

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 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 side 10 to 20 leg kicks to the side	5 to 10 chin up 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 pike 10 leg lifts with each leg	Tuck to bar lower straight
5 to 10 Straddle L lever attempt	Straight to bar
	5 to 10 pull downs 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

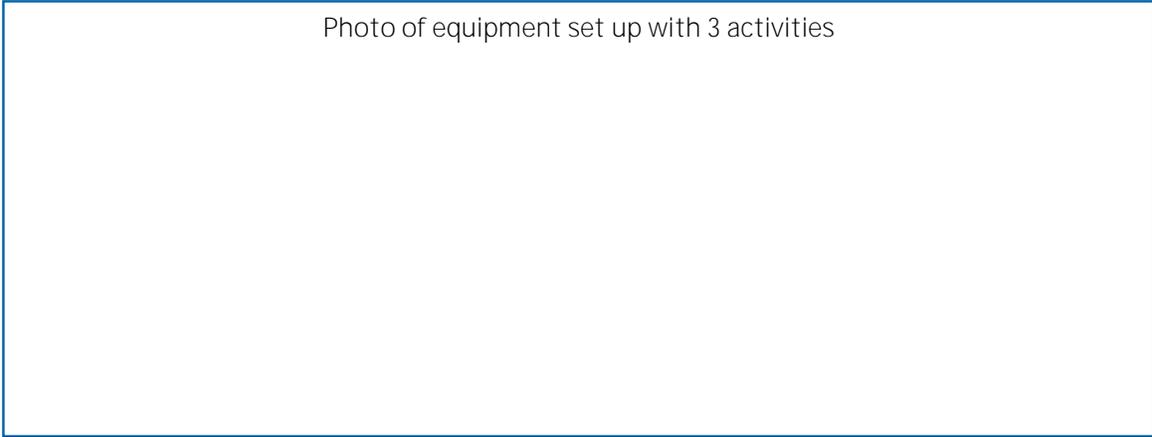


gymsports

LEARN TO GYM

*Badges 5-8
Weeks 7 and 8*

Vault - Weeks 7 and 8



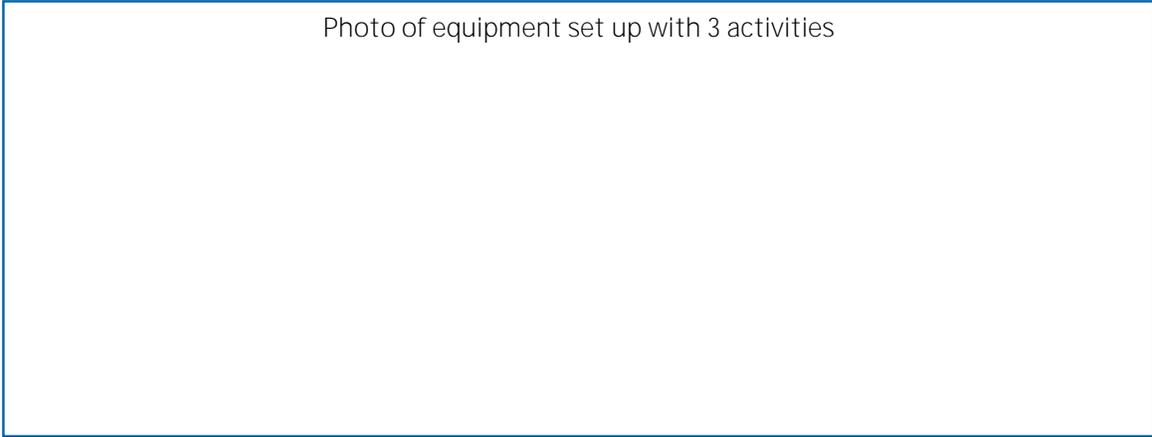
	Skill 1	Skill 2	Skill 3
Badge 5/6	Tuck jump on floor, knees must be above hip height to move on	Straight jump backwards of 30cm box	Run, board pause forward roll onto 90cm height
Badge 7/8	Tuck jump off 60cm box	Straight jump backwards from 30cm with bean bag between feet	Run, board pause mini front salt onto 90cm height
Extension 1	Tuck jump backwards off 60cm box	Straight jump backwards from 30cm box with bean bag between feet and eyes closed	Run, board pause frontsault to squat onto 90cm height
Extension 2	Star jump backwards off 60cm box	1/2 turn backwards off 30 cm box to perfect landing shape	Run, board pause frontsault to stand onto 90cm height
Coaching tips	Jump height Tuck jump with knees above horizontal Grab shins Landing 1,2,3	Stick landing 1,2,3	Fast run No slowing Arms down on board Tight take-off fast forward roll or front salto with tight tuck shape

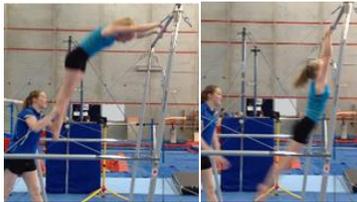
Vault - Weeks 7 and 8

Photo of equipment set up with 5 activities

	Skill 4	Skill 5	
Badge 5/6	Run, board pause straight jump off springboard to perfect landing shape	Hurdle Handstand flat back onto mat with underarm action (for board pause)	
Badge 7/8	Run, board pause tuck jump off springboard to perfect landing shape	Hurdle Handstand pop flat back onto mat with underarm action (for board pause)	
Extension 1	Run, board pause star jump off springboard to perfect landing shape		
Extension 2	Run, board pause straddle jump off springboard to perfect landing shape		
Coaching tips	Lift up into the jump Stick the landing for 3 seconds	Long hurdle entry Body alignment from fingers to toes Fast, strong kick to handstand	

Bars - Weeks 7 and 8



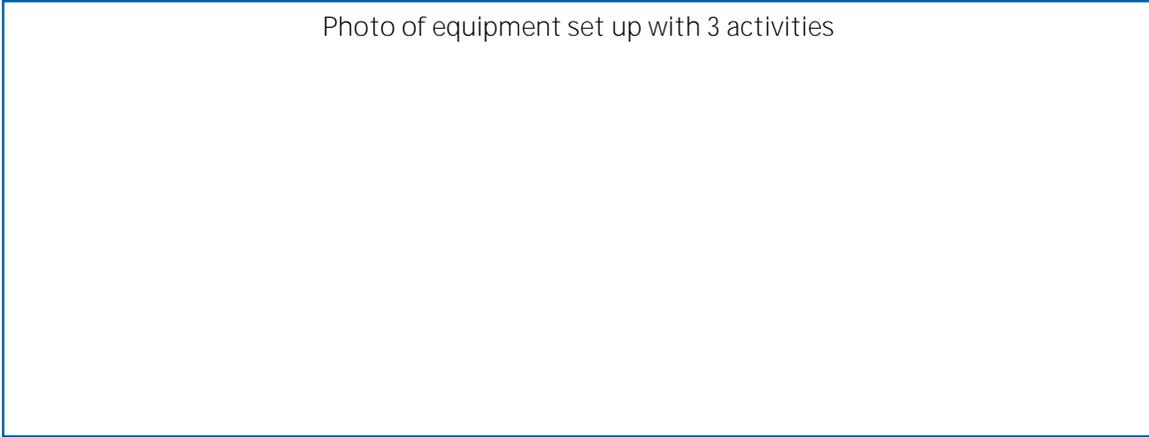
	Low bar	High bar	Ground
Badge 5/6	Front support, fall back to inverted dish hang with bar on loops	5 swings on high bar with foam between feet	Front support with hands on ground bar feet on fit ball x 10 sec
Badge 7/8	Front support Backhip circle with bar on loops	5 swings on high bar with re grip with foam between feet	Front support with hands on ground bar feet on fit ball rock back and forward x 5
Extension 1			
Extension 2			
Coaching tips	Spot to assist Keep dish shape Head neutral 	Dish shape on back swing Head neutral Arch tap Kick toes up on the front swing Regrip on the back swing 	Straight arms Shoulders shrugged up Round back Body tension

Bars Weeks 7 and 8

Photo of equipment set up with 5 activities

	Low bar	Low bar	
Badge 5/6	From front support, coach assisted backhip circle	Tuck hang with foam block on knees hold for 5 seconds	
Badge 7/8	From front support, coach assisted backhip circle with straight arms	Tuck hang with foam block on knees full turn in hang	
Extension 1	Cast Backhip circle spotted with straight elbows		
Extension 2	Cast back hip circle		
Coaching tips	Straight arms Head neutral Dish shape Leg tension No pike	Knees to chest Leg tension Toe point Head neutral	

Beam - Weeks 7 and 8



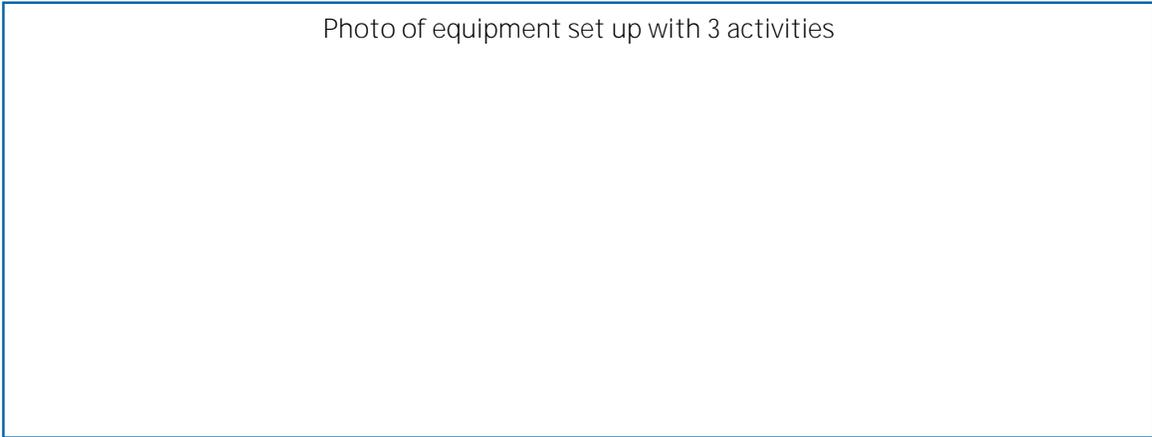
	Low Beam	High Beam	Low Beam
Badge 5/6	Straight jump on low beam, walk backwards on toes to the end of the beam	Straight jump to hold landing shape, then step hops in passe along the beam with arms in presentation	Starting in rocket on the beam, scorpion kick with hands on box to land back in lunge on the beam
Badge 7/8	Straight jump x2 in series hold Landing shape, walk backwards on toes to the end of the beam.	Straight jump x2 in series hold landing shape, then step kick hops with a straight leg along the beam with arms in presentation	From rocket, 3/4 handstand, starting on beam placing hands on 30cm box to finish in lunge
Extension 1	Tuck jump hold Landing shape, walk backwards on toes to the end of the beam	Tuck jump hold landing shape, then step kick hops with a straight leg along the beam with arms in presentation	From rocket, kick to handstand starting on beam placing hands on 30cm box to finish in lunge
Extension 2	Straight jump tuck jump in series, hold Landing shape, walk backwards on toes to the end of the beam	Straight jump, tuck jump in series hold landing shape, then step kick hops with a straight leg along the beam with arms in presentation	
Coaching tips	Height in jump Hold landing shape for 3 seconds	Height in jump Hold landing shape for 3 seconds Step hops with a straight leg is to develop leaps and split jumps as well as confidence on the beam. The gymnast should aim to hop with her leg at hip height	Pistol grip Straight arms Open shoulders

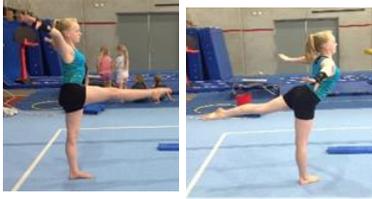
Beam Weeks 7 and 8

Photo of equipment set up with 5 activities

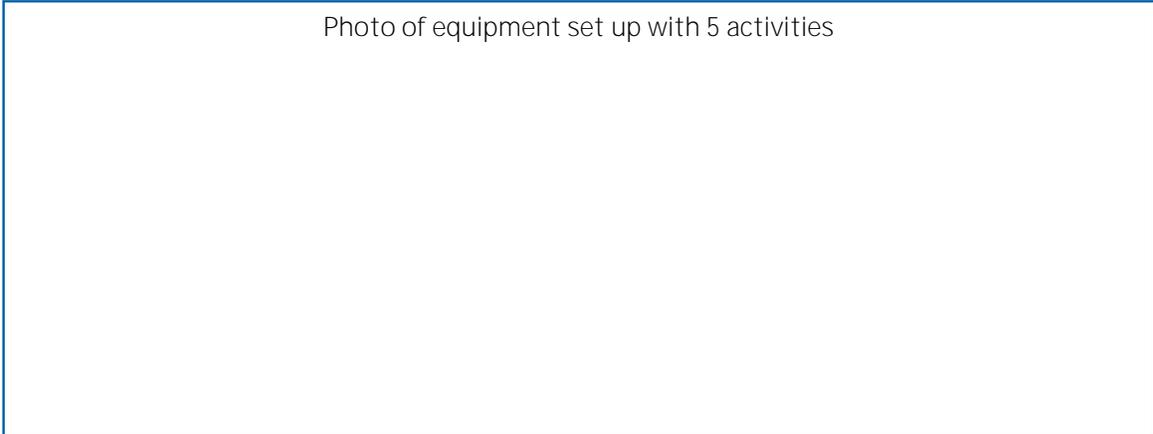
	Medium Beam	High Beam	
Badge 5/6	Connected straight jumps over bean bags (arms can circle)	2 step kicks forward, 2 step kicks behind, while walking forward	
Badge 7/8	Switch jumps (rocket jumps swapping feet over in the air) over bean bags (arms can circle)	2 step kicks forward, 2 step kicks behind, while walking forward, with bean bag on head	
Extension 1			
Extension 2			
Coaching tips	<p>Maximum extension in jumps</p> <p>Arms can circle backwards to help connect the jumps</p> <p>Switch jumps are swapping feet in the air with pointed toes</p>	<p>Straight legs</p> <p>Arms pressed back in second</p> <p>Kick as high as possible</p>	

Floor Dance - Weeks 7 and 8



		Skill 1	Skill 2	Low Beam
Badge 5/6		With noodle on 60 cm box or shape, lift leg forward to touch noodle hold 3 seconds and repeat on other leg	Step kick forwards x2, step kick backwards x2	Lift leg to horizontal hold 3 seconds and hop to the end of the beam
Badge 7/8		With noodle on 60cm box or shape, lift leg behind to touch noodle hold 3 seconds repeat on other leg	Leap lead up drill on both legs (leg in front, hop and hold, leap onto the other leg to hold arabesque on a bent bottom leg)	Lift leg behind to horizontal hold 3 second has and hop to the end of the beam
Extension 1			Leap lead up drill to horizontal on both legs (leg in front, hop and hold, leap onto the other leg to hold arabesque on a bent bottom leg)	Lift leg to horizontal hold 3 seconds and hop with leg in horizontal, then hop to the end of the beam
Extension 2				Lift leg behind to Horizontal hold 3 seconds, hop with leg in horizontal, then hop to the end of the beam
Coaching tips	<p>Straight legs</p> <p>Arms in second</p> <p>Good body alignment (make sure they stand up straight)</p>	<p>Arms in presentation throughout</p> <p>If doing two in a row, from arabesque the gymnast will swing the back leg forward to start the second one</p>	<p>Height in hop</p> <p>Leg tension</p>	

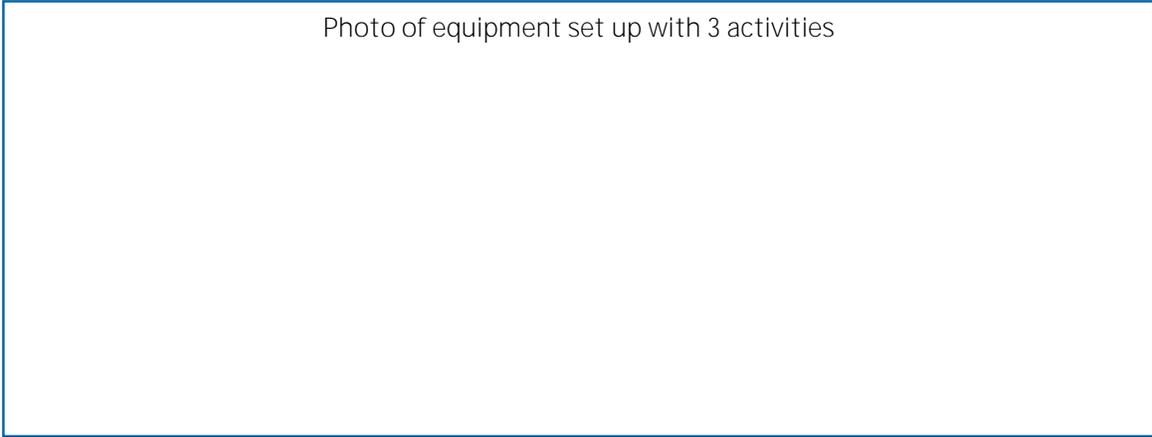
Floor Dance Weeks 7 and 8



		Skill 4	Skill 5	
Badge 5/6		Split jump to 90'	Lying on back 5 leg kicks forward	
Badge 7/8		Split jump to 135'	Lying on stomach 5 leg kicks behind	
Extension 1		Split jump to 180'		
Extension 2				
Coaching tips		Height in jump Leg tension Fast legs 	Use therobands or weights Leg tension Fast legs	



Floor Acro - Weeks 7 and 8



	Box	Skill 2	Skill 3
Badge 5/6	Pike Handstand with feet on box, forward roll to stand	Bridge on floor hold 5 seconds	Cartwheel on floor to snap in on line
Badge 7/8	3/4 Handstand with one foot on height, forward roll to stand	Bridge on floor, lift one leg top vertical hold 5 seconds	Cartwheel to sumo connection shape on line
Extension 1	3/4 Handstand with one foot on height, lift feet to handstand, forward roll down to presentation	Bridge on floor, kick over to lunge assisted	Start in sumo connection shape, cartwheel to snap in position
Extension 2		Bridge on floor, kick over to lunge	
Coaching tips	<p>Must show straight alignment from wrist, shoulders to hips and to toe for 3/4 handstand</p> 		<p>Start from presentation then rocket. Arms to remain straight through out, ensure strong finish shapes at the end</p> 

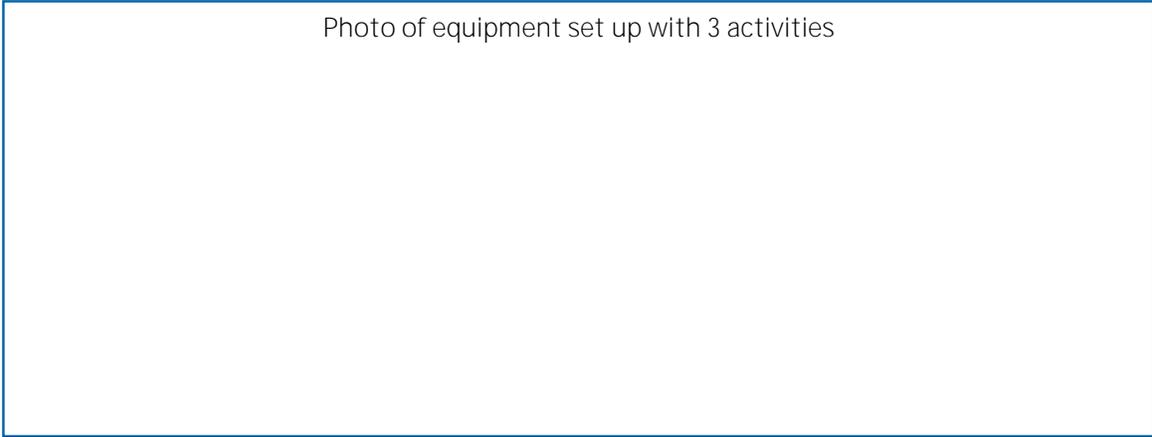
Floor Arco Weeks 7 and 8

Photo of equipment set up with 5 activities

	Skill 4	Skill 5	
Badge 5/6	Present, 3/4 Handstand between velcro lines 1 metre apart	Feet on trolley or slider, front support walking 10 steps forwards	
Badge 7/8	Presentation, kick to handstand between velcro lines 1 metre apart	Feet on trolley or slider, front support walking 10 steps forwards then 10 steps backwards	
Extension 1	Presentation, kick to handstand hold for 2 seconds between velcro lines 1 metre apart		
Extension 2			
Coaching tips	<p>Long entry</p> <p>Eyes on hands</p> <p>Chest round</p> <p>Hips open</p> <p>If doing a 3/4 handstand then the top leg stops at the roof and the bottom leg should be at horizontal</p>	<p>Chest should be round and head should be looking up and forwards - not hanging down at the floor</p> <p>Body shape should not change as the gymnasts walks. This is a weight transfer activity teaching them to be tight</p>	

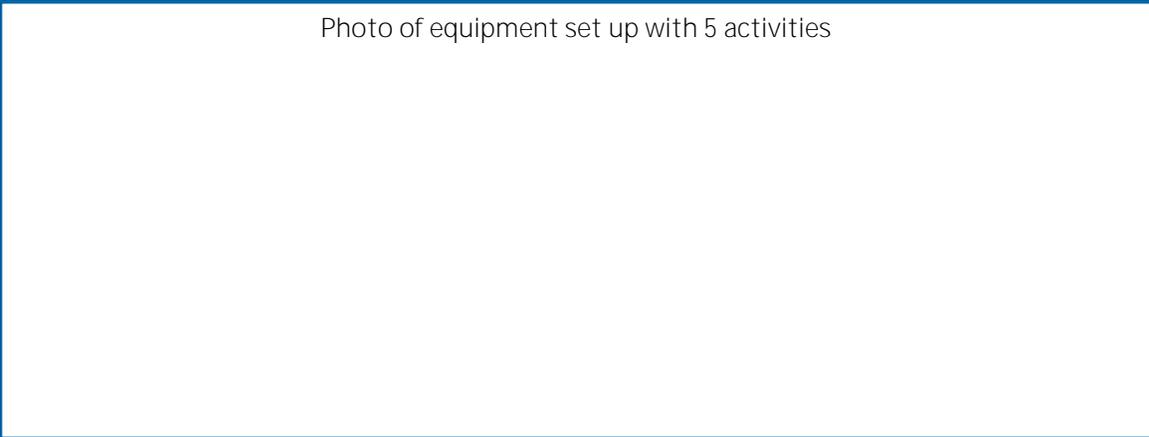


Airtrack (Clarence only) - Weeks 7 and 8



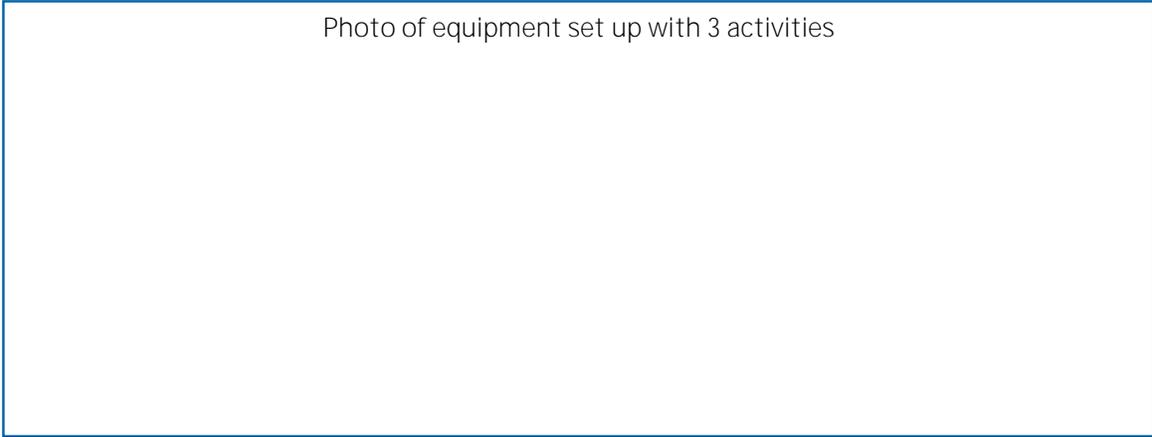
		Floor	Airtrack	Airtrack
Badge 5/6		Splits for 5 seconds each leg (including middle)	Cartwheel on the line to lunge	Starting with arms down step to handstand then finish in lunge
Badge 7/8		Splits for 5 seconds each leg (including middle)	Cartwheel on the line to snap in	Starting with arms down step to handstand pop then finish in lunge
Extension 1			Kneeling cartwheel to finish in lunge	Starting with arms down step to handstand pop pop then finish in lunge
Extension 2			Kneeling cartwheel to finish in snap in	Starting with arms down step to handstand pop pop pop then finish in lunge
Coaching tips	<p>Square hips and arms in presentation (if possible) When in middle splits make sure arms are out to the side and tummy is aiming to be on the floor (similar to a straddle pancake shape)</p> 	<p>Focus on T hand position The purpose of learning cartwheels from lunge in to focus on a fast and powerful heel drive.</p> 	<p>Should see fast arm swing into handstand, tight body tension throughout and strong shoulders, elbows and wrists during pops</p>	

Airtrack (Clarence only) - Weeks 7 and 8



		Airtrack	Crash mat		
Badge 5/6		Handstand shape on stomach hold 10 seconds	Step handspring over cylinder at the end of track to fall to stomach on mat with wedge on top with coach spotting		
Badge 7/8		Handstand shape on back hold 10 seconds	Hurdle handspring over cylinder to land at end of the track to fall to stomach on mat with a wedge on top with coach spotting		
Extension 1			Hurdle handspring to feet fall to stomach on mat with wedge on top spotted		
Extension 2			Hurdle handspring to feet fall to stomach on mat with wedge on top		
Coaching tips	<p>Chest round and hips open Looking at hands and push tall Lower back must be on the ground (Can be leas to achieve this)</p> 	<p>Long hurdle and fast kick Finishing in an extended shape before continuing onto stomach - shape shouldn't change Coach to spot forearm and back</p> 			

Tramp - Weeks 7 and 8



	Tumble tramp/ma	Tramp	Tramp to pit/mat
Badge 5/6	Step handspring over cylinder at the end of track to fall to stomach on mat in pit with coach spotting	5 donkey kicks to slanted handstand	Jump 1/2 turn with foam between feet
Badge 7/8	Hurdle handspring over cylinder to land at end of the track to fall to stomach on mat in pit with coach spotting	5 cat springs to slanted handstand	Jump full turn with foam between feet
Extension 1	Hurdle handspring to feet fall to stomach on mat in pit spotted		Jump 1 and a 1/2 turn with foam between feet
Extension 2	Hurdle handspring to feet fall to stomach on mat in pit		
Coaching tips	<p>Long hurdle and fast kick Finishing in an extended shape before continuing onto stomach - shape shouldn't change Coach to spot forearm and back</p> 	<p>Round back Straight arms and legs</p>	<p>Body tension</p>

Tramp Weeks 7 and 8

Photo of equipment set up with 5 activities

		Tumble tramp	Floor	
Badge 5/6	Step handstand flatback onto 30cm crash mat	Handstand take 2 steps forward on hands in handstand		
Badge 7/8	Hurdle handstand flat back onto 30cm crash mat with pop	Handstand pop		
Extension 1				
Extension 2				
Coaching tips	<p>Long step or hurdle entry</p> <p>Body alignment throughout</p> <p>Strong block or push through shoulders and wrists to pop</p>	<p>Body tension</p> <p>Straight arms</p>		

