

# Warm up - Weeks 3 and 4

Game - Bean bag tiggly

All gymnasts walk around the designated area with a bean bag on their head. The 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 running	2. 1 lap hopping up on each leg, jog back	3. 1 lap rebound up forwards, then rebound up	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 leg straight point and flex toe x 5, repeat on other leg x 5 presentation

### Strength

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To be done at second rotation

All groups do together at bars

10 to 20 dish rocks

5 to 10 chin up 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 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

Line up and ask the gymnasts what they did well or enjoyed today

# *Girls Club Badges*



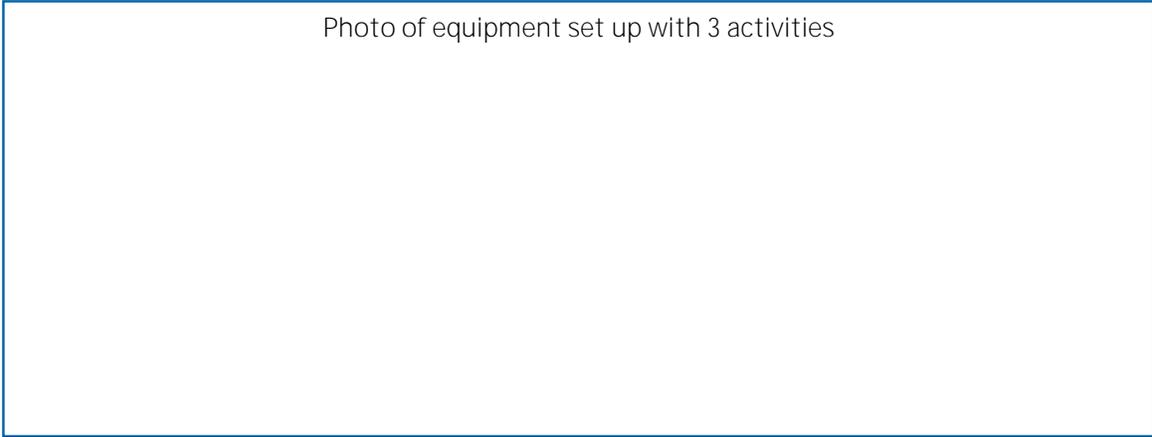
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LEARN TO GYM

## *Badges 5-8*

## *Weeks 3 and 4*

# Vault - Weeks 3 and 4



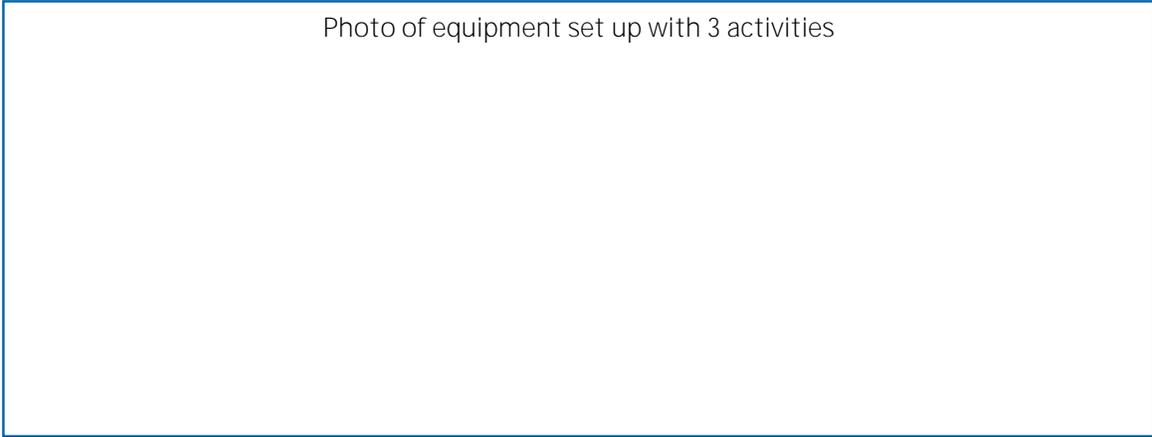
		Skill 1	Skill 2	Skill 3
Badge 5/6		Walk up the wall to front support on a 45 degree angle hold 5 sec	Wall sit lift hands above head, hold hands on wall for 5 sec with straight arms	From standing on springboard, 3 soldier bounces forward roll onto 90cm mats with foam between feet
Badge 7/8		Walk up the wall to handstand with stomach in hold 5 sec	Wall sit lift hands above head, hands on wall for 10 sec with straight arms	From standing on springboard, 3 soldier bounces forward roll onto 90cm mats with straight legs and foam between feet
Extension 1		Walk up the wall to handstand with stomach in hold 5 sec, forward roll down to stand and present	Wall sit lift hands above head, hold hands on wall for 10 sec with straight arms with 1 Kg weights in each hand	From standing on springboard, 3 soldier bounces forward roll onto 90cm mats with straight legs and arms with foam between feet
Extension 2		Walk up the wall to handstand with stomach in, march x 5 on hands in handstand, forward roll down to stand and present	Wall sit lift hands above head, hold hands on wall for 10 sec with straight arms with 3 Kg weights in each hand	From standing on springboard, 3 soldier bounces handstand flat back to 90cm mats with foam between feet
Coaching tips	<p>Body tension and alignment Chest in Hips open Arms and legs tight Push tall</p> 	<p>Body tension and alignment Chest in Hips open Arms and legs tight Push tall Lower back on the wall</p> 	<p>Arms down on the board in preparation for board pause Body tension and alignment Chest in Hips open Arms and legs tight Push tall</p>	

# Vault - Weeks 3 and 4

Photo of equipment set up with 5 activities

	Skill 4	Skill 5	
Badge 5/6	Run, board pause straight jump onto 60 cm box from springboard to perfect landing shape, hold 3 seconds	Handstand shape on back hold 10 seconds, roll over to handstand shape on stomach hold 10 seconds	
Badge 7/8	Run board pause straight jump onto 60 cm box from springboard to land in rocket shape	Handstand shape on back hold 10 seconds, roll over to handstand shape on stomach hold 10 seconds	
Extension 1	Run board pause straight jump onto 60 cm box from springboard to land in rocket immediate rocket rebound jump off box to perfect landing		
Extension 2			
Coaching tips	Arms down on the spring board Strong arm swing upward to assist with height and power onto the box Straight legs	Chest round and hips open Looking at hands and push tall 	

# Bars - Weeks 3 and 4



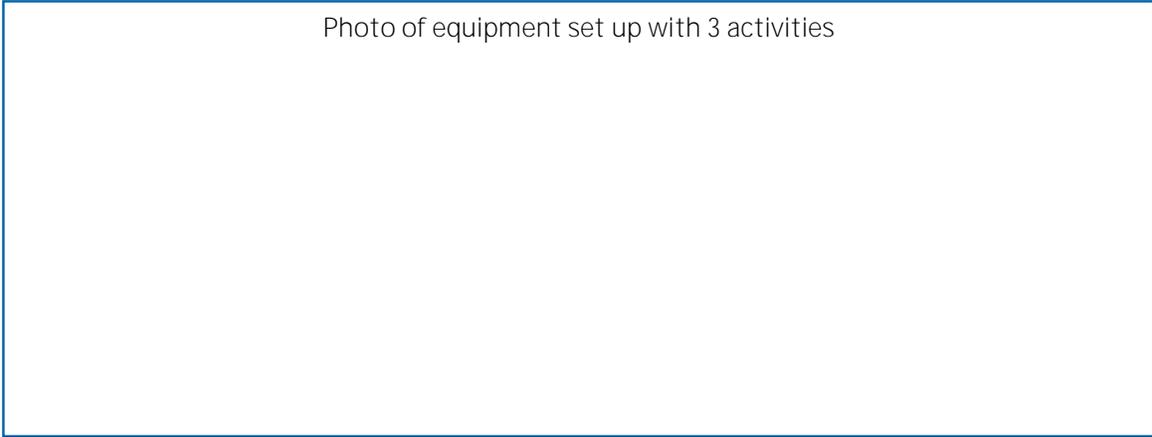
	Low bar	High bar	Low bar
Badge 5/6	Dish hold feet on box, slide feet of edge off into glide swing forward, stretch to reach foam block	From sitting on the ground attempt rope climb	1 foot on box pullover
Badge 7/8	Dish hold with feet on box, jump into glide swing forward, stretch to reach foam block	From sitting on ground, rope climb to hang on high bar	Pullover
Extension 1	Dish hold with feet on box, jump into glide swing return to land on box	From sitting on ground, rope climb to hang on high bar, tuck leg raise to touch toes on bar	Chin up pullover
Extension 2	Dish hold feet on box, jump into 2 glide swings return to box	From sitting on ground, rope climb to hang on high bar, straight leg raise to touch toes on bar	Chin up pullover immediate cast
Coaching tips	<p>Dish shape strong rounded back pushing against the bar When doing a glide feet should stay low to the ground and show an extension position at the front of the glide</p> 	<p>Keep rope close to chest with bent arms If too easy the gymnast can try to straddle or pike rope climb</p>	<p>Assist as required Kick over with straight legs Immediate cast (no leg swings between)</p>

## Bars Weeks 3 and 4

Photo of equipment set up with 5 activities

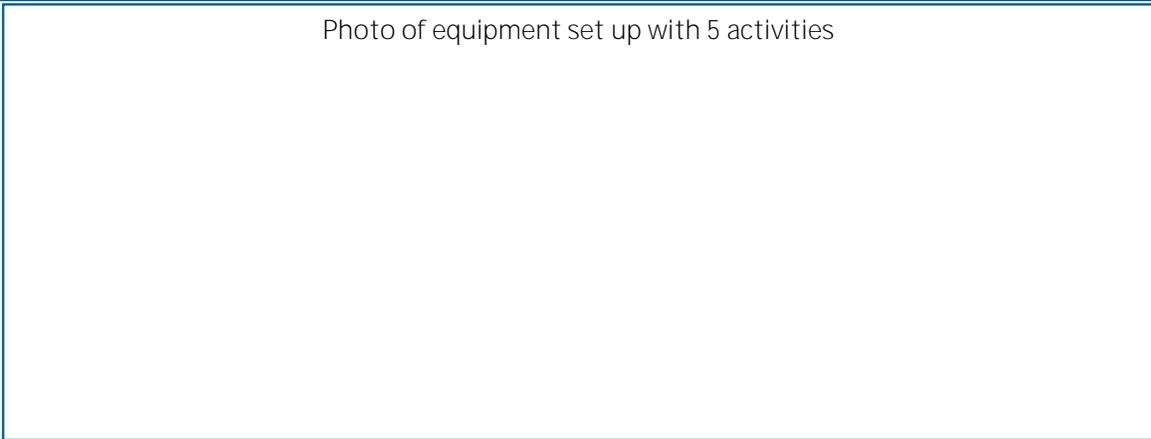
	Low bar	Floor	
Badge 5/6	Glide swing with feet on medicine ball x2	With hands on 30cm box, jump feet onto box in straddle, then stand	
Badge 7/8	Glide swing with feet on medicine ball x3	With hands on 30cm box, jump feet onto box in squat, then stand	
Extension 1	Glide swing with feet on medicine ball x5		
Extension 2			
Coaching tips	Gymnast will start holding the bar with one foot on floor and the other already on the ball. Join feet together onto the ball and roll it forwards and backwards (by gliding) ensuring the gymnast is hanging through their shoulders and extending at the front of the glide	Straight arms Straight legs Ensure ears are hidden by shoulders when in straddle stand	

# Beam - Weeks 3 and 4



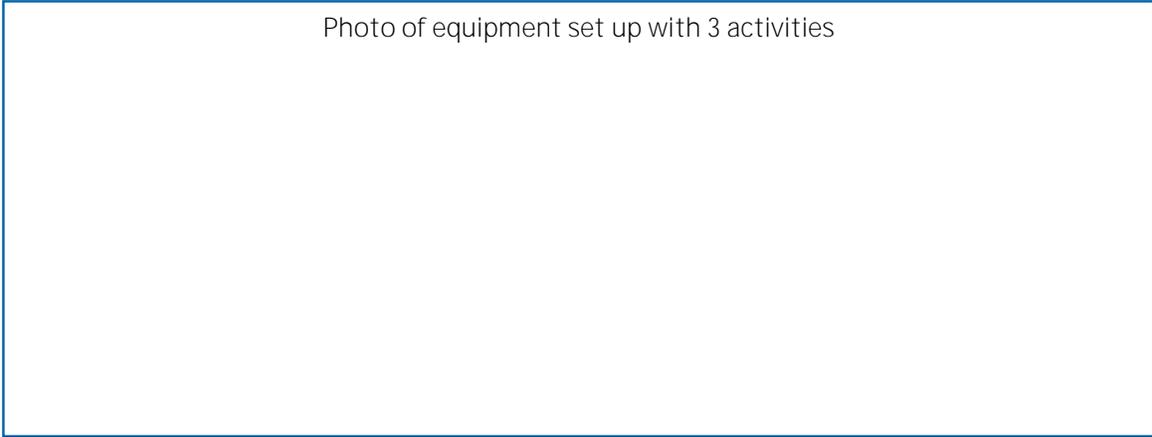
	Low Beam	High Beam	High Beam
Badge 5/6	Walk along low beam jump to land in board pause position at the end of the beam	Jump to front support, lift straight leg over the beam to straddle sit, lift up to clear straddle support (legs at horizontal)	Running along high beam
Badge 7/8	Run along low beam jump to land in board pause position on the end of the beam	Jump to front support, lift straight leg over the beam to straddle sit, show clear straddle lever, hook feet behind to finish in squat with toes under	Running along high beam
Extension 1	Run along low beam jump to land in board pause position on the end of the beam, hold 3 seconds then rocket jump off to land in motorbike	Jump to front support, lift straight leg over the beam to straddle sit, lift up to clear straddle support , swing feet back to squat with toes under	
Extension 2	Run along low beam rocket punch jump off to landing shape	Jump to front support, lift leg over the beam to straddle sit, lift up to clear straddle support , swing feet back to squat with toes under then pike to stand	
Coaching tips	Board pause position is legs bent with arms behind body (ready to swing upwards for the rocket jump)	Arms straight Legs at horizontal or above in lever Straight legs Toes tucked under in tuck, bounce legs to pike stand then stand to finish in soldier	Running on toes

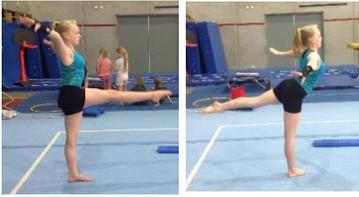
# Beam Weeks 3 and 4



		Low Beam	Medium Beam	
Badge 5/6		3 scorpion hops on low beam	Hands on hips 5 rebound jumps forward	
Badge 7/8		From rocket 3 scorpion hops on low beam	Hands on hips 5 rebound jumps backward	
Extension 1		From rocket 3/4 handstand to lunge		
Extension 2				
Coaching tips	Pistol grip Straight arms Straight legs 	Feet placed one in front of the other Height in rebound Legs are straight the entire time (not a jump) Body tension		

# Floor Dance - Weeks 3 and 4



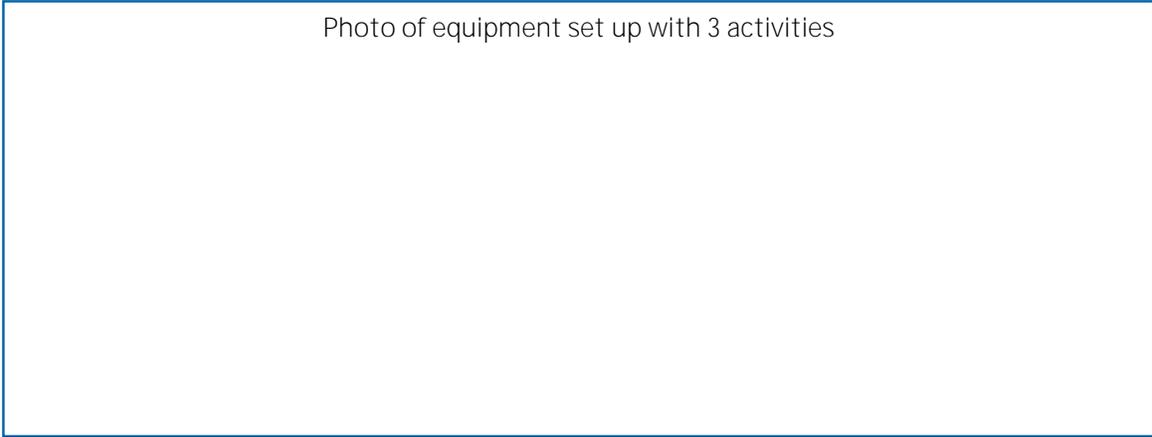
		Skill 1	Skill 2	Skill 3
Badge 5/6	Step hop with leg at 45 degrees, land hold leg at 45 degrees for 3 sec. Repeat on other leg	Present, 1 step leap to 90 degree angle, finish in presentation with toe pointed behind	Splits with hands on 30cm box, back foot against a wall, how far can you reach your front foot? Place a bean bag where you get to and beat it next go	
Badge 7/8	Step hop with leg at 45 degrees, land hold leg at 45 degrees for 3 sec, leap onto the other leg, land in arabesque hold 3 sec. Do both legs	Present, 1 step leap to 135 degree angle, finish in presentation 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 get to and beat it next go	
Extension 1	Step hop with leg at horizontal, land hold leg at horizontal for 3 sec. Do both legs	Present, 1 step leap to 180 degree angle, finish in presentation with toe pointed behind		
Extension 2	Step hop with leg at horizontal, land hold leg at horizontal for 3 sec, hop to land in arabesque on the other leg and hold 3 sec. Do both legs			
Coaching tips	<p>Height in hop Straight free leg</p> 	<p>Straight legs in the air Landing position hold for 3 seconds</p> 	<p>Back foot on wall Square hips Use bean bag to mark where you got to</p>	

## Floor Dance Weeks 3 and 4

Photo of equipment set up with 5 activities

Low/foam beam		Skill 5	
Badge 5/6	Step hops along low beam with straight legs, arms in presentation shape	5 hops in arabesque hold arabesque for 5 seconds	
Badge 7/8	Step kick and hop to land with leg 45 degrees in front and hold. Repeat down the beam	5 hops in arabesque hold arabesque for 5 seconds	
Extension 1	Step kick and hop to land with leg in horizontal in front and hold. Repeat down the beam		
Extension 2			
Coaching tips	Height in step hop Straight leg	Height in hop Straight leg	

# Floor Acro - Weeks 3 and 4



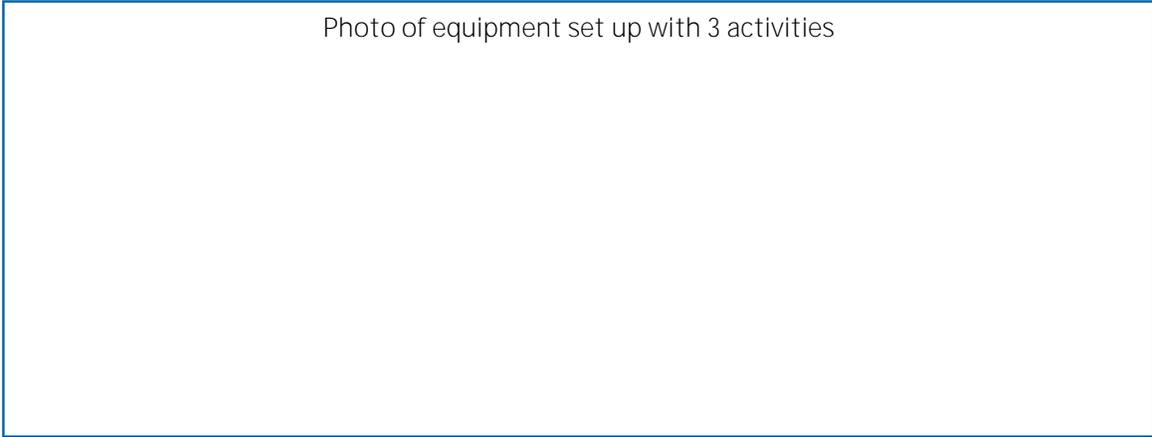
	Wedge	Skill 2	Wall
Badge 5/6	Presentation backward roll down slope to finish in squat, stand and present	Presentation spotted backward roll on floor	Presentation, walk feet up the wall to handstand stomach in and hold for 10 seconds, forward roll to tuck shape
Badge 7/8	Presentation backward roll down slope with straight arms to finish in squat, stand and present	Presentation backward roll on floor to squat, presentation	Presentation, walk feet up the wall to handstand stomach in, do 6 marches with hands then forward roll to tuck shape
Extension 1	Backward roll x2 connected down the wedge with straight arms	Presentation backward roll on floor with straight arms to squat, presentation	
Extension 2		Backward roll x2 connected on floor with straight arms	
Coaching tips	Presentation Chin on chest Tight tuck shape Arms straight with hands turned in	Presentation Chin on chest Tight tuck shape Arms straight with hands turned in	Arm pits in the wall Ribs off the wall Hips on the wall 

## Floor Acro Weeks 3 and 4

Photo of equipment set up with 5 activities

	Skill 4	Skill 5	
Badge 5/6	Cartwheel on line to lunge	Present, forward roll to present	
Badge 7/8	Cartwheel snap in on line	Present, forward roll with bean bag between feet to present	
Extension 1		Present, forward roll with bean bag between feet and under chin to present	
Extension 2		Present, forward roll with bean bag between feet, knees and under chin to present	
Coaching tips	Entry: rocket, lunge, lever, needle T hand placement Body tension	Must perform 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



		Floor	Airtrack	Airtrack
Badge 5/6		Frog lever 5 seconds	Forward roll onto box over 2 foam blocks to finish in tuck shape	Slanted handstand with hands on the white line and feet on the wall, hold 10 seconds
Badge 7/8		Frog lever 10 sec	Forward roll onto box over 3 foam blocks to finish in tuck shape	Handstand stomach in against the wall hold 10 seconds
Extension 1		Bunny lever 5 sec		Handstand stomach in against the wall hold 10 seconds forward roll out to tuck shape
Extension 2		Bunny lever 10 sec		Handstand stomach in against the wall hold 10 seconds forward roll out to tuck shape with straight elbows
Coaching tips	<p>Froggy lever has knees on the outside of the elbows and bunny tuck has knees on the inside of the elbows</p> 	<p>Tight tuck with chin on chest Lift up into forward roll by taking off in a strong rocket without piking down</p>	<p>Body alignment</p> 	

## Airtrack (Clarence only) - Weeks 3 and 4

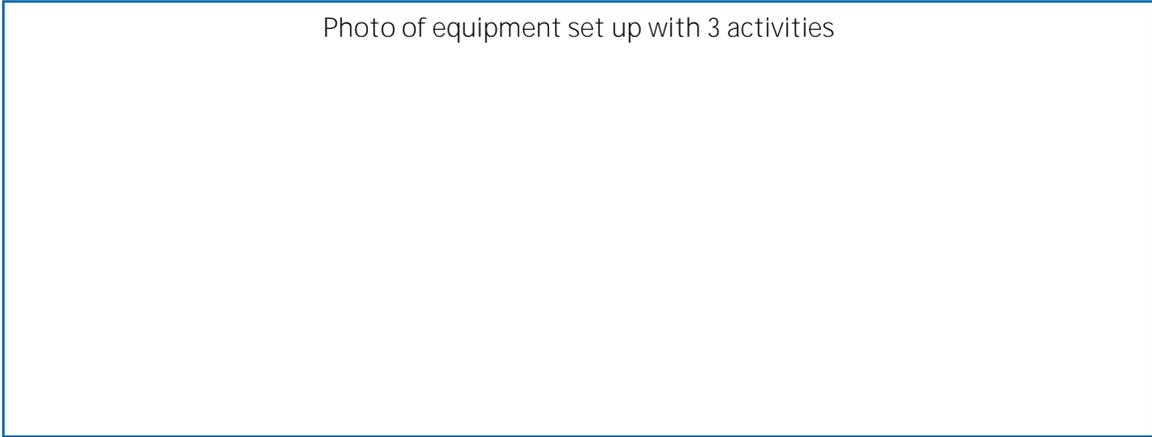
Photo of equipment set up with 5 activities

	Crash mat	Crash mat	
Badge 5/6	Short run, jump frontsault to tuck shape onto 60cm mat on top of crash mat	From standing, jump to seat drop shape	
Badge 7/8	Short run, jump frontsault to tuck or stand onto 60cm mat on top of crash mat	From standing, jump to back drop shape	
Extension 1	Short run, jump frontsault to stand onto 60cm mat on top of crash mat		
Extension 2			
Coaching tips	Short run, long jump to rocket take off. Feet together and knees apart throughout frontsault	Straight legs Hands next to thighs on mat Body should land simultaneously for the back drop with hands and feet pointing slightly away from the body	



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# Tramp - Weeks 3 and 4



	Tramp	Tumble tramp	Tramp to pit
Badge 5/6	From soldier stand, angry cat bounce forward roll to tuck	5 rocket bounces frontsault to tuck shape onto a 60cm height	Standing frontsault off the edge of pit tramp to foam pit (can be spotted)
Badge 7/8	From soldier stand, angry cat bounce mini frontsault to bottom	5 rocket bounces to frontsault to tuck or stand onto 60cm height	Standing frontsault off the edge of pit tramp into pit
Extension 1	From soldier stand, angry cat bounce frontsault to feet	3 bounce front salt onto 60cm mat to finish standing	
Extension 2	Seat drop, angry cat bounce frontsault to feet connected		
Coaching tips	Make sure bottom is not sitting on the feet in angry cat bounce. The gymnasts should lift up into their frontsault / roll This can be done onto a tramp mat if needed	Tight tuck with chin on chest Lift up into frontsault by taking off in a strong rocket without piking down	Tight tuck with chin on chest. Tuck shape should have feet together but knees apart

# Tramp Weeks 3 and 4

Photo of equipment set up with 5 activities

		Floor	Tumble tramp	
Badge 5/6	Frog balance 5 seconds	Seat drop with straight legs to stand, foam between feet		
Badge 7/8	Frog balance 10 sec	Seat drop 1/2 turn with straight legs to stand, foam between feet		
Extension 1	Bunny lever 5 sec			
Extension 2	Bunny lever 10 sec			
Coaching tips	<p>Froggy lever has knees on the outside of the elbows and bunny tuck has knees on the inside of the elbows</p> 	<p>Straight legs Hands next to thighs on trampoline</p>		