

# Warm up - Weeks 5 and 6

Game - Foam tigg

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 tuckjumps 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 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 together

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

## Strength

to be done at second rotation

All groups do together at bars

Lying on back 10 to 20 leg kicks forward

5-10 chin up 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 L 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

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

# *Girls Club Badges*



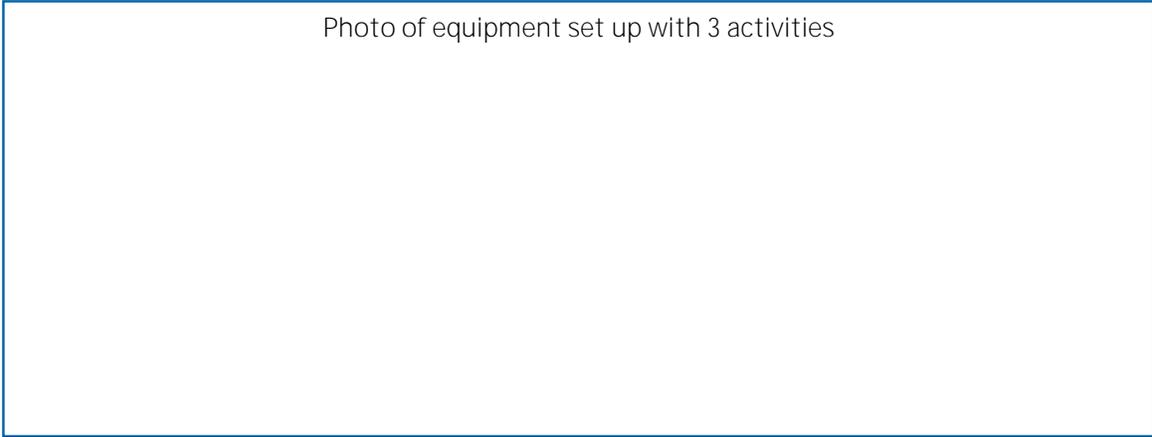
***gymsports***

LEARN TO GYM

*Badges 5-8*

*Weeks 5 and 6*

# Vault - Weeks 5 and 6



		Skill 1	Skill 2	Skill 3
Badge 5/6		3 backwards arm circle bounces on board assisted fast forward roll onto 90cm height.	Run, board pause rocket jump onto 60cm height with straight legs	Walk up the wall to handstand, hold 5 seconds forward roll down to tuck shape
Badge 7/8		3 backwards arm circle rebound bounces on board, fast forward roll onto 90cm height	Run, board pause rocket jump onto 60cm height with straight legs, immediate straight jump off to land	Walk up the wall to handstand, march on hands x 5, forward roll down to tuck shape
Extension 1		3 backwards arm circle bounces on board, fast forward roll over foam block onto 90cm height	Run, board pause rocket jump onto 60cm height with straight legs, immediate tuck jump off to land	
Extension 2		3 backwards arm circle bounces on board, mini front salt to 90cm height		
Coaching tips		Tight take off Tight tuck shape in roll Fast rotation	Fast run Arms down on the board Tight take off	Push tall Open shoulders with hands shoulder width apart Ribs in and shoulders shrugged up Hips open Leg tension Body alignment



## Vault - Weeks 5 and 6

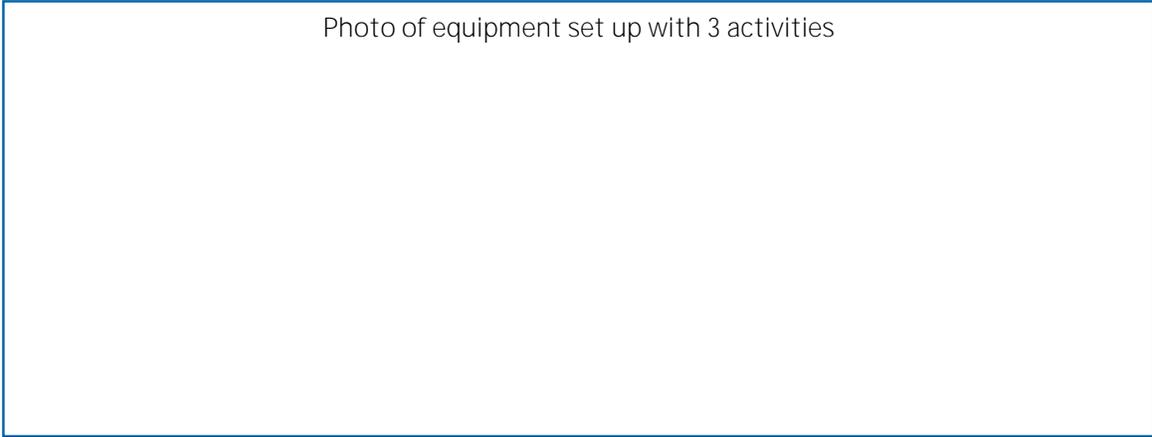
Photo of equipment set up with 5 activities

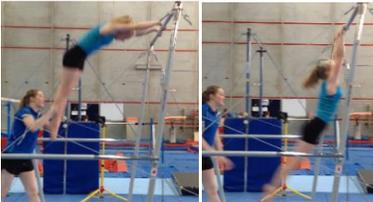
Skill 4		Rope	
Badge 5/6	Run, board pause fast forward roll onto 60cm height	5 skips forward with straight legs	
Badge 7/8	Run, board pause mini front salt onto 60cm height	5 skips backward with straight legs	
Extension 1	Run, board pause front salt to squat onto 60cm height		
Extension 2	Run, board pause front sault to stand onto 60cm height		
Coaching tips	Arms must be down on take off Stand tall on the board Reach up into frontsault	Ensure full extension through feet and ankles - no leg bend	



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# Bars - Weeks 5 and 6



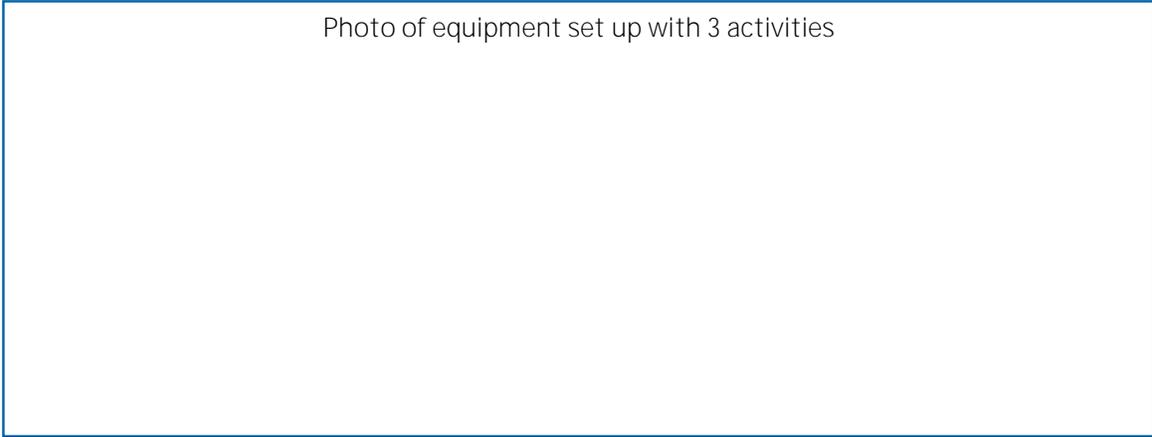
	Low bar	High bar	Ground
Badge 5/6	Jump from small box to catch bar and perform 3 bent leg swings, with foam between feet, aiming to hit object hanging from high bar	5 long swings with coach to spot back swing shape then land in landing shape on back swing	Lying on back holding ground bar, lift to Shoulder stand shape x10 seconds
Badge 7/8	Jump from small box to catch bar and perform 3 bent leg swings, with foam between feet, aiming to kick object hanging from high bar	5 long swings to land in landing shape on back swing	Long support with hands on ground bar hold 10 seconds
Extension 1			
Extension 2			
Coaching tips	<p>Jump and catch bar in a dish shape with open tuck            Re-grip on the back swing            Spot back swing for shape quality            Leg tension</p>	<p>Dish shape on the back swing            Head between arms            Arch tap            Kick toes up on the front swing            Re-grip on the back swing in dish shape</p> 	Body and leg tension

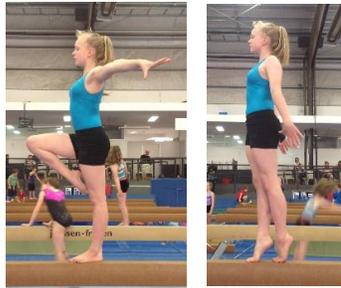
## Bars Weeks 5 and 6

Photo of equipment set up with 5 activities

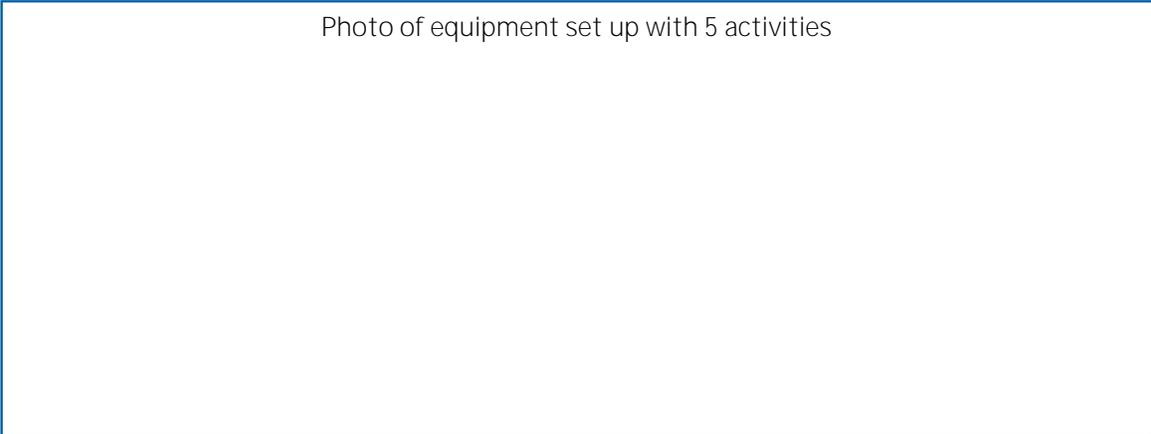
	Low bar	Low bar	
Badge 5/6	1 foot on box pullover to finish in support	Tuck hold 10 seconds	
Badge 7/8	Pullover without box to finish in support	L hang hold 10 seconds	
Extension 1	Chin up pullover to finish in support	Straddle L-Hang hold 10 seconds	
Extension 2	Chin up pullover with straight legs to finish in support	Inverted dish hold 10 sec	
Coaching tips	Hips to bars Straight legs	Leg tension	

# Beam - Weeks 5 and 6



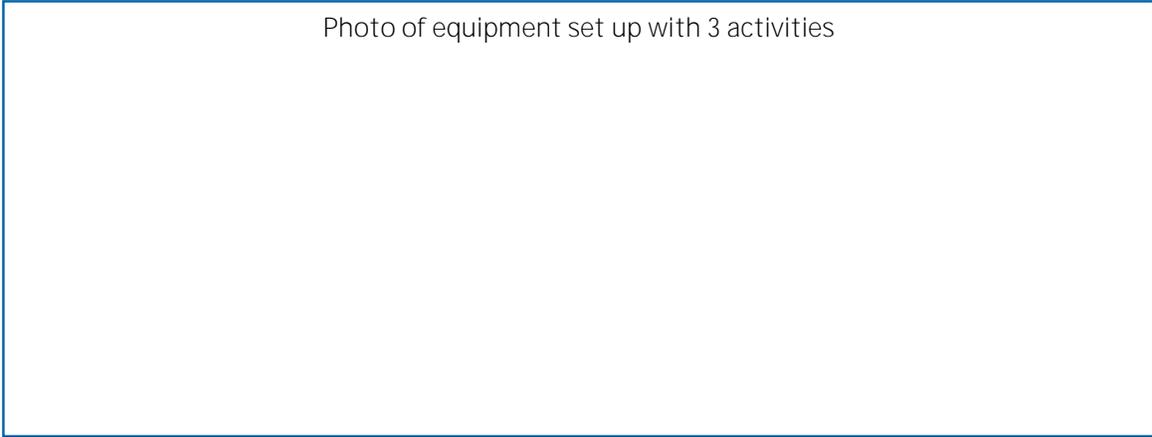
	Low Beam	High Beam	Medium Beam
Badge 5/6	Lift leg to side passe, rotate knee to forward passe, calf raise, then step to releve and hold for 5 seconds	Step to passe, perform 2 calf raises in passe, then repeat on the other leg down the beam. Arms will remain in soldier the entire time	Forward roll on medium beam with 10cm mat to finish in straddle
Badge 7/8	Lift leg to side passe, rotate knee to forward passe, calf raise, then step to releve 1/2 turn to finish holding releve for 3 seconds	Step to passe, perform 3 calf raises, then repeat on the other leg down the beam. Arms will remain in soldier the entire time	Forward roll on medium beam with 10cm mat to finish standing
Extension 1	Passé 1/2 turn, to finish in releve hold for 2 seconds		Forward roll on medium beam with thin mat to finish in straddle
Extension 2	Passé 1/2 turn, to finish in releve hold for 2 seconds, 1/2 turn hold for 2 seconds		Forward roll on medium beam with thin mat to finish standing
Coaching tips	<p>Straight support leg Body tension</p> 	<p>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</p>	<p>Start in squat Chin to chest Tight tuck shape Will need to be fast when rolling</p>

# Beam Weeks 5 and 6



		Low Beam	High Beam	
Badge 5/6		Straight jump on beam	Passé hold 2 sec, step to releve on 2 feet hold 2 seconds	
Badge 7/8		Tuck jump on beam	Passé 1/2 turn, to finish in passé hold 2 seconds	
Extension 1		Split jump on beam	Passé 1/2 turn, to finish in passé hold 2 seconds, Repeat	
Extension 2			Passé 1/2 turn, to finish in passé hold 2 seconds, Repeat, lift to releve on 2 feet hold 2 seconds	
Coaching tips	<p>One foot in front of the other Height in straight jump Landing position for 3 seconds</p>	<p>Straight support leg Body tension</p> 		

# Floor Dance - Weeks 5 and 6



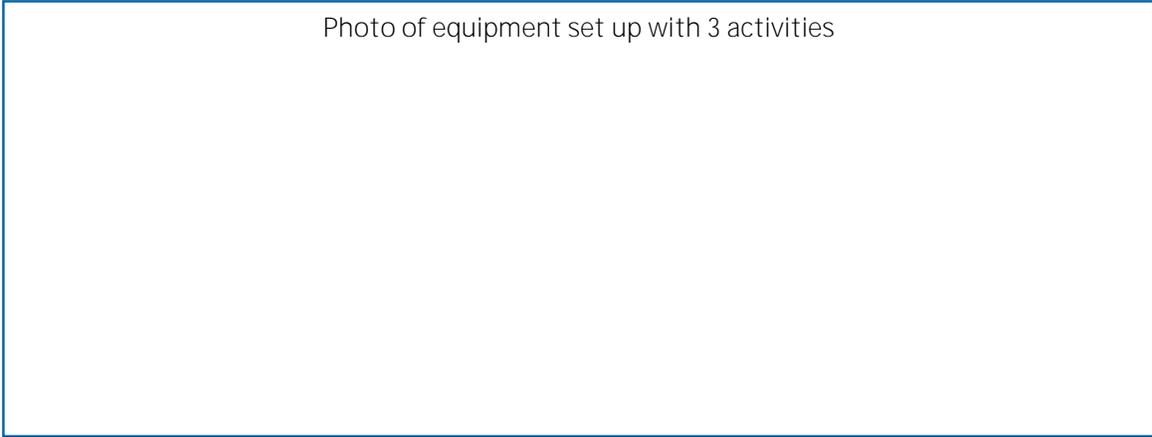
		Skill 1	Skill 2	Low Beam
Badge 5/6		Split jump to 90° with assistance	Split jump to hit noodle in front and behind on 60cm height	Straight jump x 2 connected
Badge 7/8		Split jump to 135° with assistance	Split jump to hit noodle in front and behind on 60cm height	Straight jump, tuck jump connected
Extension 1		Split jump to 135°		Split jump
Extension 2		Split jump to 180°		Straight jump, split jump connected
Coaching tips	<p>Height in jump Arm action with landing shape for 3 seconds Straight legs and pointed toes</p> 	<p>Height in jump Arm action with landing shape for 3 seconds Straight legs and pointed toes</p>	<p>Start one foot in front of the other (5th position) Height in jump Arm action Straight legs Connection between jumps Straight legs and pointed toes</p>	

## Floor Dance Weeks 5 and 6

Photo of equipment set up with 5 activities

	Skill 4	Skill 5	
Badge 5/6	Lying on back 5 leg kicks in front with theraband on feet	With foot on 60cm object, lift foot to horizontal and back to 60cm object with straight leg 5 times.	
Badge 7/8	Lying on back 5 leg kicks in front with theraband on feet	With foot on 60cm object, lift foot to horizontal and back to 60cm object with a straight leg 5 times then hold for 10 seconds above the box.	
Extension 1		Starting away from the box with back foot on 60cm object, lift foot to the back to horizontal and back to the 60cm object 5 times.	
Extension 2		Starting away from the box with back foot on object, lift foot to the back to horizontal and back to the 60cm object 5 times then hold above the box for 10 seconds	
Coaching tips	Arms must be pressing into the floor in presentation shape Both legs should remain straight the entire time Kicks should be fast	Straight legs and pointed feet	

# Floor Acro - Weeks 5 and 6



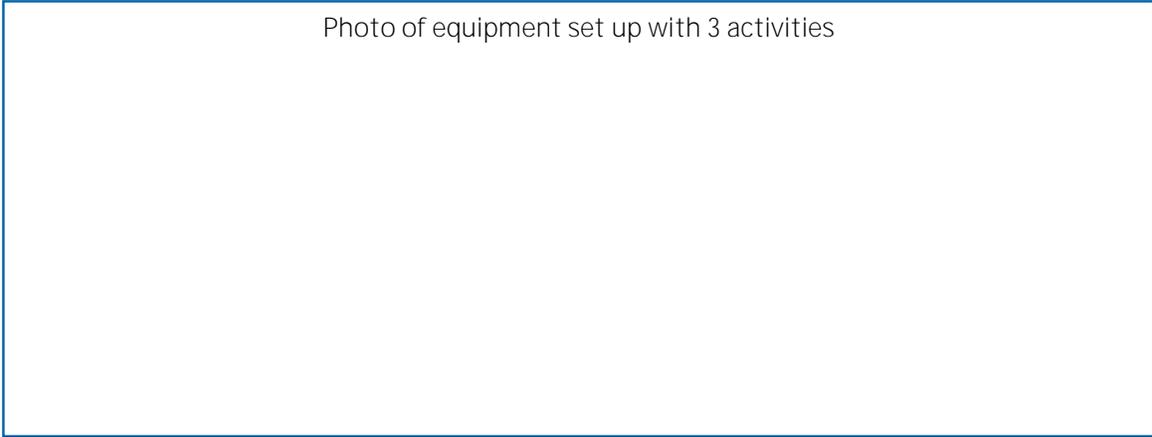
		Skill 1	Skill 2	Skill 3
Badge 5/6		Hurdle cartwheel snap in	Bridge on 30cm box lift 1 leg to vertical hold 5 seconds	Kick to 3/4 handstand between velcro lines 1 metre apart
Badge 7/8		Hurdle cartwheel snap in on line	Bridge on 30cm box kick over to lunge with assistance	Kick to handstand between velcro lines 1 metre apart
Extension 1		From box, hurdle cartwheel snap in on line	Bridge on 30cm box kick over to lunge	Kick to handstand and hold for 2 seconds minimum between velcro lines 1 metre apart
Extension 2			Bridge on 30cm box kick over to lunge with straight legs	
Coaching tips		Hurdle should be as long as possible with aggressive arm swing Entry: rocket, lunge, lever, needle T hand placement	Arms shoulder width apart Arms straight Aim to get shoulder aligned over hands	Entry: rocket, lunge, lever, needle Body alignment Body tension  

## Floor Arco Weeks 5 and 6

Photo of equipment set up with 5 activities

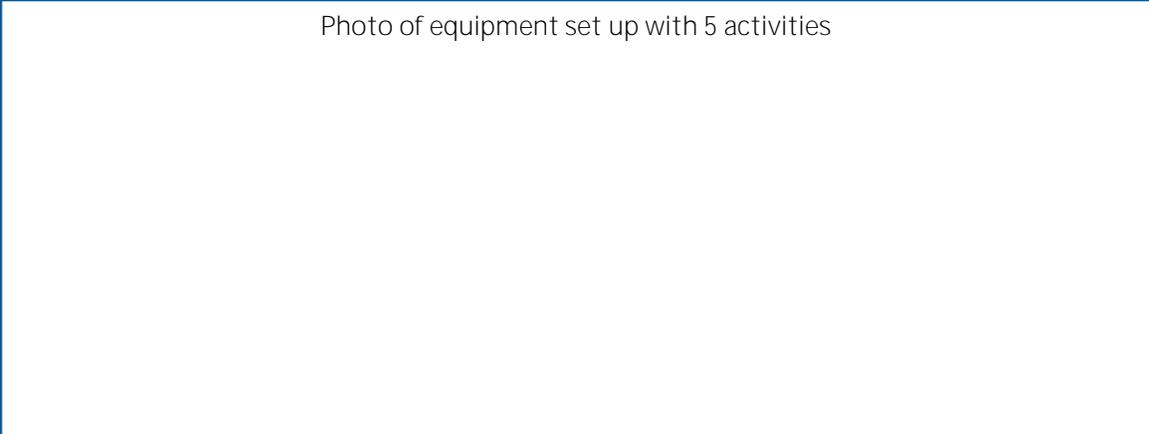
	Skill 4	Skill 5	
Badge 5/6	Bridge on floor hold 3 seconds	Present, backward roll to squat with straight arms	
Badge 7/8	Bridge on floor lift 1 leg to vertical hold 5 seconds	Present, backward roll to squat x 2 connected with straight arms down wedge	
Extension 1	Bridge kick over to lunge on floor		
Extension 2	Bridge kick over to lunge with straight legs		
Coaching tips	Arms shoulder width apart Straight arms Open shoulders	Presentation Chin on chest Tight tuck shape Arms straight with hands turned in	

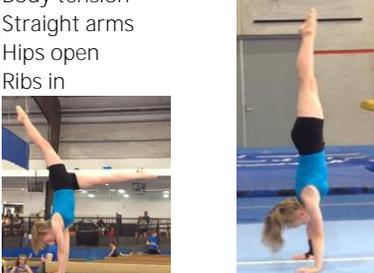
# Airtrack (Clarence only) - Weeks 5 and 6



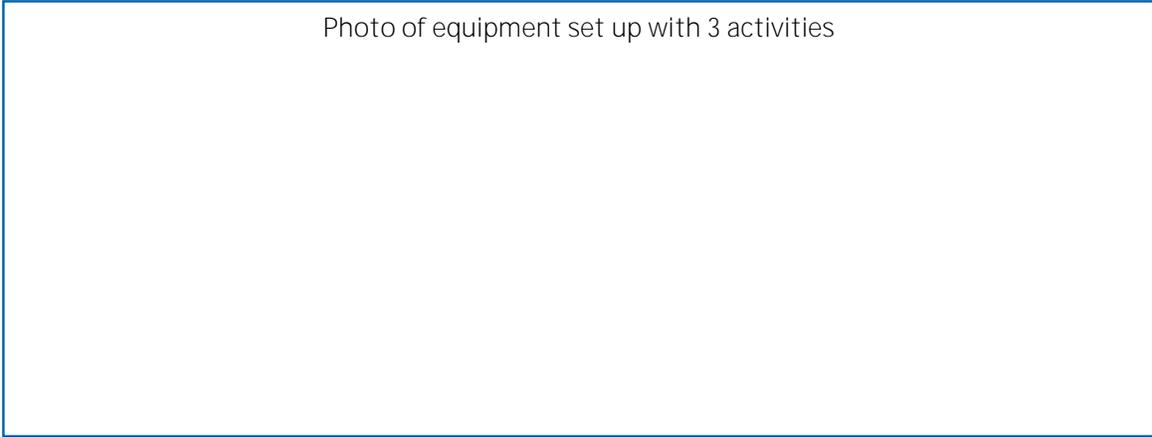
		Sweet spot	Airtrack	Airtrack
Badge 5/6		Split jump, split jump	From 1 leg back drop onto pyramid block	Handstand to lunge
Badge 7/8		Split jump, split jump immediate tuck jump	Back drop onto pyramid block	Handstand pop - Have 3 goes
Extension 1		Split jump, split jump, immediate tuck jump, immediate star jump		Handstand pop pop. Have 3 goes
Extension 2		Split jump, split jump, immediate tuck jump, immediate star jump, immediate straddle jump		
Coaching tips	<p>Height in jump Straight legs Arms circle backwards for connections</p> 	<p>Back drop shape with hands and feet pointing away from the body</p>	<p>Body tension Straight arms Hips open Ribs in</p> 	

# Airtrack (Clarence only) - Weeks 5 and 6



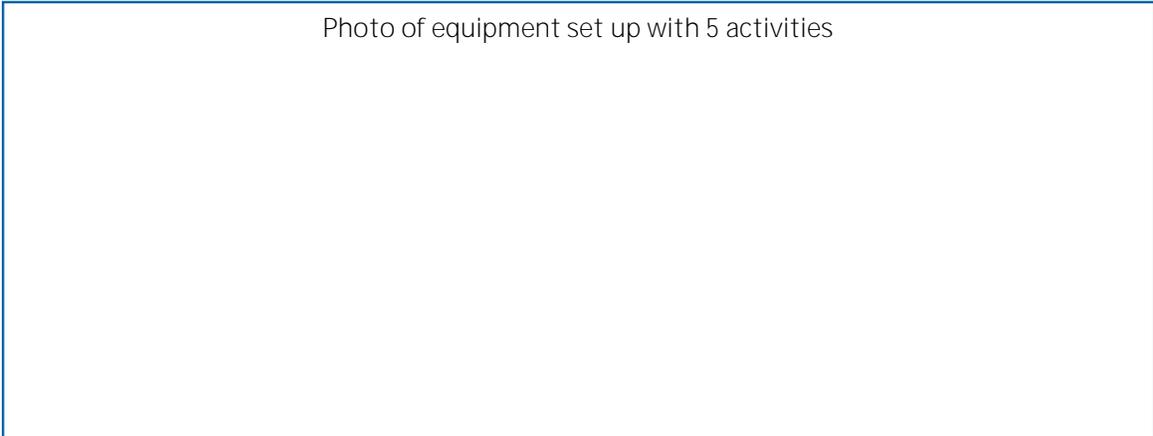
		Airtrack	Crash mat	
Badge 5/6		Present, rocket, 3/4 handstand to lunge	Handstand flat back	
Badge 7/8		Present, rocket, handstand to lunge	Hop step handstand flat back	
Extension 1		Present, rocket, handstand hold for 3 seconds to finish in lunge	Hurdle handstand flat back	
Extension 2		Present, rocket, handstand hold for 5 seconds to finish in lunge	Hurdle handstand pop flat back	
Coaching tips	<p>Body tension Straight arms Hips open Ribs in</p> 	<p>Hop steps and hurdles should be as long as possible with a straight line from back heel to hands. Handstand flat back should be powerful and fast</p>		

# Tramp - Weeks 5 and 6



	Crash mat	Tramp	Tramp to pit/mat
Badge 5/6	From 1 leg back drop onto mat	Backdrop onto 10cm mat	Jump 1/2 turn into pit
Badge 7/8	Back drop onto mat	Back drop onto 10 cm mat return to stand	Jump full turn into pit
Extension 1		Back drop onto 10 cm mat return to stand, with straight legs	Jump 1 1/2 turn into pit
Extension 2		Back drop on trampoline with straight legs, return to stand	Jump double turn into pit
Coaching tips	Back drop shape with hands and feet pointing towards the roof	Chin on chest, arms and legs pointing away from the body in the direction of stand	Body tension

# Tramp Weeks 5 and 6



		Tumble tramp	Tumble tramp	
Badge 5/6	Donkey kicks x5 (only go to slanted handstand)	Split jump, split jump		
Badge 7/8	Handstand pop. Have 3 goes	Split jump, split jump immediate tuck jump		
Extension 1	Handstant pop pop. Have 3 goes	Split jump, split jump, immediate tuck jump, immediate star jump		
Extension 2		Split jump, split jump, immediate tuck jump, immediate star jump, immediate straddle jump		
Coaching tips	Body tension Straight arms Hips open Ribs in 	Height in jump Straight legs 		

