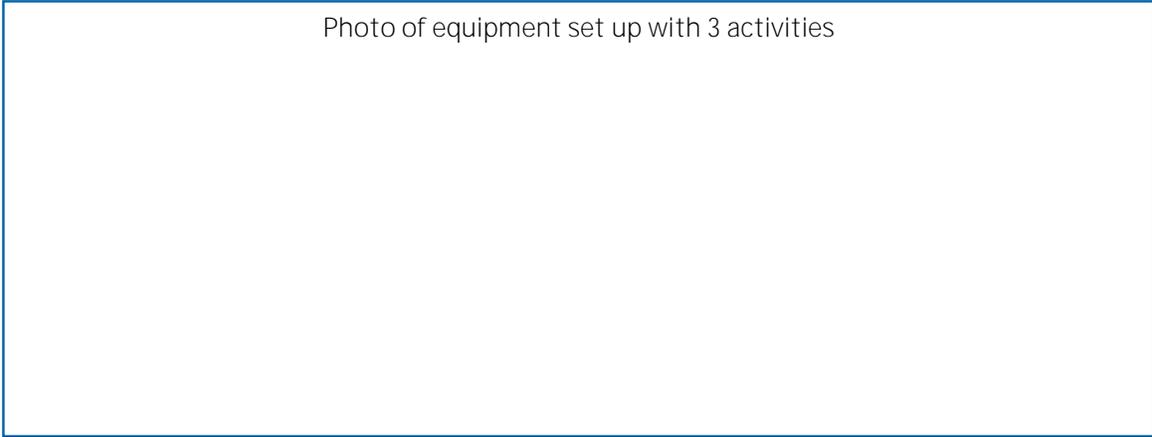
		Sweet spot	Airtrack	Airtrack
Badge 1/2		Tuck line out	5 scorpion kicks on the spot on each leg	From rocket on toes, fall forward to standing lunge (hurdle shape)
Badge 3/4		Tuck line out	5 scorpion kicks to 3/4 handstand on each leg	Hop step to lunge (hurdle shape)
Extension 1		Pike line out	Starting in rocket, 3/4 handstand to lunge	Jump hurdle to lunge
Extension 2		Straddle line out		
Coaching tips	Should see a strong snap to rocket out of the jump		Eyes watching hands, legs straight in the air, tall 3/4 handstand shape with round back 	Straight line from back foot to hands, eyes watching the hands, round chest, front leg bent and back leg straight

Airtrack (Clarence only) - Weeks 7 and 8



		Airtrack	Crash mat		
Badge 1/2		Tuck handstand with knees on a 60cm box	Handstand flat back		
Badge 3/4		Pike handstand with knees on a 60cm box	Hop step handstand flat back		
Extension 1		3/4 handstand with one foot on 60cm box	Hop step handstand pop flat back		
Extension 2			Hurdle handstand flat back		
Coaching tips	<p>Must show alignment from wrist, shoulders to hips, and to toe for 3/4 handstand</p> 	Strong kick into the flat back, gymnast should pass through vertical			

Tramp - Weeks 7 and 8



	Crash mat	Tramp	Track to pit/mat
Badge 1/2	Back drop onto crash mat	Seat drop snap to rocket stand	Tuck line out
Badge 3/4	Back drop onto crash mat	Seat drop snap to rocket stand jump half turn	Tuck line out
Extension 1		Seat drop half turn seat drop	Pike line out
Extension 2			
Coaching tips		Should see a strong snap out of the seat drop before moving on	Should see a strong snap to rocket out of the tuck

Tramp Weeks 7 and 8

Photo of equipment set up with 5 activities

		Tumble tramp	Tumble tramp	
Badge 1/2	Kick to handstand against matted wall	5 rocket jumps with backwards arm circles along TT, then handstand flat back into pit		
Badge 3/4	Kick to handstand against matted wall	Tuck line out along TT, handstand flat back into pit		
Extension 1				
Extension 2				
Coaching tips	Large step forward. Should see no bend (angles) in the body	Strong kick into the flat back, gymnast should pass through verticle		