

# Warm up - Weeks 1 and 2

Game - Crab tiggy

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 everyone 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 and 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 leg straight point and flex toe x 5, repeat on other leg x 5 presentation

## Strength - Week 1

## Strength - Week 2

To be done at second rotation	All groups do together at bars
10 to 20 second dish	5 to 10 chin up 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 pulldowns with partner holding elastic

## Stretching

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

# *Girls Club Badges*



***gymsports***

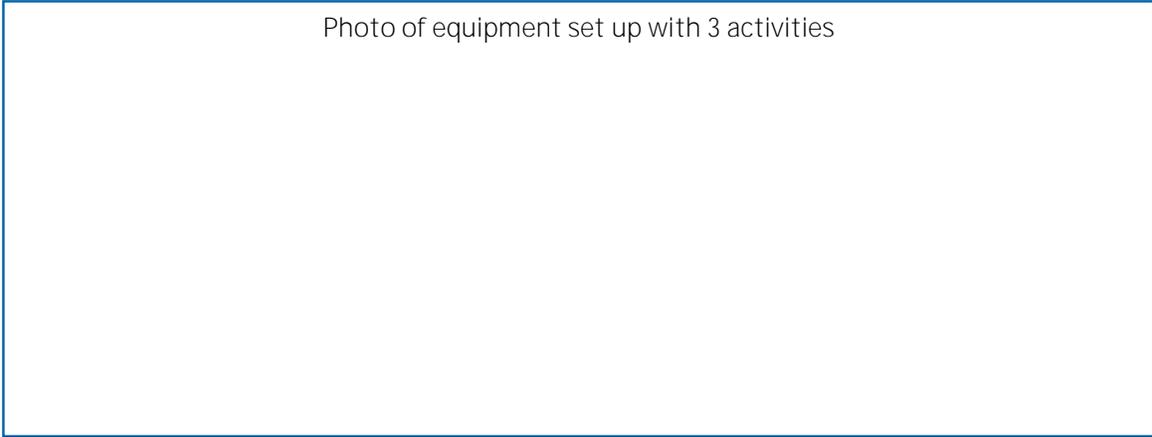
LEARN TO GYM

## *Badges 5-8*

## *Weeks 1 and 2*



# Vault - Weeks 1 and 2



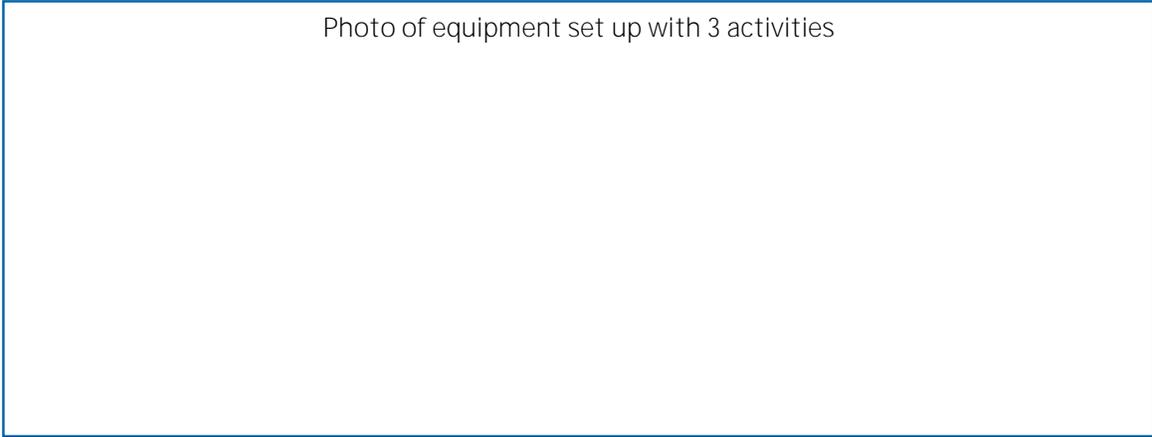
		Skill 1	Skill 2	Skill 3
Badge 5/6	Handstand flat back onto 30cm mat	From box, 1 bounce on mini tramp to forward roll on 60cm mats with straight arms and legs with board pause	From short run, board pause soldier jump to land on spring board	
Badge 7/8	Handstand pop to flat back on 30cm mat	From box, 1 bounce on mini tramp to handstand flat back with board pause on 60cm mats	From short run, board pause rocket jump to landing shape on board	
Extension 1	1 step hurdle handstand flat back onto 30cm mat		From short run, board pause rocket jump to land on springboard, 3 backward arm circle jumps on board with the last one landing on the floor in landing shape	
Extension 2	1 step hurdle handstand pop to flat back on 30cm mat			
Coaching tips	Arms should be down in the hurdle (different to a tumble hurdle) Body tension on take off Heel drive Strong handstand shape Tight elbows and knees	Backward arm circle / board pause action (underarm) Body tension on take off Tuck shape or heel drive	Run on toes and bent arm swing action Keep speed Board pause Correct and tight landing position	

# Vault - Weeks 1 and 2

Photo of equipment set up with 5 activities

	Skill 4	Skill 5	
			
Badge 5/6	5 skips forward with rope	From short run, board pause forward roll onto 60cm mats	
Badge 7/8	5 skips forward with rope	From short run, board pause forward roll with straight arms and legs onto 60cm mats	
Extension 1	5 skips backward with rope	From short run, board pause handstand flatback onto 60cm mats	
Extension 2			
Coaching tips	Body tension Tight legs Feet push and point	Run on toes and bent arm swing action Keep speed Board pause Tight tuck for forward roll or good heel drive for handstand flatback	

# Bars - Weeks 1 and 2



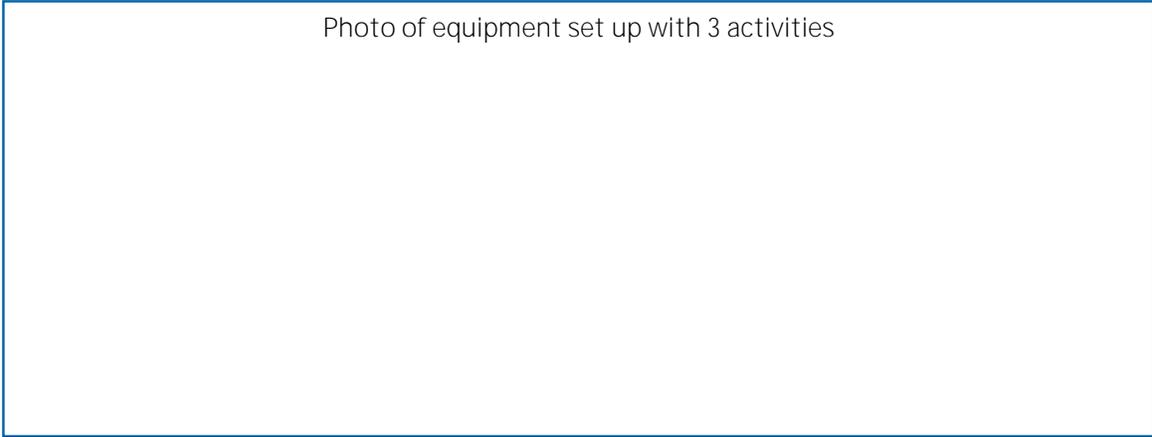
	Low bar	Ropes	Low bar
			
Badge 5/6	1 foot on box pullover	Tuck Hang (5 seconds) with bent arms on 2 ropes	3 shoulder shrugs, 3 casts with straight arms spotted
Badge 7/8	Pullover without box, can have assistance	Tuck Hang (5 seconds) with bent arms on 2 ropes lift to basket hang	3 shoulder shrugs, 3 casts with straight arms spotted, forward roll over to tuck hold x 3 sec
Extension 1	Pullover with straight legs	Tuck Hang (5 seconds) with bent arms on 2 ropes lift to basket hang continue rolling backward to stand	3 shoulder shrugs, 3 casts with straight arms spotted, forward roll over to L hang hold x 3 sec
Extension 2	Chin up pullover with straight legs	Tuck Hang (5 seconds) with bent arms on 2 ropes lift to basket hang with straight legs continue rolling backward to stand	3 shoulder shrugs, 3 casts with straight arms spotted, forward roll over to L hang hold x 3 sec with straight legs through out
Coaching tips	Assist as required Kick over with straight legs	Bend arms Tuck shape with legs above horizontal Lift hips to create backward rotation and keep head neutral	Straight arms Leg tension Round back in cast Aiming to cast to horizontal 

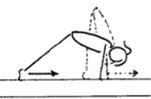
## Bars Weeks 1 and 2

Photo of equipment set up with 5 activities

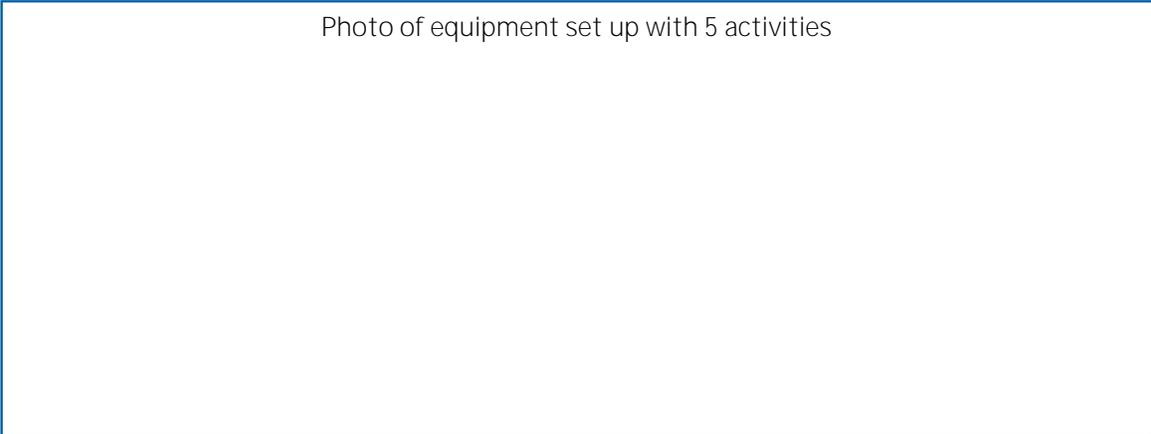
		Low bar	Ground bar	
				
Badge 5/6	Tuck lift up to basket hang in pike, roll through and return	Raised front support with feet on 60cm hold 10 sec		
Badge 7/8	Tuck lift up to basket hang in pike, roll through and return without touching the bar with feet	Raised front support with feet on hands in reverse grip 60cm hold 10 sec		
Extension 1		Raised front support with feet on 60cm hold 10 sec then 5 shoulder shrugs		
Extension 2				
Coaching tips	Nose on knees Straight legs and pointed toes Make sure that the gymnast has a height under the bar so they can safely reach their feet to the floor	Straight arms Shoulder aligned with hands Round back Tight core Body tension		

# Beam - Weeks 1 and 2



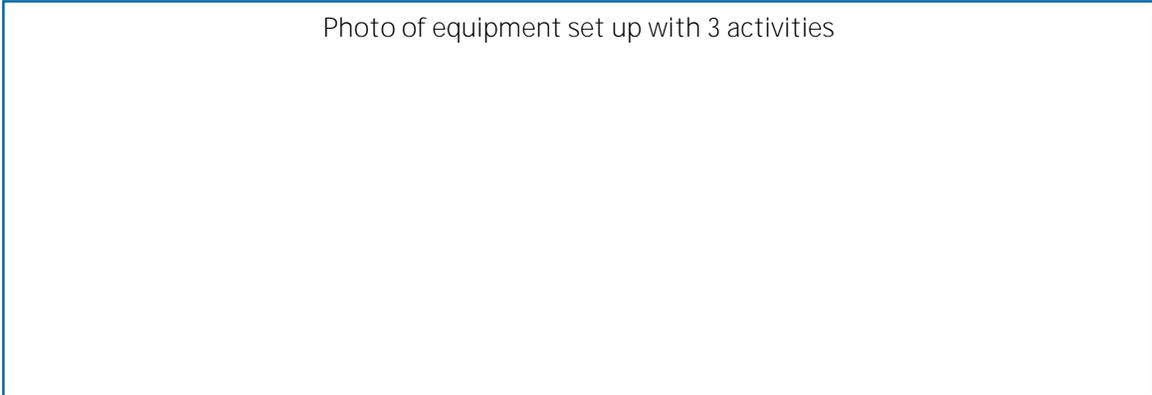
		Low Beam	Medium Beam	High Beam
				
Badge 5/6	3/4 handstand with foot on 60cm box hold 5 seconds, then scorpion kicks along the beam	Angry cat shape on beam, bear walk with straight legs		Presentation, 3 bunny hops to stand and present (trying to reach a tuck handstand position)
Badge 7/8	3/4 handstand with foot on 60cm box hold 5 seconds, then scorpion kicks along the beam with straight legs	Angry cat shape on beam, caterpillar walks with straight legs		Presentation, 3 bunny hops to stand and present (trying to reach a tuck handstand position)
Extension 1	3/4 handstand with foot on 60cm box hold 5 seconds, then scorpion kicks along the beam with straight legs trying to reach 3/4 handstand each kick	Angry cat shape on beam, caterpillar walks with straight legs backwards		Presentation, 3 scorpion kicks to finish in lunge (trying to reach a 3/4 handstand position)
Extension 2				
Coaching tips	Body alignment Top leg stops at the roof 	Pistol grip Long lunge entry T lever with arms at ears No closing shoulders Body alignment and tension 	Pistol grip hands Bottom over hands in tuck handstand Top leg stops at the roof in scorpion kicks Eyes on hands	

# Beam Weeks 1 and 2



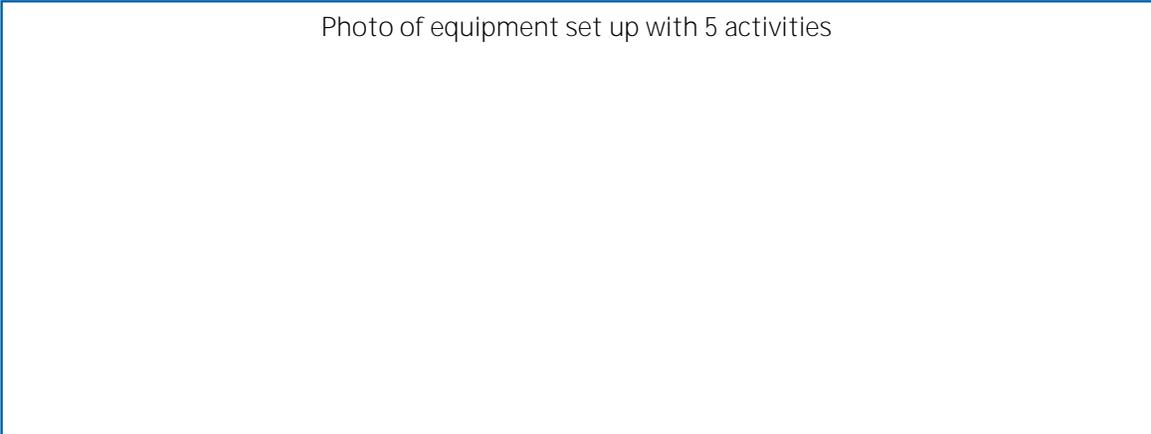
		High Beam	Low Beam		
					
Badge 5/6		Starting in scorpion 3 small hops, safety exit, presentation	Presentation, 3/4 handstand spotted to finish in lunge		
Badge 7/8		From presentation, 3 small scorpion hops safety exit presentation	Presentation, 3/4 handstand to finish in lunge		
Extension 1		From presentation, 3 small scorpion hops, with straight legs safety exit presentation	Presentation, full handstand to finish in lunge		
Extension 2		From presentation, 3 x 3/4 handstands, with straight legs safety exit presentation	From presentation full handstand hold 2 sec to finish in lunge		
Coaching tips		Pistol grip Straight arms Open shoulders	Body alignment Top leg stops at the roof 		

# Floor Dance - Weeks 1 and 2



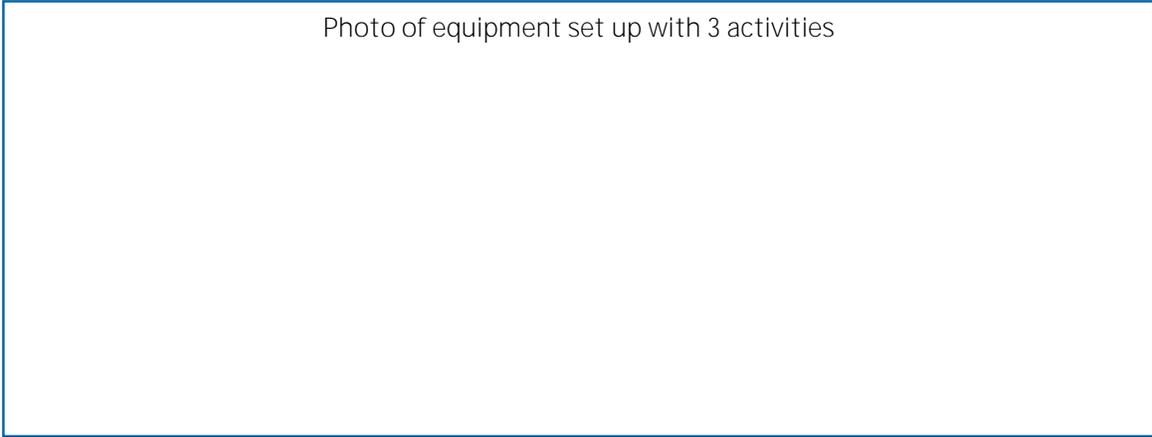
	Skill1	Skill 2	Skill 3
			
Badge 5/6	Passé 1/2 turn on 1 foot to hold in passé x 2 sec	From presentation, step 1 foot forward, arms into turn preparation, step forward to passé on 1 foot and hold for 5 seconds	Laying on back with feet on 30cm box arms in presentation, lift one leg to passe and hold for 5 seconds. Repeat on other leg
Badge 7/8	Passé 1/2 turn on 1 foot to hold in passé for 2 sec, setp to releve hold 2 sec	From presentation, step 1 foot forward, arms into turn preparation, step forward to passé 1/2 turn to finish in releve	Laying on back with feet on 30cm box arms in presentation, lift a straight leg up and hold for 5 seconds. Repeat on other leg
Extension 1	Passé 1/2 turn on 1 foot to hold in Passé for 2 sec, step to releve 1/2 turn	From presentation, step 1 foot forward, arms into turn preparation, step forward to passé 1/2 turn to releve 1/2 turn	
Extension 2	Passé 1/2 turn on 1 foot to hold in passé x 2 sec, repeat	From presentation, step 1 foot forward, arms into turn preparation, step forward to passé 1/2 turn to hold in Passé x 2 sec	
Coaching tips	Passé must show big toe at the side of the knee Thigh horizontal to the hip Straight support leg 	Look for full releve on toes Legs straight through out Good posture	Body tension <b>Hips shouldn't drop</b> Pelvis should be straight not twisted

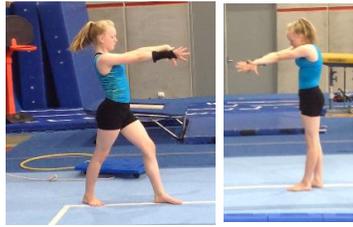
# Floor Dance Weeks 1 and 2



Skill 4		Low/foam beam	
Badge 5/6	10 calf raises, hold partners hands for balance or use wall. Feet should be on a small height such as a floor beam	1/2 turn in releve hold 2 seconds in releve	
Badge 7/8	10 single leg calf raises, hold partners hands for balance or use wall. Do both legs. Feet should be on a small height such as a floor beam	Passé hold 2 sec, lower foot to releve, 1/2 then hold releve for 2 seconds	
Extension 1	10 bent leg calf raises, hold partners hands for balance or use wall	Side passe, fwd passe, calf raise in passe, step to releve, 1/2 turn and hold releve for 3 seconds	
Extension 2			
Coaching tips	Do not let ankles roll sideways Should see the gymnast push all the way up and lower all the way down slowly Feet should be on a small height such as floor beam	Full releve Toe to knee in passé Body tension Arms in presentation when in the passe positions and then when in releve or turning arms will be by the sides	

# Floor Acro - Weeks 1 and 2



		Skill 1	Skill 2	Skill 3
Badge 5/6		Presentation, cartwheel on line to finish in lunge	Handstand stomach against wall, hold 10 seconds	Presentation, forward roll on floor to finish in presentation
Badge 7/8		Presentation, cartwheel step in on line	Handstand stomach against wall, hold 10 seconds then forward roll to tuck shape	Presentation, forward roll on floor to finish in presentation with bean bag between feet
Extention 1		Hurdle cartwheel step in on line	Handstand stomach against wall, hold 10 seconds then forward roll with straight arms to tuck shape	Presentation, 2 forward rolls on floor to finish in presentation with bean bag between feet
Extention 2		Hurdle roundoff on line	Handstand stomach against wall, hold 10 seconds then forward roll with straight arms to stand in presentation	
Coaching tips	<p>Entry: rocket, lunge, lever, needle T hand placement</p> 	<p>Arm pits pressing into the wall Ribs off the wall Hips on the wall</p> 	<p>Presentation Tight tuck shape</p>	

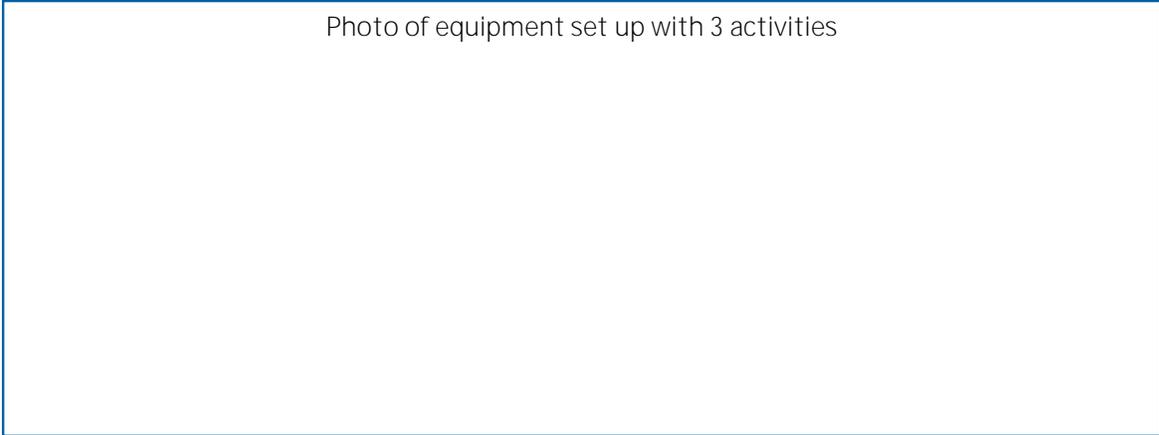
## Floor Arco Weeks 1 and 2

Photo of equipment set up with 5 activities

	Skill 4	Skill 5	
Badge5/6	Handstand in front of wedge, forward roll to tuck shape with straight arms	Front support walks on trolley or slide sheet	
Badge7/8	Handstand forward roll down wedge with straight arms to finish standing in presentation	Front support walks on trolley or slide sheet	
Extension 1	Handstand forward roll spotted on floor through candlestick with straight arms to finish in tuck on a small mat		
Extension 2	Handstand forward roll through candlestick with straight arms to finish in tuck shape		
Coaching tips	Entry: rocket, lunge, lever, needle Arms MUST be straight. Teach this by asking them to roll through a candlestick position with head tucked in	Roundback Straight arms Body tension 	

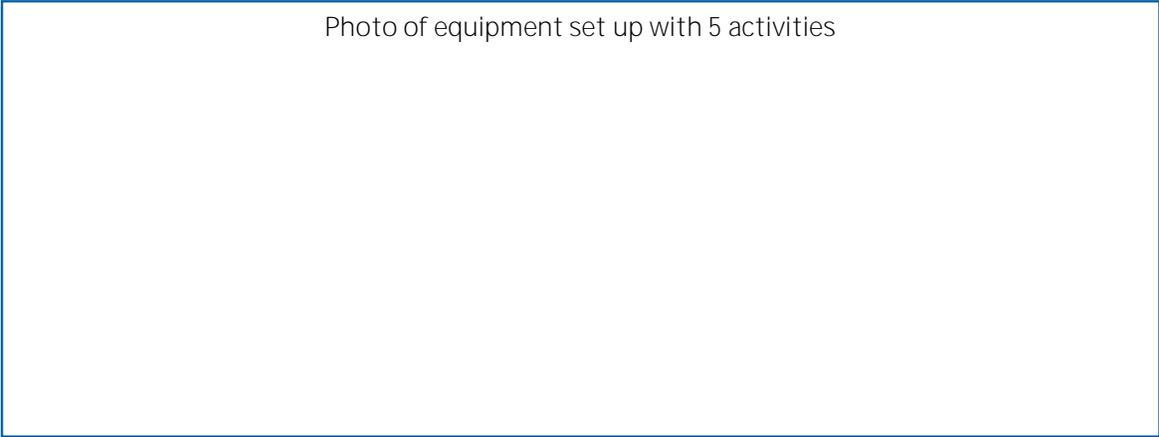


# Airtrack (Clarence only) - Weeks 1 and 2



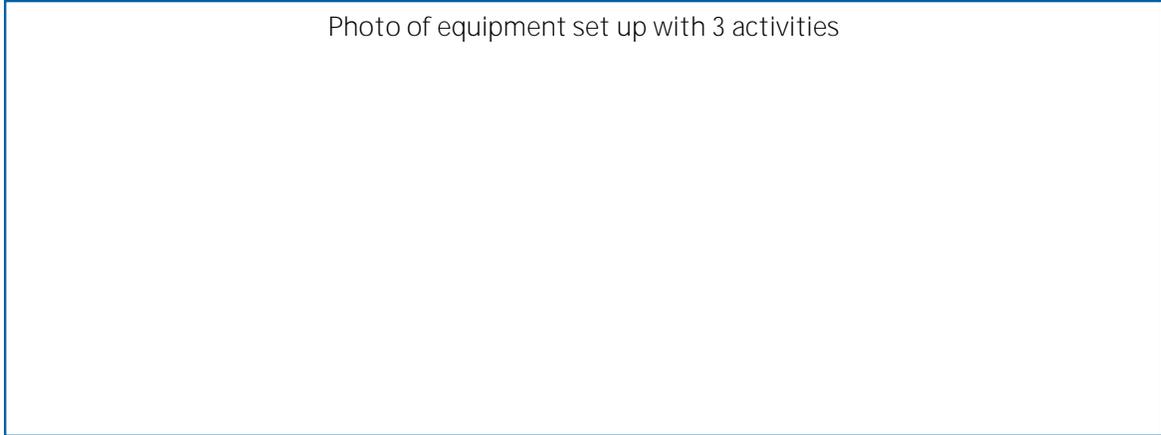
		Sweet spot	Airtrack	Airtrack
Badge 5/6	Jump half turn to perfect landing shape		5 rocket bounces, high forward roll onto 60cm block	Handstand shape on stomach hold for 10 seconds
Badge 7/8	Jump full turn to perfect landing shape		5 rocket bounces mini front sault to tuck shape onto 60cm block	Handstand shape on back hold 10 seconds
Extension 1	Jump one and a half turn to perfect landing shape		5 rocket bounces front sault to feet onto 60cm block	Handstand hold with partner hold 5 seconds step down to rocket hold 5 seconds
Extension 2	Jump double turn to perfect landing shape			
Coaching tips	Gymnast should swing their arms to rocket to initiate the turn once they are in the air		Arms should be hiding ears during the rocket jumps. Feet should be together with knees apart during the front sault	<p>Chest round and hips open Looking at hands and push tall</p> 

# Airtrack (Clarence only) - Weeks 1 and 2



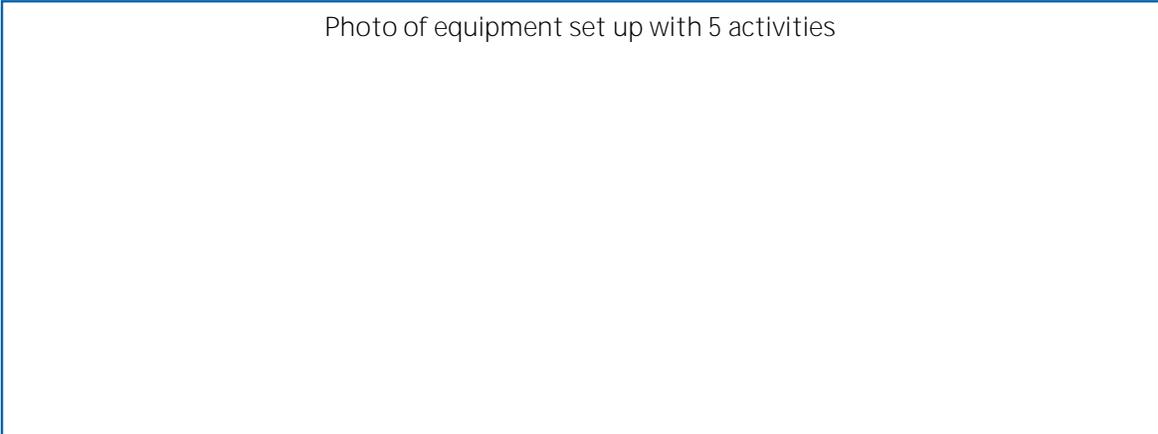
Crash mat		Crash mat	
Badge 5/6	Fall forwards, 1/2 turn to land on back on mat	Standing on the floor, front drop onto crash mat	
Badge 7/8	Fall backwards, full turn to land on back on mat	Standing on the floor, front drop onto crash mat	
Extension 1		Standing on the floor facing away from the mat, jump half turn front drop to land on the mat	
Extension 2			
Coaching tips	Soldier shape Body tension Arms start up in a rocket and pull into chest to twist	Body should land simultaneously with arms bent, hands in a diamond shape with chest and head up  	

# Tramp - Weeks 1 and 2



	Tramp	Mat at track	Tramp to pit/mat
			
Badge 5/6	Angry cat 3 bounces to front drop to hands and knees	Fall forwards, 1/2 turn to land on back on mat	Jump 1/2 turn into pit/mat
Badge 7/8	Angry cat 3 bounces to front drop to stand	Fall backwards, full turn to land on back on mat	Jump full turn into pit/mat
Extension 1	Front drop from stand		Jump 1 and 1/2 turn into pit /mat
Extension 2	Front drop from stand with bean bag between feet		Jump double turn into pit/mat
Coaching tips	<p>When doing front drop the whole body should land in simultaneously Arms placed in a diamond shape out in front</p> 	<p>Soldier shape Body tension Arms start up in a rocket and pull into chest to twist</p>	<p>Stick it challenge - must stick 3 times before moving to next level Body tension</p>

# Tramp Weeks 1 and 2



Tumble tramp		Floor	
Badge 5/6	Front support bounces x10 backwards	Jump 1/2 turn inside a hoop	
Badge 7/8	Front support bounces x10 forwards	Jump full turn inside a hoop	
Extension 1		Jump full turn with foam block between feet inside a hoop	
Extension 2			
Coaching tips	Straight arms Round chest Head up and looking forwards Push through wrists and shoulders to bounce	Body tension Aim for a stuck landing	

