

Warm up - Weeks 1 and 2

Game - Crab tiggly

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, 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 - Week 1

Strength - Week 2

to be done at second rotation

All groups do together at bars

10 to 20 second dish

5-10 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 count lunge on left leg

10 count straighten left leg chest to knee

10 count splits on left leg

10 count lunge on right leg

10 count straighten right leg chest to knee

10 count splits on right leg

10 count froggy splits

10 count side splits

5 count bridge with instructor guidance

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

Girls Club Badges



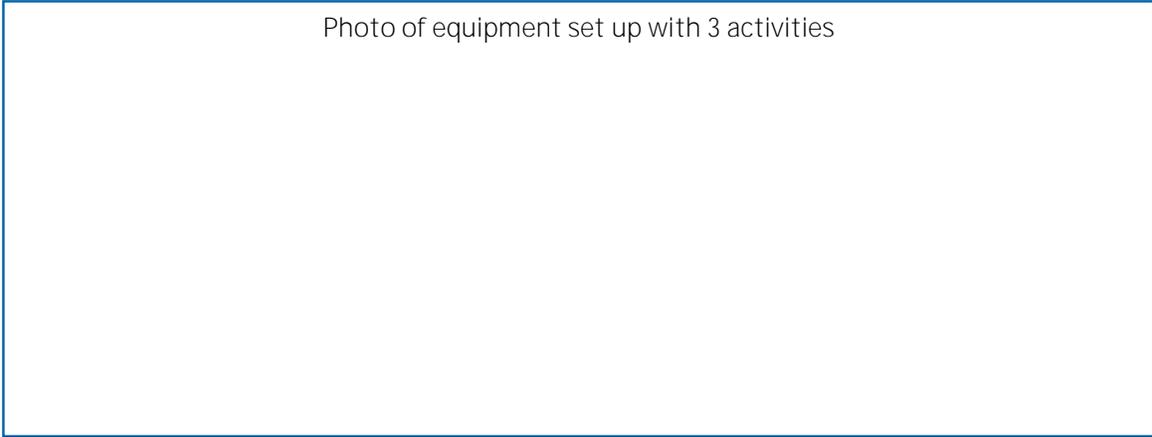
gymsports

LEARN TO GYM

*Badges 9-12
Weeks 1 and 2*



Vault - Weeks 1 and 2



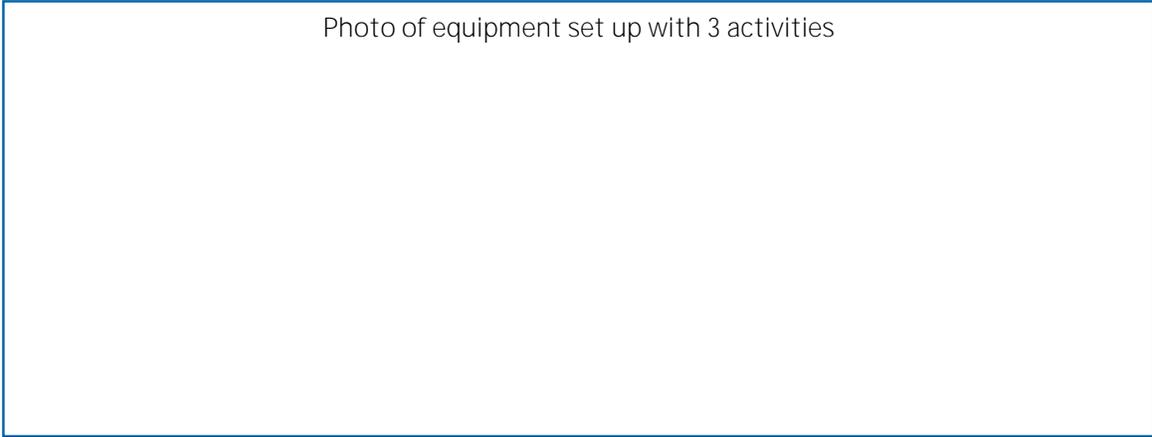
	Skill 1	Skill 2	Skill 3
Badge 9/10	Run, board pause forward roll onto 60cm mat with straight arms and straight legs	From box, 1 bounce on mini tramp to handstand flat back on 60cm mats	Short run, board pause rocket jump onto 60cm height to perfect landing shape and hold for 3 seconds
Badge 11/12	Run, board pause handstand flat back onto 60cm mats	From box, 1 bounce on mini tramp to handstand flat back on 60cm mats with foam between feet	Short run, board pause rocket jump onto 60cm height with straight legs to perfect landing shape and hold for 3 seconds
Extention 1	Run, board pause handstand flat back to place hands on line 1 meter in from the front of the mat		Short run, board pause rocket jump onto 60cm height with straight legs to perfect landing shape hold 3 seconds then tuck jump off the box to landing on floor
Extention 2	Run, board pause handstand pop flat back place hands on line 1 meter in from the front of the mat		
Coaching tips	Gymnast must have arms down on the springboard then swing arms upwards to handstand Gymnasts needs to show a straight body through out the handstand flatback with eyes looking towards hands	Gymnast should show a board pause from the mini tramp into their handstand flatback. They should have a tight body and aim to pop to their back	Arms must be down on spring board and sweep upwards to assist gymnast with height and power

Vault - Weeks 1 and 2

Photo of equipment set up with 5 activities

	Skill 4	Skill 5	
			
Badge 9/10	20 skips forward with rope	Handstand pop with underarm action (for board pause)	
Badge 11/12	20 skips forward with rope	Handstand pop to handstand flat back with underarm action (for board pause)	
Extension 1	10 skips backward with rope		
Extension 2			
Coaching tips	Need to show good co-ordination, ideally be able to rebound jump with straight legs and pointed toes	Arms will start down in preparation for board pause on vault Ribs in Pelvis tucked under Body alignment Look at hands throughout	

Bars - Weeks 1 and 2



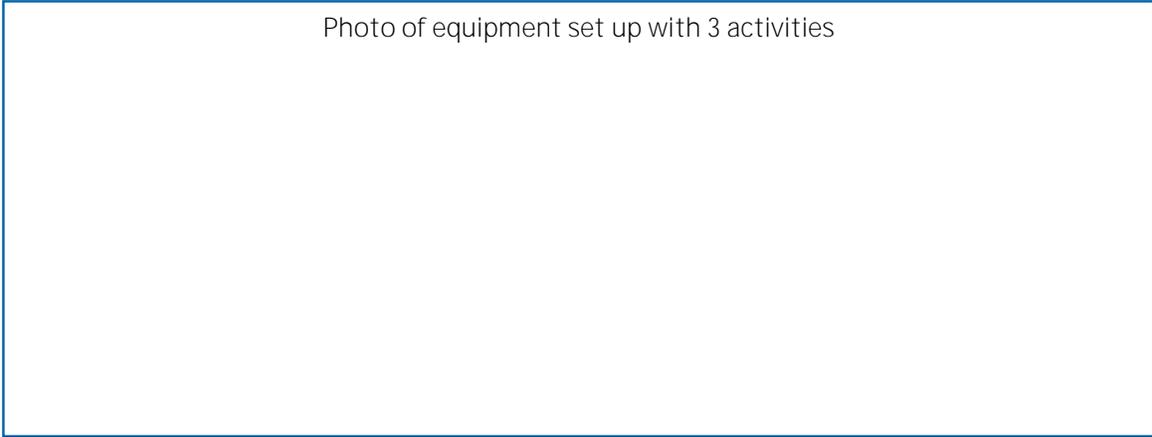
	Low bar	Ropes	Low bar
Badge 9/10			
Badge 11/12	Pullover to support, 3 shoulder shrugs	Tuck Hang (5 seconds) with bent arms on 2 ropes lift to basket hang continue rolling backward to stand	3 casts on low bar with straight arms, forward roll over to tuck hang hold x 3 sec
Extension 1	Pullover to support immediate cast (no additional leg swings)	Tuck Hang (5 seconds) with bent arms on 2 ropes lift to basket hang with straight legs continue rolling backward to stand	3 casts on low bar with straight arms, forward roll over to L hang hold x 3 sec
Extension 2	Pullover to support immediate cast with straight arms		3 casts on low bar with straight arms, forward roll over to L hang hold x 3 sec with straight legs through out
Coaching tips	Chin up Pullover to support immediate cast to horizontal with straight arms 	Start holding the ropes at head height	Push down on the bar to achieve a nice rounded shape in cast with open hips Aim to cast to horizontal 

Bars Weeks 1 and 2

Photo of equipment set up with 5 activities

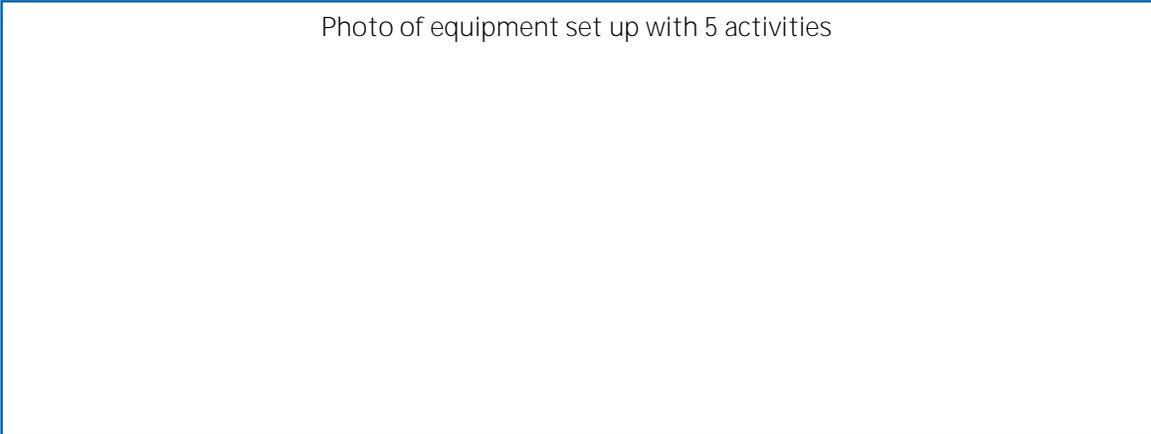
	Low bar	60cm box	
Badge 9/10	Tuck lift up to basket hang in pike, roll through and return with feet together	With hands on 60cm box, jump feet on to straddle stand and hold for 3 seconds. Repeat 3x	
Badge 11/12	Tuck lift up to basket hang in pike, roll through and return without touching the bar and feet together	With hands on 60cm box, jump feet on to straddle stand and hold for 3 seconds. Repeat 3x	
Extension 1			
Extension 2			
Coaching tips		Ensure gymnasts push down on the box Head should be tucked in with ears hidden Hands and feet should be in line (as if on bar)	

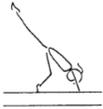
Beam - Weeks 1 and 2



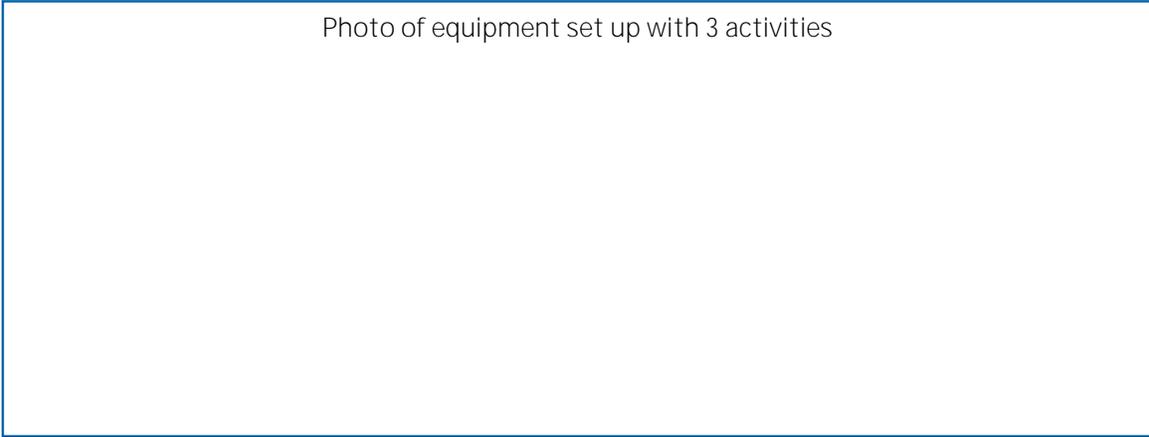
	Low Beam	Medium Beam	High Beam
Badge 9/10	From presentation 3/4 handstand to finish in lunge x2	Tuck lever hold 10 seconds	From presentation 3/4 handstand spotted to finish in lunge
Badge 11/12	From presentation full handstand to finish in lunge x2	Pike lever hold 10 second	From presentation 3/4 handstand to finish in lunge
Extension 1	From presentation full handstand, hold 2 sec to finish in lunge	Bunny Lever hold 10 second	From presentation full handstand to finish in lunge spotted
Extension 2		Bunny Lever hold 15 second	From presentation full handstand to finish in lunge
Coaching tips	Pistol Grip 	Gymnast is sideways on the beam Tuck lever should have bottom in front of hands	Pistol Grip Body alignment 

Beam Weeks 1 and 2



		High Beam	Low Beam	
				
Badge 9/10		Pike handstand hold 10 sec with hands on ground feet on beam	Forward roll on beam with 10cm mat finish position optional - a) tuck to stand b) straddle	
Badge 11/12		Pike handstand, lift 1 leg to 3/4 handstand hold 10 sec with hands on ground feet on beam	Handstand Forward roll on beam with 10cm mat finish position optional - a) tuck to stand b) straddle. This can be spotted	
Extension 1		Tuck handstand with hands on ground, knees on beam, lift one leg to handstand position and slowly alternate legs x6 without losing body tension		
Extension 2				
Coaching tips	<p>Look at hands Ribs in Open / square hips Leg tension</p> 	Faster is much easier than slower Can use a thick mat for handstand forward roll if needed. Arms may bend in the handstand forward roll on beam		

Floor Dance - Weeks 1 and 2



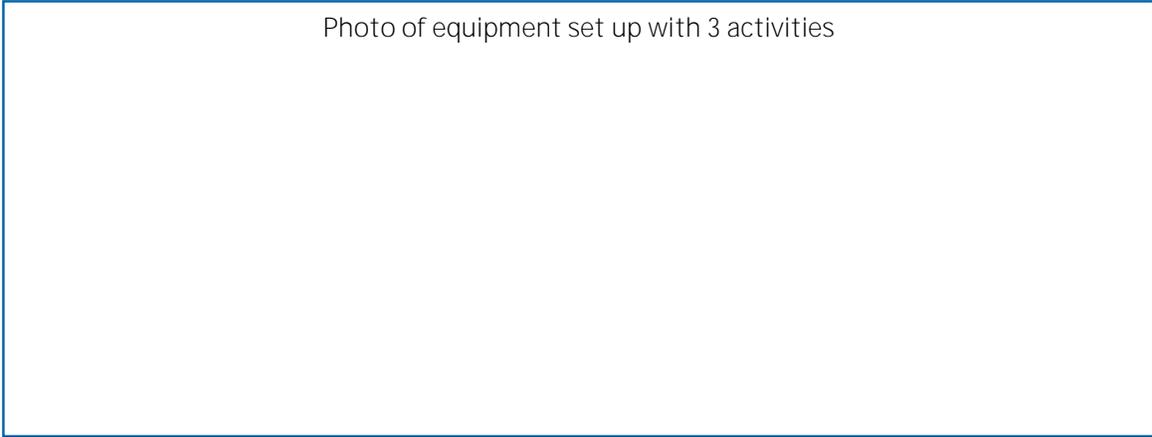
		Skill 1	Skill 2	Skill 3
				
Badge 9/10		Passe 1/2 turn on 1 foot to hold in Passe for 2 seconds, step onto releve on 2 feet hold 2 sec	From Presentation, step 1 foot forward to lunge and arms into 3rd position, passe 1/2 turn step forward to present with toe pointed behind	2 step hops in passe (one each leg) then two hops with one leg out in front on each leg land in landing shape
Badge 11/12		Passe 1/2 turn on 1 foot to hold in Passe for 2 seconds, step onto releve 1/2 turn on 2 feet	From Presentation, step 1 foot forward to lunge and arms into 3rd position, passe full turn step forward to present with toe pointed behind	2 step kicks to horizontal, 2 step hops (one on each leg) then two hops with one leg out in front on each leg to land in landing shape
Extention 1		Passe 1/2 turn on 1 foot to hold in Passe for 2 seconds, step onto releve 1/2 turn on 2 feet with bean bag on head		
Extention 2				
Coaching tips		<p>Passe must show big toe at the side of the knee, thigh horizontal to the hip. Bottom leg must be fully extended straight</p> 	<p>Look for full releve on toes, legs straight through out and good posture</p>	<p>Arms in presentation throughout Show full leg extension in hops</p> 

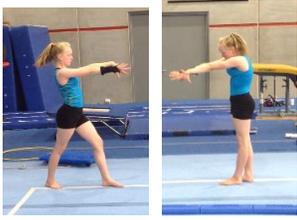
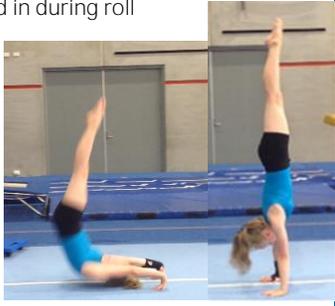
Floor Dance Weeks 1 and 2

Photo of equipment set up with 5 activities

Skill 4		Low/foam beam	
Badge 9/10	10 Squat jumps	Side passe to forward passe, calf raise in passe, step to releve, 1/2 turn and hold releve for 3 seconds (WAG Level 3 beam turn)	
Badge 11/12	10 squat jumps to 30cm box	Passe 1/2 turn, step to releve 1/2 turn then hold releve for 3 seconds (WAG level 4 beam turn)	
Extention 1	5 candlestick rocket jumps onto 30cm box	Passe 1/2 turn, Passe 1/2 turn, hold 2 sec, lower foot to releve on 2 feet, hold 2 seconds (WAG level 5 beam turn)	
Extention 2	10 candlestick rocket jumps onto 30cm box		
Coaching tips	Bottom touches heels and hands touch the floor. Ensure full extension through legs into jump		

Floor Acro - Weeks 1 and 2



	Skill 1	Skill 2	Skill 3
Badge 9/10	Presentation, cartwheel to sumo connection shape	Tuck handstand with knees on 60cm box, slowly lift one leg to handstand then swap legs without letting body shape change. Swap legs 6 times	Handstand forward roll spotted on floor through candlestick with straight arms to finish in tuck
Badge 11/12	Presentation, cartwheel, cartwheel to snap in shape	Tuck handstand with knees on 60cm box, slowly lift one leg to handstand then swap legs without letting body shape change. Swap legs 6 times	Handstand forward roll through candlestick with straight arms to finish in tuck shape
Extention 1			Handstand forward roll through candlestick with straight arms to finish standing in presentation
Extention 2			
Coaching tips	<p>Gymnasts should pass through vertical T hand position</p> 	<p>This is a conditioning activity and should be done with great body tension and control. The leg swap should be done slowly without anything moving but the leg</p>	<p>Head in during roll</p> 

Floor Arco Weeks 1 and 2

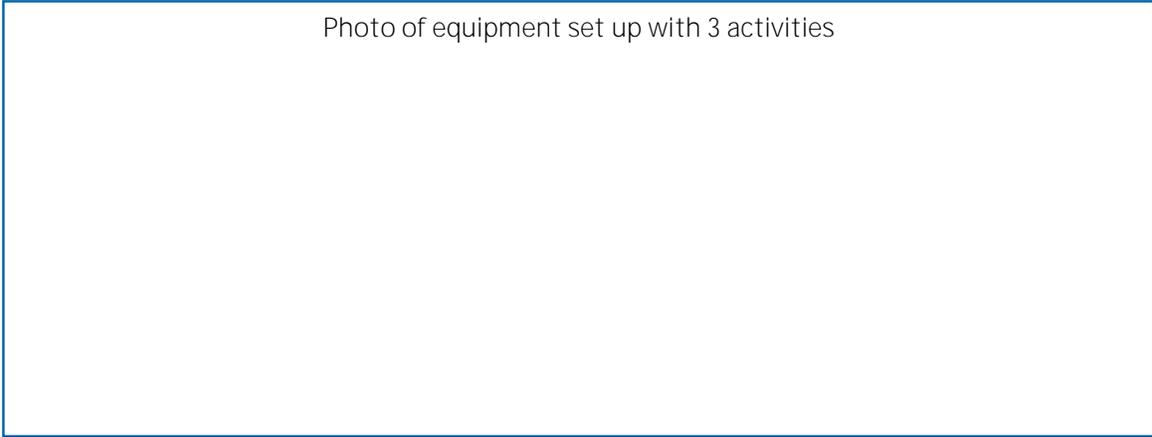
Photo of equipment set up with 5 activities

	Skill 4	Skill 5	
Badge 9/10	Handstand between 2 velcro lines finish in snap in	Handstand against the wall hold 10 seconds, forward roll to presentation	
Badge 11/12	Handstand between 2 velcro lines balance for at least 2 seconds then finish in snap in	Handstand against the wall marching hands to touch shoulder 3x each hand, forward roll to finish standing in presentation	
Extension 1	Handstand between 2 velcro lines balance for at least 5 seconds then finish in snap in		
Extension 2			
Coaching tips	<p>Long entry into handstand - body alignment Chest in, hips open in handstand</p> 	<p>Hips on the wall Ribs off the wall</p> 	



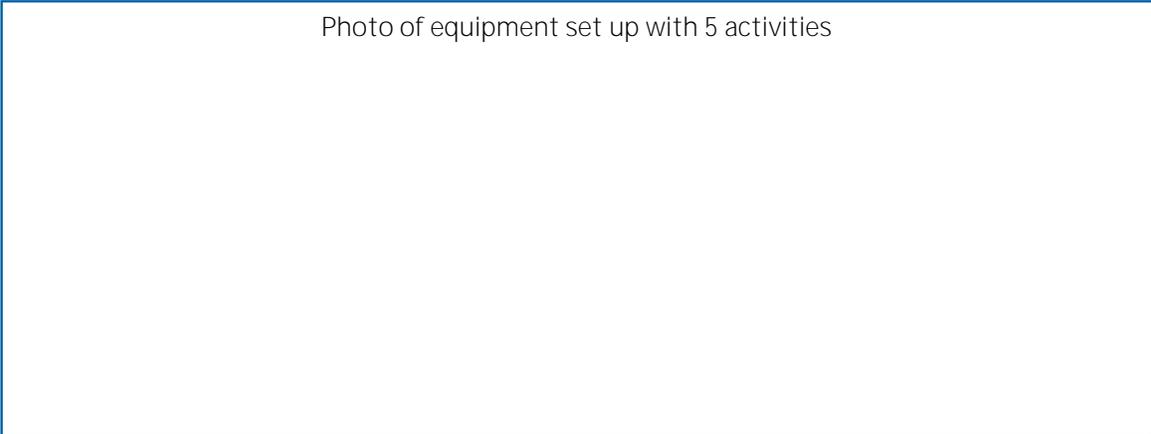


Airtrack (Clarence only) - Weeks 1 and 2



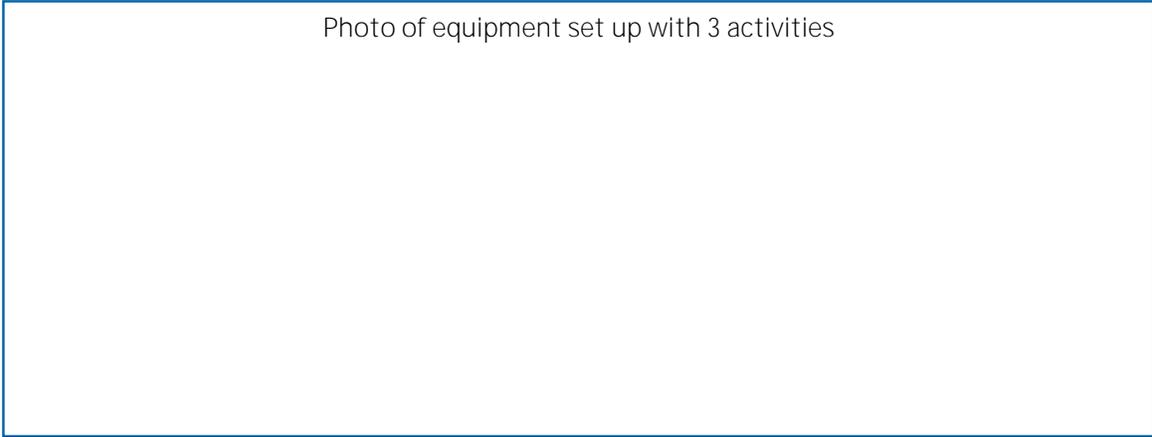
		Floor	Airtrack	Airtrack
				
Badge 9/10		Dish hold 10 sec, dish rocks x 10	5 Split jumps on each leg connected with arms in presentation	Handstand pop
Badge 11/12		Dish hold 20 sec, dish rocks x 10	5 Split jumps to 135 degrees on each leg connected with arms in presentation	Handstand pop pop
Extension 1		Dish hold 10 seconds, 5 V snaps, hold dish 10 seconds	5 Split jumps to 180 degrees on each leg connected with arms in presentation	Handstand pop forward roll with straight arms
Extension 2		Dish hold 10 seconds, 10 V snaps, hold dish 10 seconds		
Coaching tips		Arms by ears, lower back on the ground and legs straight When doing V-Snaps gymnast should aim to reach above their toes	Fast legs - they should have already completed the split and joined their legs back together before they start coming back down towards the tramp. Legs should be straight and arms still in presentation	Shoulders should be blocking before hands touch the track Should see body alignment throughout

Airtrack (Clarence only) - Weeks 1 and 2



Crash mat		Crash mat	
Badge 9/10	Spotted hurdle front handspring to feet onto mat, fall to stomach onto mat with wedge on top	Standing on the floor, jump to front drop shape onto the mat	
Badge 11/12	Hurdle front handspring onto mat, fall to stomach onto mat with wedge on top	Standing on the floor facing away from the mat, jump half turn to front drop shape onto the mat	
Extention 1			
Extention 2			
Coaching tips	<p>Long hurdle entry Spot by holding their forearm and back They should finish tall with chest open and eyes looking at hands. When falling to stomach the shape should not change</p>	<p>Body should land simultaneously with hands in a diamond shape, elbows bent and chest up</p> 	

Tramp - Weeks 1 and 2



	Tramp	Mat at track	Tramp to pit/mat
			
Badge 9/10	From Stand, small bounce front drop return to stand (may use 10cm mat)	Spotted hurdle front handspring to feet onto mat, fall to stomach	Straddle jump into pit
Badge 11/12	Front drop 1/2 turn to stand	Hurdle front handspring onto mat, fall to stomach	Straddle jump 1/2 turn into pit
Extension 1	Front drop full turn to stand		
Extension 2			
Coaching tips	<p>When doing front drop the whole body should land in simultaneously. Hands under chin, elbows out to side side flat on the tramp</p> 	<p>Long hurdle entry Spot by holding their forearm and back They should finish tall with chest open and eyes looking at hands. When falling to stomach the shape should not change</p>	<p>Leg tension Fast snap (line out) with legs</p>

Tramp Weeks 1 and 2

Photo of equipment set up with 5 activities

		Tumble tramp	Floor	
Badge 9/10	5 Split jumps on each leg connected with arms in presentation		Dish hold 10 sec, dish rocks x 10	
Badge 11/12	5 Split jumps to 135 degrees on each leg connected with arms in presentation		Dish hold 20 sec, dish rocks x 10	
Extension 1	5 Split jumps to 180 degrees on each leg connected with arms in presentation			
Extension 2				
Coaching tips	Fast legs - they should have already completed the split and joined their legs back together before they start coming back down towards the tramp. Legs should be straight and arms still in presentation		Arms by ears, lower back on the ground and legs straight	

