

Warm up - Weeks 9 and 10

Game - Spiders Web

Gymnasts move around in a crab shape in the designated area. Taggers are in the center. Taggers tag together. To tag a crab they must move their arms over the top of the crab. Taggers are not allowed to tag apart of the tagging team. When the web reaches 4 people, split into two groups and continue to 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
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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

Strength

Strength

To be done at second rotation

All groups do together

10 x squat needle kicks

5 to 10 chin ups, partner

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

10 to 15 push ups with block of foam

-Straight to horizontal

Bunny tuck lever hold for 5-10seconds

-Tuck to bar lower

Straddle lever 5-10 seconds

-Straight to bar

5 to 10 pulldowns with p

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+
Weeks 9 a

10

are to stand and join hands
rab. The crab then becomes
o groups. Catchers can move



4. bear walk forwards, then
bear walk backwards, jog
back

ity n up



x 5 presentation

length

at bars

r holding legs at Horizontal



ower straight

ital

.straight



partner holding elastic



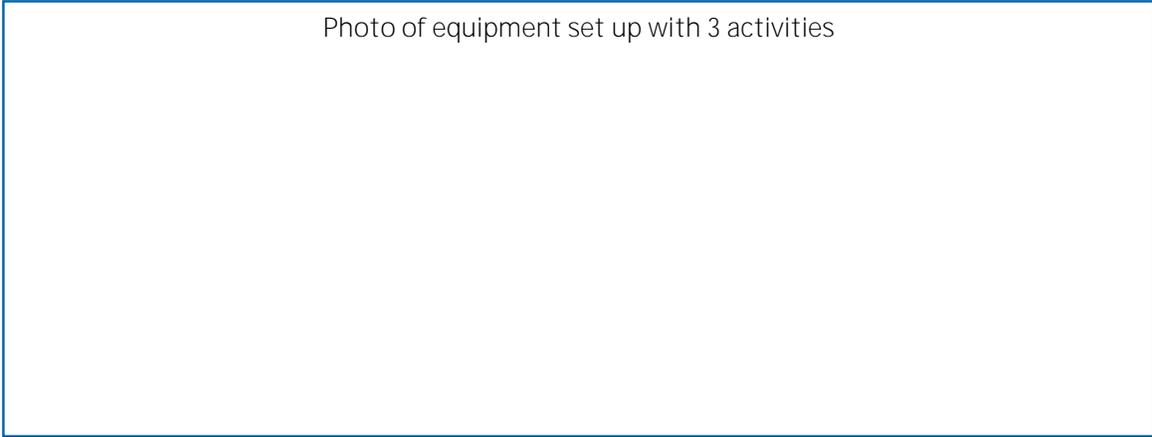
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and

Vault - Weeks 9 and 10



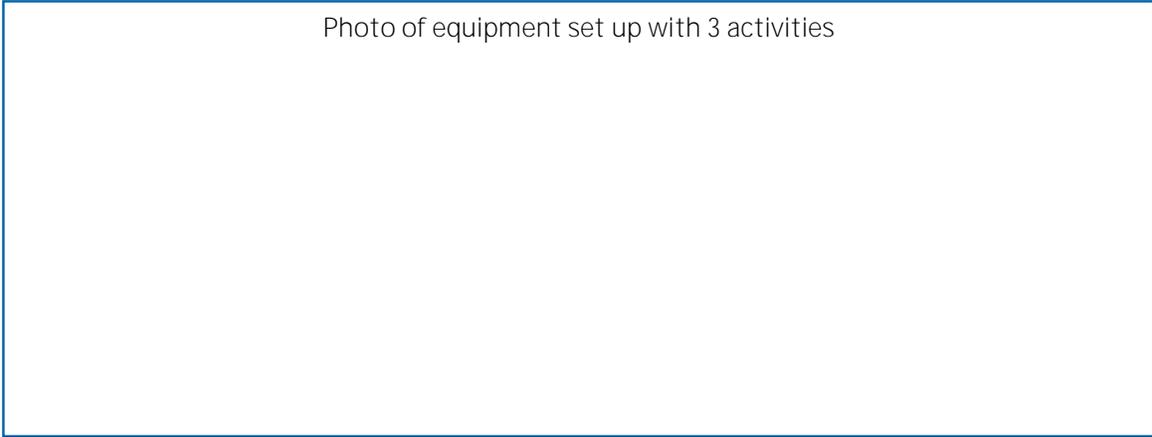
		Skill 1	Skill 2	Skill 3
Badge 5/6		Tuck jump forwards off 60cm box to landing shape	Slanted handstand at wall hold 10 seconds	Run board pause straight jump off spring board onto 60cm height
Badge 7/8		Tuck jump backwards off 60cm box to landing shape	Handstand stomach in at wall hold 10 seconds	Run board pause straight jump onto 60 cm height to immediate straight jump off the box to landing shape
Extension 1				
Extension 2				
Coaching tips	Ensure full extension through legs so the gymnasts reach maximum height in jumps	Body alignment 	As the gymnasts jump on the spring board their arms should be sweeping upwards towards their ears. Straight legs as the gymnasts jump onto the box.	

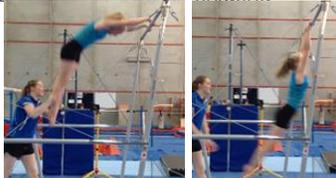
Vault - Weeks 9 and 10

Photo of equipment set up with 5 activities

	Skill 4	Skill 5	
Badge 5/6	Jump from box onto mini tramp board pause handstand flatback onto 60cm height (If there is no mini tramp available do handstand flatback onto	Handstand shape on back 10 seconds	
Badge 7/8	Jump from box onto mini tramp board pause handstand flatback onto 60cm height (If there is no mini tramp available do handstand flatback onto 30cm mat)	Handstand shape on stomach 10 seconds	
Extension 1			
Extension 2			
Coaching tips	When the gymnast lands on the mini tramp her arms should be down by her sides so they can sweep upwards into the handstand	On back: Wrists should be flexed, eyes on hands, lower back should be pressed into the ground and legs bent. On tummy: Wrists should be flexed, eyes on hands, arm pits pressed into the ground with chest rounded 	

Bars - Weeks 9 and 10



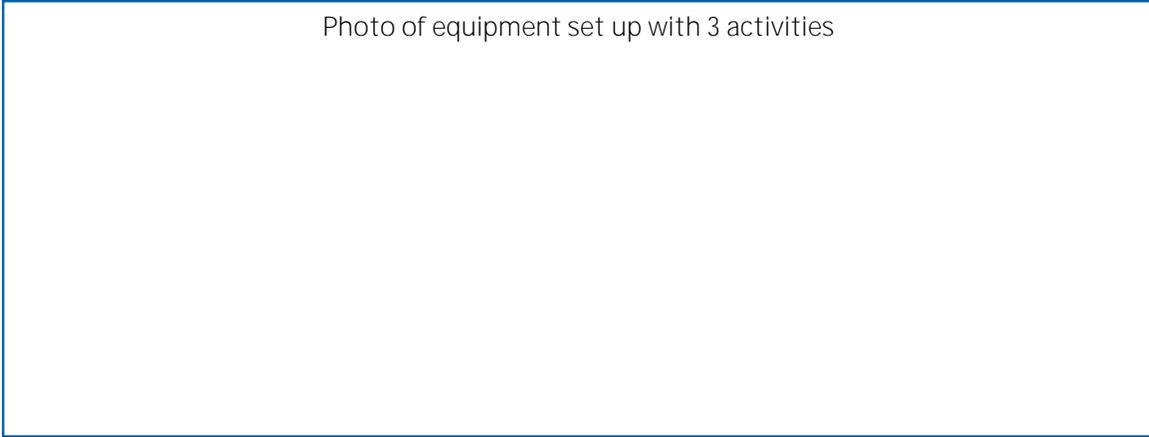
	Low bar	High bar	Ground
Badge 5/6	From support with pole under legs, fall back to inverted dish hang	5 open tuck swings from a box	Dish shape 10 seconds with arms down
Badge 7/8	With pole, backhip circle on low bar	Spotted long swings x 5	Dish shape for 10 seconds with arms up
Extension 1	Spotted cast backhip circle		Dish shape, roll to arch and back to dish for 5 seconds each
Extension 2			
Coaching tips	<p>Start pushing on the bar Keep dish shape when falling under bar Head neutral Ensure wrists move around the bar</p> 	<p>Dish shape on back swing Head neutral Arch tap Kick toes up on the front swing Regrip on the back swing Spot as required for shaping</p> 	<p>Straight arms Shoulders shrugged up Round back Body tension</p> 

Bars Weeks 9 and 10

Photo of equipment set up with 5 activities

	Low bar	Low bar	
Badge 5/6	Starting in dish with feet on height, glide swing forward	Pull over with 1 foot on box	
Badge 7/8	Starting in dish with feet on height, glide swing to land in landing shape in the floor	Pullover (can have assistance)	
Extension 1		Pullover to finish in support, 3 shoulder shrugs	
Extension 2			
Coaching tips	Straight arms Head neutral Dish shape Leg tension	Leg tension Toe point Head neutral Finish in front support on the bar	

Beam - Weeks 9 and 10



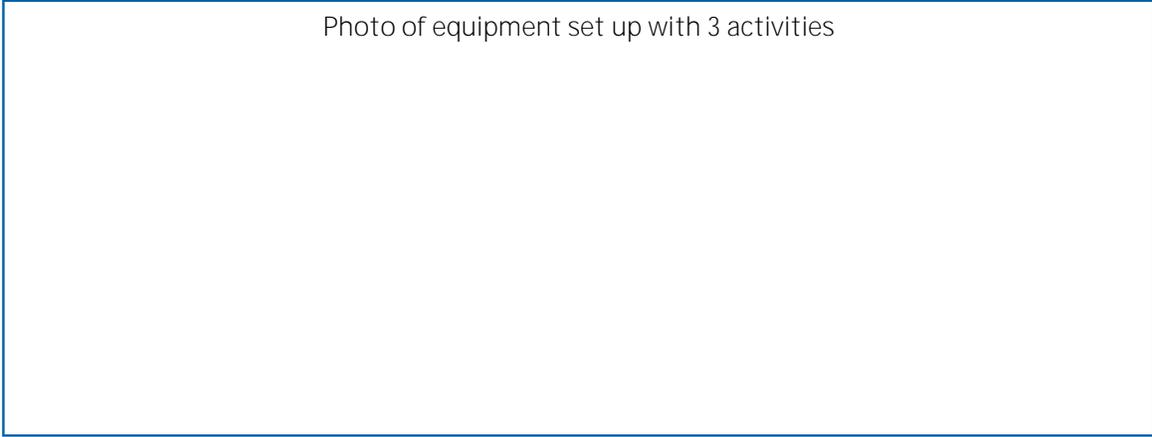
		Low Beam	High Beam	Low Beam
Badge 5/6		3/4 handstand with foot on height, hands on the beam hold 5 seconds	Jump to front support with straight elbows, lift straight leg over the beam to straddle sit	Step to passe, perform 3 calf raises in passe and repeat on the other leg
Badge 7/8		3/4 handstand on low beam to finish in lunge	Jump to front support with straight elbows, lift straight leg over the beam to straddle lever hold 3 seconds	Passe half turn to finish holding passe for 3 seconds
Extension 1				
Extension 2				
Coaching tips		<p>Hands in pistol grip</p> 	<p>Push down on the beam to ensure straight elbows Toes above the beam in straddle lever if possible</p> 	<p>Body posture Toe to knee in passe Arms down in passe for calf raises and turn</p> 

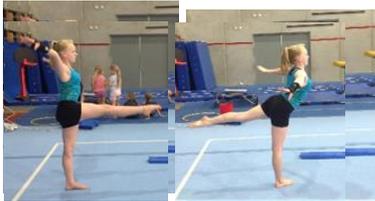
Beam Weeks 9 and 10

Photo of equipment set up with 5 activities

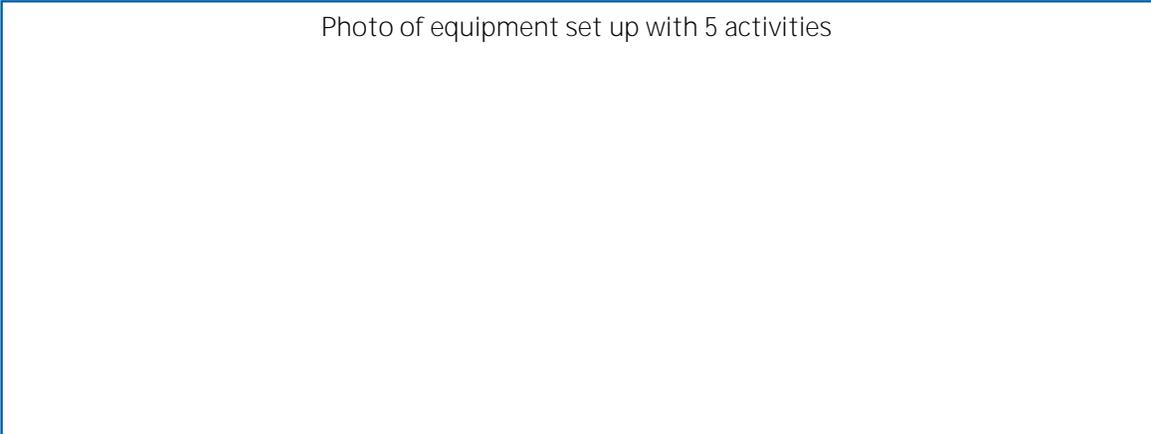
	Medium Beam	High Beam	
Badge 5/6	Straight jump	Bunny hops on high beam x 3 (aiming to reach a tuck handstand position)	
Badge 7/8	Straight jump series	Scorpion kicks x3 on high beam (aiming to reach a 3/4 handstand position)	
Extension 1	Tuck jump		
Extension 2	Straight jump tuck jump in series		
Coaching tips	Height in jumps Full extension through legs to ensure max height in jumps Pointed toes		

Floor Dance - Weeks 9 and 10



		Skill 1	Skill 2	Low Beam
Badge 5/6		Passe 1/2 turn on one foot to finish in presentation with toe pointed behind	Split jump assisted to 90° or above	Leg raise to horizontal for 5 seconds
Badge 7/8		Passe 1/2 turn on one foot to finish in presentation with toe pointed behind	Split jump to 90° or above	Leg hold in arabesque for 5 seconds
Extension 1		Passe 1/1 turn on one foot to finish in presentation with toe pointed behind	Split jump to 135°	
Extension 2			Split jump to 180°	
Coaching tips		<p>Start and finish in presentation Arms by side when turning</p> 	<p>Ensure full extension through legs to get max height and split in the air Arms in presentation during the split phase</p> 	<p>Arms in presentation Legs straight Chest remains up</p> 

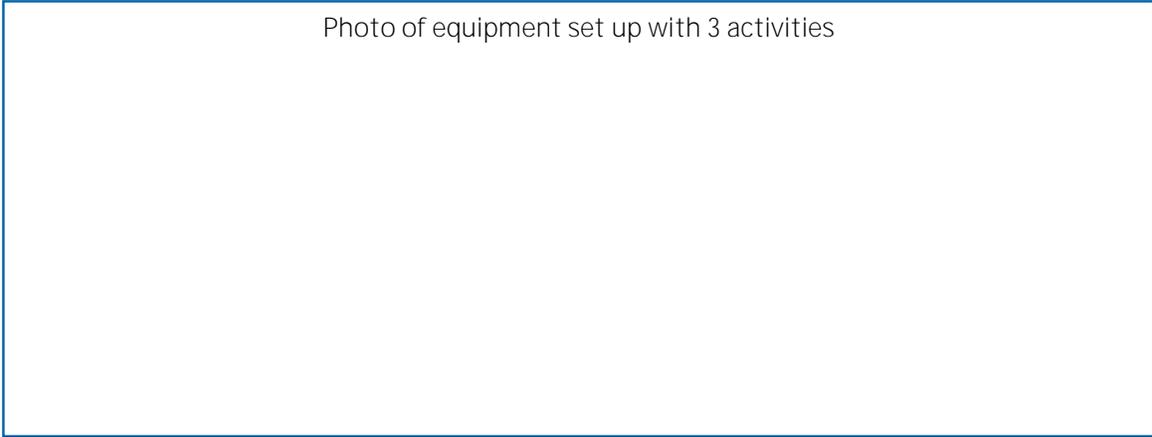
Floor Dance Weeks 9 and 10



		Skill 4	Skill 5		
Badge 5/6		Straight jump tuck jump in series	Leap lead up drill on preferred leg		
Badge 7/8		Split leap to 90° to finish in presentation with toe pointed behind	Leap lead up drill on each leg connected		
Extension 1		Split leap to 135° to finish in presentation with toe pointed behind			
Extension 2		Split leap to 180° to finish in presentation with toe pointed behind			
Coaching tips	<p>Leg tension Arms in presentation throughout entire leap</p> 	Legs should aim to be held at hip height throughout			

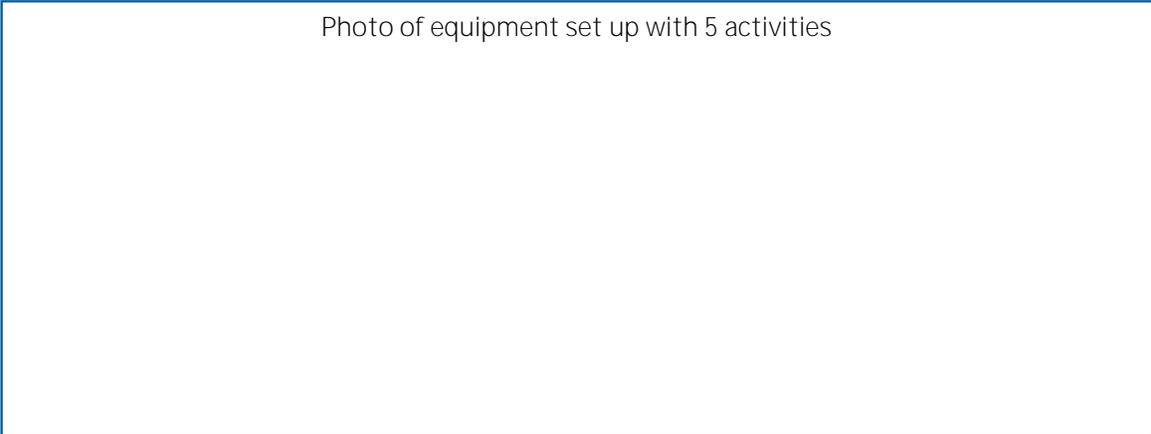


Floor Acro - Weeks 9 and 10



	Box	Skill 2	Skill 3
Badge 5/6	Pike handstand with feet on box hold 5 seconds, forward roll to presentation	Bridge on floor for 5 seconds	Backward roll to squat down a wedge
Badge 7/8	3/4 handstand with foot on box hold 5 seconds, forward roll to presentation	Bridge kickover assisted from a 30cm height	Backward roll to squat on floor
Extension 1		Bridge kick over off a 30cm height	
Extension 2		Bridge kick over on floor	
Coaching tips	<p>Body alignment from wrists to toes</p> 	<p>Shoulders over hands Straight legs when showing bridge In the kickover, gymnast can bend the base leg so they can push over</p>	<p>Gymnasts should aim to complete the entire roll with straight elbows</p> 

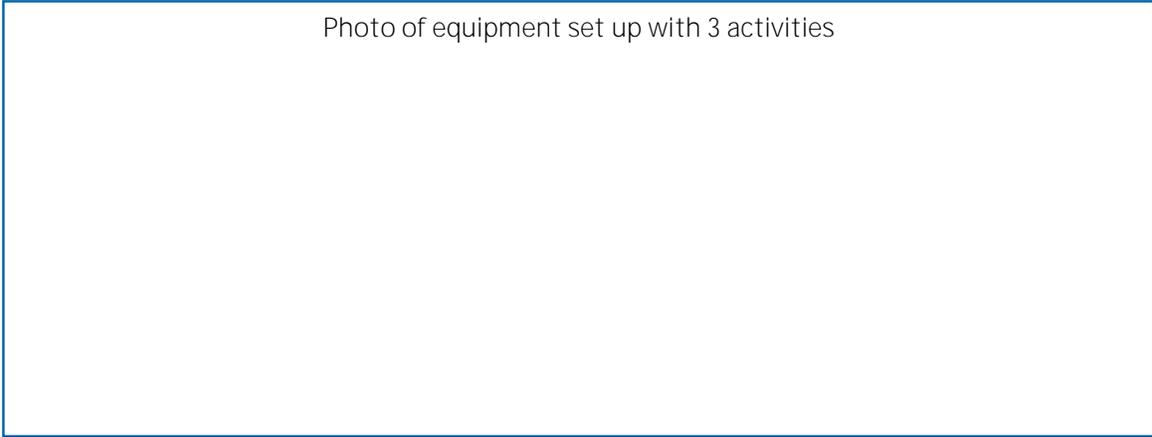
Floor Arco Weeks 9 and 10



		Skill 4	Skill 5	
Badge 5/6		Cartwheel snap in on line	Handstand stomach in at wall hold 10 seconds	
Badge 7/8		Cartwheel snap in on line	Handstand stomach in at wall hold 10 seconds forward roll out to tuck shape	
Extension 1				
Extension 2				
Coaching tips		Gymnasts should start in rocket and pass through vertical	Body alignment Arms must be straight in the forward roll out	

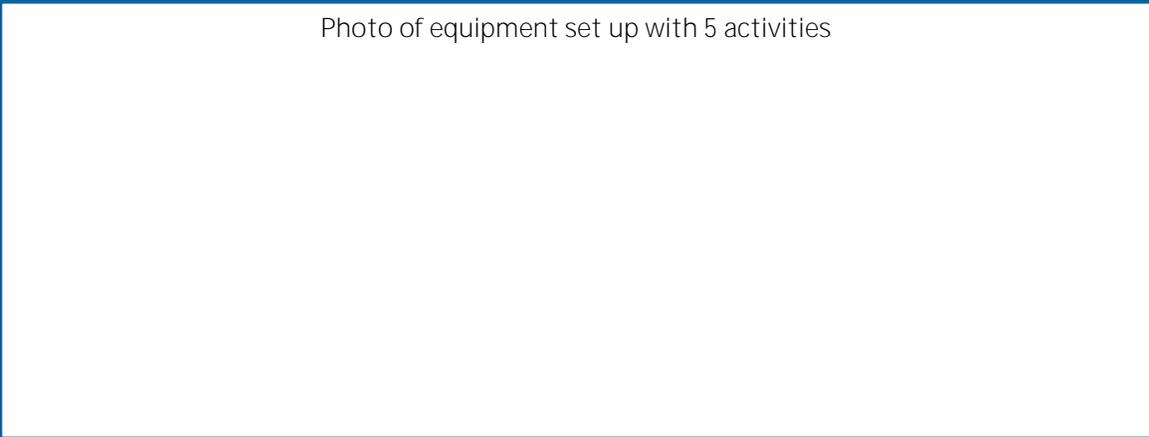


Airtrack(Clarence only) - Weeks 9 and 10



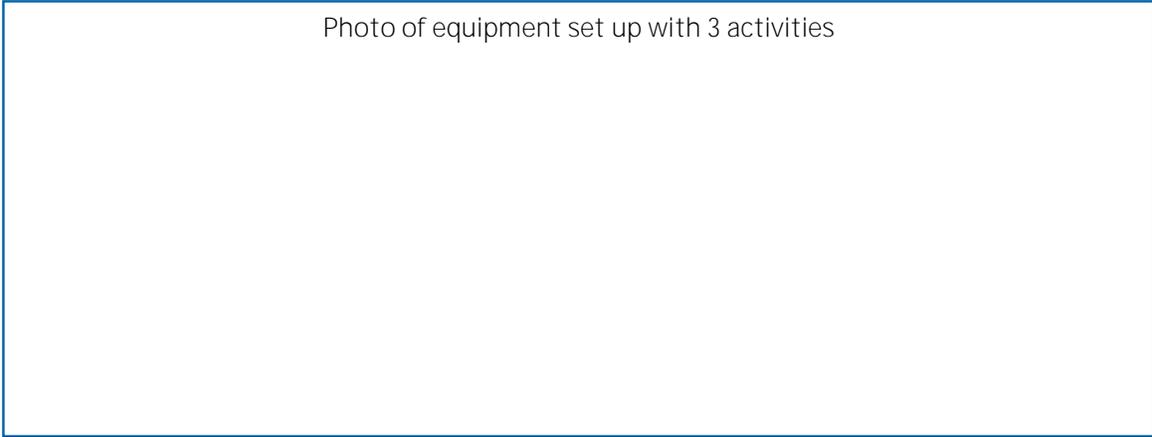
	Floor	Airtrack	Airtrack
Badge 5/6	Splits for 5 seconds each leg (including middle)	Handstand	5 rocket bounces mini front sault to tuck shape onto 60cm box
Badge 7/8	Splits for 5 seconds each leg (including middle)	Handstand pop	5 rocket bounces front sault to tuck shape or stand onto 60cm box
Extension 1			
Extension 2			
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>Stretch long into the handstand and finish standing in a snap in shape</p> 	<p>Hands will be on shins with knees apart during the frontsault</p>

Airtrack (Clarence only) - Weeks 9 and 10



		Crash mat	Crash mat	
Badge 5/6	Hurdle handstand flatback onto mat	Angry cat shape drop to front drop shape and hold 5 seconds		
Badge 7/8	Assisted hurdle handspring over cylinder at end of track fall to stomach onto mat with wedge on top	From stand, jump to front drop shape and hold 5 seconds		
Extension 1	Spotted hurdle handspring to land on mat with wedge on top fall to stomach			
Extension 2				
Coaching tips	Hurdle should be as long as possible with no bends in the body. The handspring should land on the mat in the pit with eyes on hands and should not change this shape as they fall to their stomach	Body should land simultaneously with arms bent, hands in a diamond and chest up		

Tramp - Weeks 9 and 10



	Tumble tramp/ma	Tramp	Tramp to pit/mat
Badge 5/6	Angry cat front drop back to angry cat	From soldier, 1 angry cat bounce forward roll to tuck shape	Standing frontsault to pit (may have spotting)
Badge 7/8	Angry cat front drop back to angry cat	From soldier, 1 angry cat bounce frontsault to feet	Standing front sault to pit
Extension 1			
Extension 2			
Coaching tips	<p>1 angry cat bounce to front drop back to angry cat. Hands/arms should be out in a diamond shape out in front and chest will not touch the trampoline</p> 	<p>Starting in soldier, jump straight to hands and knees making sure feet do not sit on bottom then push through shoulders/wrists and lift hips over head into the roll or frontsault</p>	<p>Start standing in a rocket shape at the end of the trampoline frontsault to land in the pit. Hands will be on shins with knees apart</p>

Tramp Weeks 9 and 10

Photo of equipment set up with 5 activities

		Tumble tramp	Floor	
Badge 5/6	Hurdle handstand flatback onto mat in the pit		Handstand	
Badge 7/8	Assisted hurdle handspring over cylinder at end of track fall to stomach onto mat in pit		Handstand pop	
Extension 1	Spotted hurdle handspring to land on mat in pit fall to stomach			
Extension 2				
Coaching tips	Hurdle should be as long as possible with no bends in the body. The handspring should land on the mat in the pit with eyes on hands and should not change this shape as they fall to their stomach		Stretch long into the handstand and finish standing in a snap in shape 	

