

Warm up - Weeks 3 and 4

Game - Bean bag tiggly

All gymnasts walk around the designated area with a bean bag on their head. If the bean bag goes outside the designated area or gets tagged by the catcher, perform a 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 rebound up forwards, then rebound 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

Strength

Strength

to be done at second rotation	All groups do together
10 to 20 dish rocks	5 to 10 chin up partner
10 to 20 arch rocks	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
In pike 10 leg lifts with each leg	Tuck to bar lower
5 to 10 second bunny lever hold attempt	Straight to bar
	5 to 10 pulldowns with p

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-
Weeks 3 ar*



4

head. The catcher also moves
falls off (catcher included),
5 tuck jumps on a mat and

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

ity
up

x 5 presentation

length

at bars

holding legs at Horizontal

lower straight

al

right

partner holding elastic

7b

5

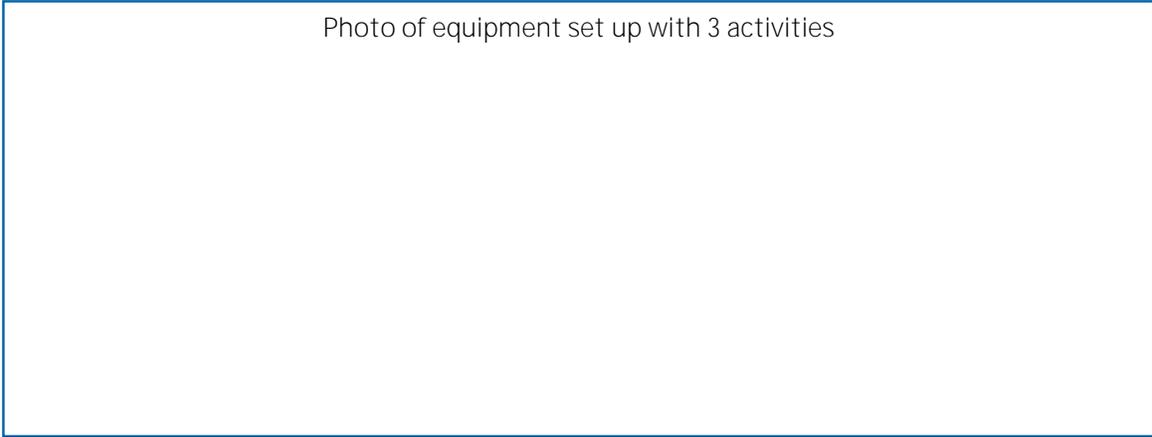
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Vault - Weeks 3 and 4



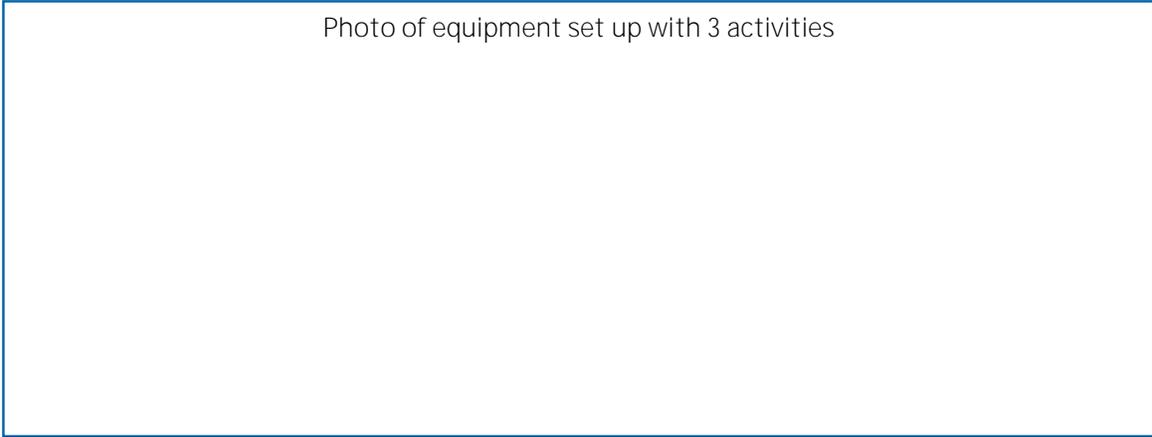
		Wall	Skill 2	Skill 3
Badge 9/10	Walk up the wall to handstand with chest against wall hold 10 sec	Kick to handstand hold 5 seconds with partner, step down to hold rocket shape 5 seconds	From standing on springboard 3 backward arm circle bounces frontsault to tuck (knees apart) onto 60cm mats	
Badge 11/12	Walk up the wall to handstand with chest against wall hold 10 sec, forward roll down to to stand and present	Kick to handstand hold 10 seconds with partner, step down to hold rocket shape 10 seconds	From standing on springboard 3 backward arm circle bounces frontsault to squat onto 60cm mats	
Extension 1	Walk up the wall to handstand with chest against wall march hands x5, forward roll down to to stand and present	Kick to Handstand hold 15 seconds with partner, ste down to hold rocket shape 15 seconds (minimal assistance from partner)	From standing on springboard 3 backward arm circle bounces frontsault to stand onto 60cm mats	
Extension 2	Walk up the wall to handstand with chest against wall march hands x10, forward roll down to to stand and present			
Coaching tips	<p>Gymnasts need to demonstrate strong rounded back and open hips in support.</p> 	Gymnast must have correct handstand body alignment to move to the next stage	Take off with chest up and arms lifting towards rocket before tucking	

Vault - Weeks 3 and 4

Photo of equipment set up with 5 activities

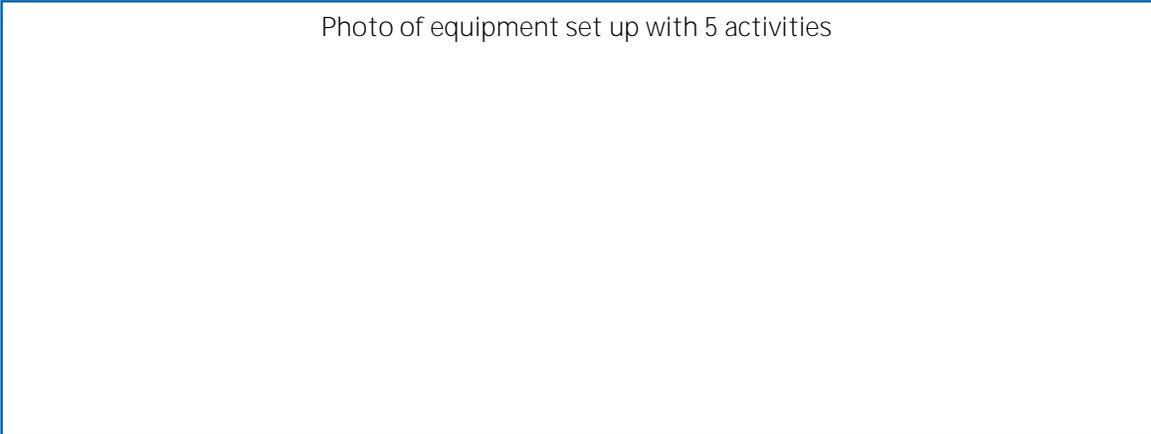
Skill 4		Wall	
Badge 9/10	Run board pause straight jump up onto 60 cm box from springboard to land in rocket immediate rebound straight jump off box	Handstand 30cm out from wall, 1 foot on wall lift slowly off the wall to attempt balanced handstand 2 seconds	
Badge 11/12	Run board pause straight jump up onto 60 cm box from springboard to land in rocket immediate rebound tuck jump off box	Handstand 30cm out from wall, 1 foot on wall lift slowly off the wall to attempt balanced handstand 5 seconds	
Extension 1	Run board pause straight jump up onto 60 cm box from springboard to land in rocket immediate rebound star jump off box	Handstand 30cm out from wall, 1 foot on wall lift slowly off the wall to attempt balanced handstand 10 seconds	
Extension 2	Run board pause straight jump up onto 60 cm box from springboard to land in rocket immediate rebound straddle jump off box		
Coaching tips	Fast run Arms down on the spring board	Keep weight over top of fingers Look at hands throughout Body alignment - chest in, bottom tucked under	

Bars - Weeks 3 and 4



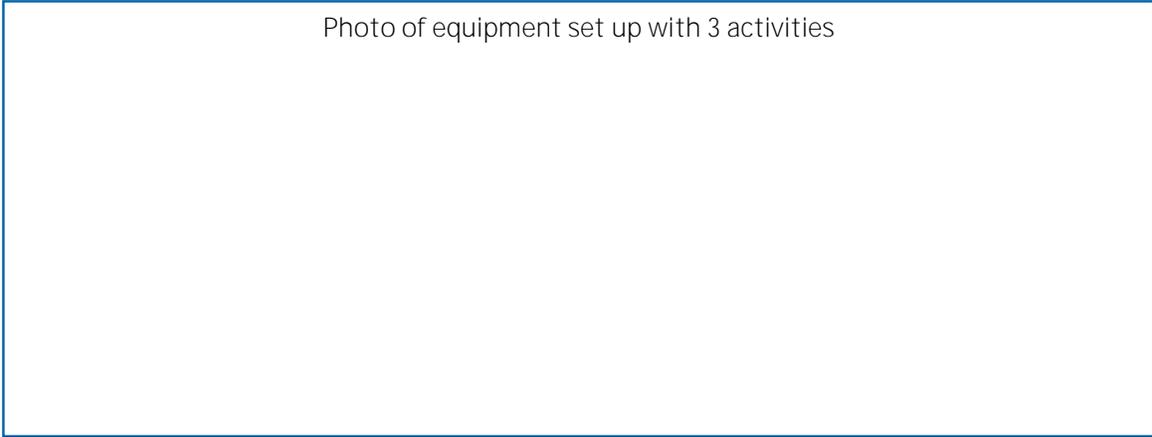
	Low bar	High bar	Low bar
Badge 9/10	Dish hold feet on box, glide swing forward return to stand on floor (can do straddled glide if necessary)	Tuck hold 5 sec, dish hold 5 sec	Pullover to finish in support
Badge 11/12	Dish hold feet on box, glide swing x 2 return to stand on floor (can do straddled glide swing if necessary)	Tuck hold 5 sec, pike hold 5 sec, dish hold 5 sec	Pullover, immediate cast to finish in support
Extension 1	Dish hold feet on wedge glide swing x 3 return to stand on floor (can do straddled glide swing if necessary)	Tuck hold 5 sec, pike hold 5 sec, dish hold 5 sec, v hold 5 sec	Chin up pullover to finish in support
Extension 2		Tuck hold 10 sec, pike hold 5 sec, dish hold 5 sec, v hold 5 sec	Chin up pullover immediate cast to finish in support
Coaching tips	Dish shape should show strong rounded back pushing against the bar. When doing a glide feet should stay low to the ground throughout and show an extension position at the front of the glide	Leg tension throughout and hang through shoulders	Aim for straight legs during the pullover and straight elbows in the cast. Pushing down on the bar will help the gymnasts achieve a great cast shape 

Bars Weeks 3 and 4



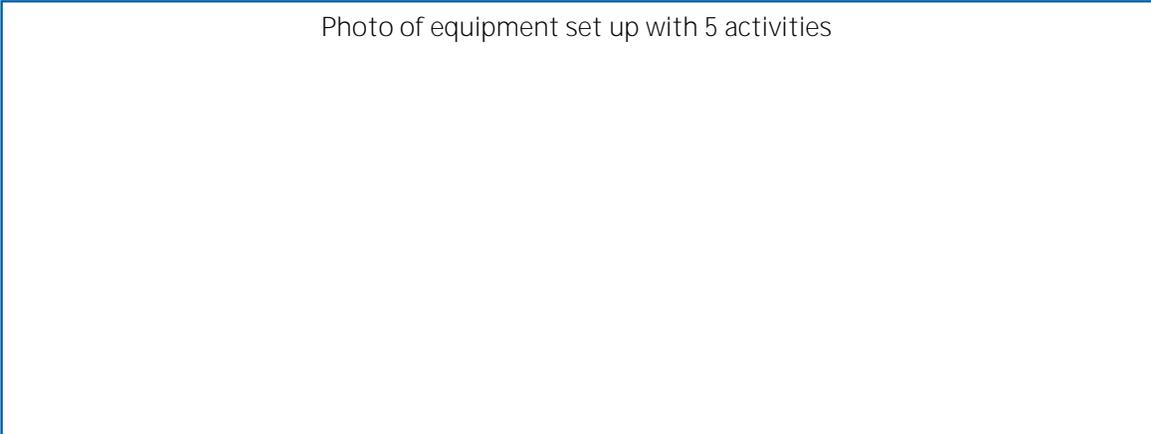
		Low bar	Floor	
Badge 9/10		3 casts with foam between feet, forward roll over the bar to tuck hold 3 sec	With hands on ground bar, jump feet onto bar into straddle then stand	
Badge 11/12		3 casts with foam between feet, forward roll over the bar to pike hold 3 sec	With hands on ground bar, jump feet onto bar in squat and try to balance for 5 seconds	
Extension 1		3 casts with foam between feet, forward roll over the bar to pike hold 3 sec, straddle hold 3 sec		
Extension 2		3 casts with foam between feet, forward roll over the bar to pike hold 3 sec, straddle hold 3 sec, straight leg raise to touch feet on bar		
Coaching tips	<p>Push down on the bar in casts. This will help achieve the shape pictured below. When rolling over the bar ensure gymnasts lower down</p> 	<p>If in straddle the gymnast should have their head tucked in with their ears between their arms and in pike the gymnast should have straight arms pushing down on the bar and head looking forwards</p>		

Beam - Weeks 3 and 4



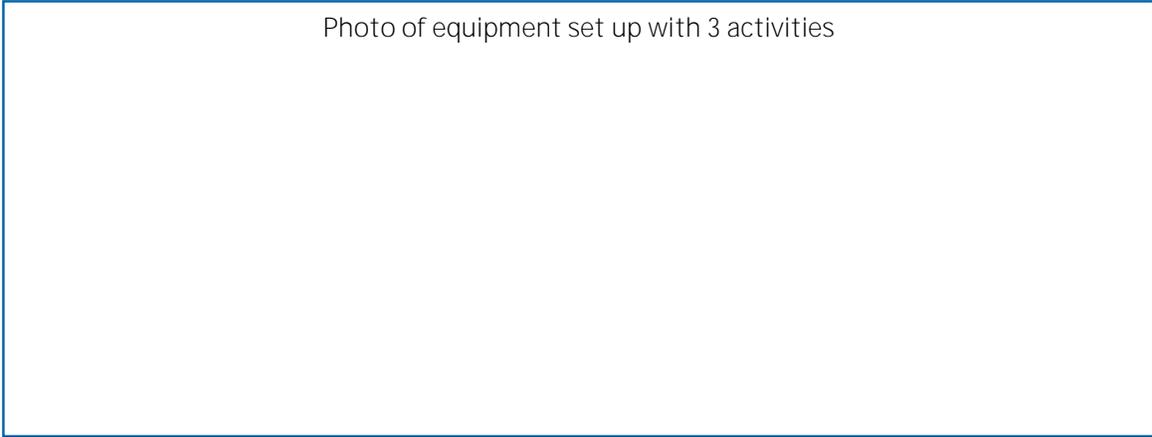
	Low Beam	High Beam	High Beam
Badge 9/10	Cartwheel off low beam onto 30cm box, placing hands on box	Jump to front support, lift leg over the beam to straddle sit, lift to clear straddle lever , swing feet back to squat with toes under	Run punch rocket jump of high beam to landing shape
Badge 11/12	Cartwheel off low beam onto 30cm box, placing hands on low beam landing feet on box	Jump to front support, lift leg over the beam to straddle sit, lift to clear straddle lever, swing feet back to squat with toes under then pike to stand	Run punch tuck jump off high beam to landing shape
Extention 1	Cartwheel on low beam with mat	Jump to front support, lift leg over the beam to straddle sit, lift to clear straddle lever, swing feet back to front support with toes under	
Extention 2	Cartwheel on low beam		
Coaching tips	Hands should be in a T position Ensure the gymnasts do not pike (they should go through vertical)	Ask gymnast to push down on the beam so their arms may remain straight as they jump to front support. Hands can be slightly narrower than shoulder width for this. Legs should be stright as they lift over the beam and in the lever. The gymnast should aim for a high lever	Punch means take off with two feet

Beam Weeks 3 and 4



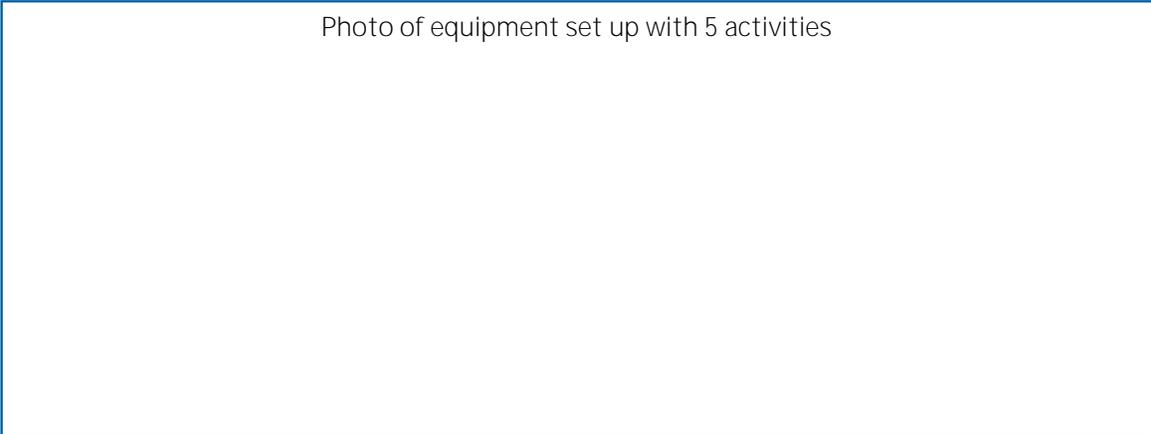
		Low Beam	Medium Beam	
Badge 9/10	Handstand challenge - try to perform 2 handstands to snap in position in a row without wobbling or falling off beam		Standing facing the beam squat onto beam, walk in releve to the other end with straight legs, backwards rocket jump off to landing shape	
Badge 11/12	Handstand challenge - try to perform 3 handstands to snap in position in a row without wobbling or falling off beam		Standing facing the beam squat onto beam, walk backwards in releve to the other end with straight legs, backwards rocket jump off to landing shape	
Extention 1				
Extention 2				
Coaching tips	Body alignment Pistol grip Spot the end of the beam as the snap to landing		Arms pulled back to presentation shape, chin up Should see great height in the rocket jump off the beam and a strong landing shape	

Floor Dance - Weeks 3 and 4



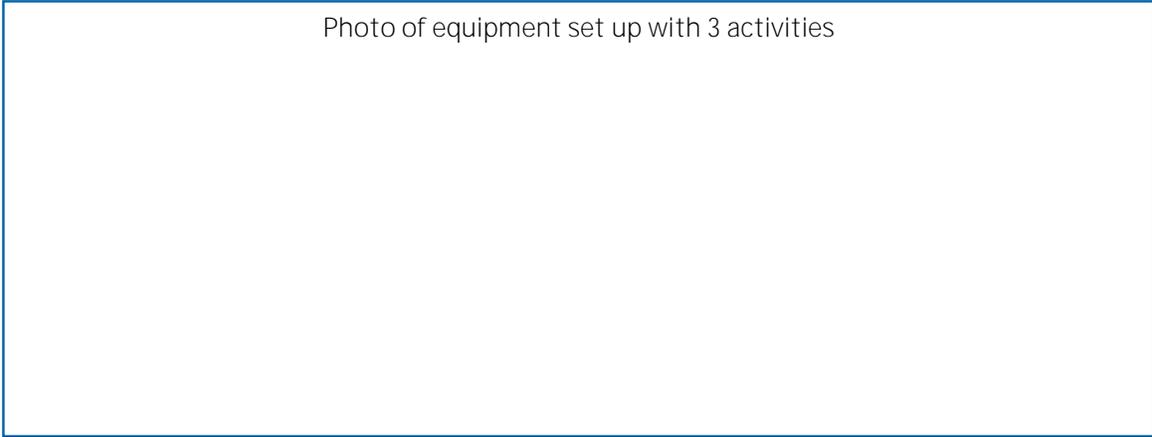
		Skill 1	Skill 2	Skill 3
Badge 9/10		Lying on back, 5 leg kicks with theraband then kick and hold at the top for 5 seconds	Present, 2-3 steps split leap to finish in arabesque, then presentation with toe point behind	Splits with hands on box hold 5 sec, contract muscles 10 sec (straighten legs and push feet into the floor), relax 10 sec, do other leg next go
Badge 11/12		Lying on back, 5 leg kicks with theraband then kick and hold at the top for 5 seconds	Present, 2-3 steps split leap to 135 degree angle to finish in arabesque then presentation with toe pointed behind	Splits with hands on box hold 5 sec, contract muscles 10 sec (straighten legs and push feet into the floor), relax 10 sec, do other leg next go
Extension 1			Present, 2-3 steps split leap to 135 degree angle to land on 30cm box in arabesque	
Extension 2			Present, 2-3 step split leap to 180 degree angle to land in presentation with toe pointed behind	
Coaching tips	Make sure the bottom leg stays straight when kicking	Gymnasts should show straight legs in the air and perfect landing position before moving onto the next level 	When contracting muscles, imagine they are pushing their feet in to the ground (see picture below) . 	

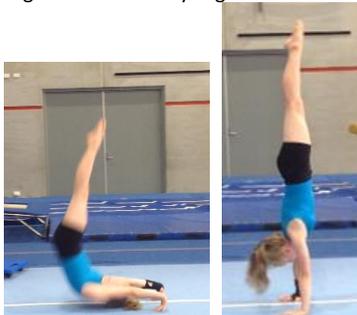
Floor Dance Weeks 3 and 4



Low/foam beam		Skill 5	
Badge 9/10	Step hop with straight leg in front (ideally at horizontal), Repeat on other leg	Straight jump, split jump connected	
Badge 11/12	Step hop with leg at horizontal, land with leg at horizontal, hop to land on arabesque on other leg. (Leap lead up drill)	Straight jump, split jump to 135 degree angle connected	
Extension 1	2 leap lead up drills (one on each leg and connected)	Straight jump, split jump to 180 degree angle connected	
Extension 2			
Coaching tips	<p>Arms remain in presentation the entire time</p> 	<p>Arms remain in presentation throughout Fast legs in and out of the split</p> 	

Floor Acro - Weeks 3 and 4



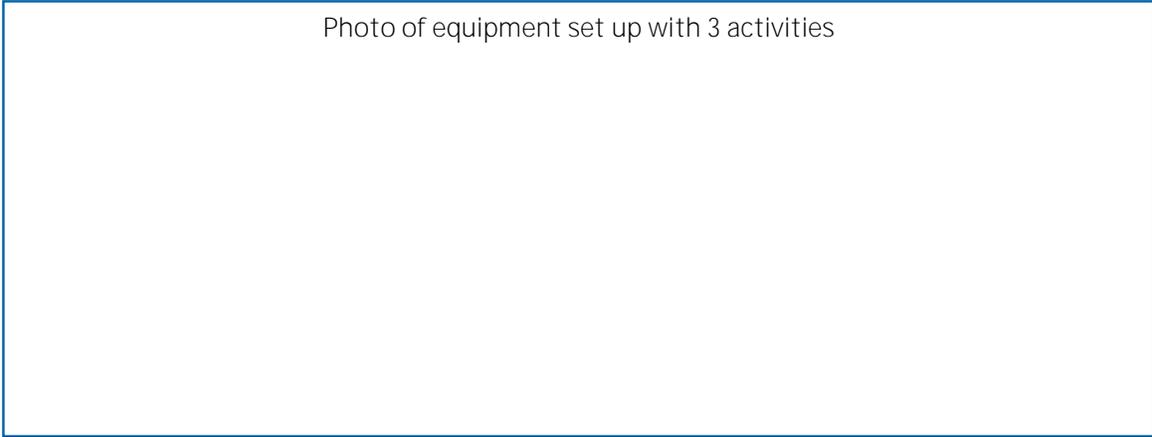
	Wedge	Skill 2	Skill 3
Badge 9/10	Present, backward roll down slope with straight arms to finish in squat into continuous backward roll to squat	Present, backward roll on floor to squat x 2 connected, present	Present, handstand step down to snap in and present
Badge 11/12	Present, backward roll down slope with straight arms to finish in squat into continuous backward roll to squat (both with straight arms)	Present, backward roll on floor to squat x 2 connected with straight arms, present	Present, handstand forward roll through candlestick with straight arms to finish standing in presentation
Extension 1	Pike backward roll to front support with straight arms		
Extension 2			
Coaching tips	Stay in a tuck shape in the roll with straight elbows throughout	Straight arms with hands turned in - little fingers will touch the floor first Stay in a tuck shape during roll	Straight arms and body alignment 

Floor Arco Weeks 3 and 4

Photo of equipment set up with 5 activities

	Skill 4	Skill 5	
Badge 9/10	Hurdle cartwheel on line	Tuck rocks with straight arms and hands turned in to touch floor x 5	
Badge 11/12	Hurdle cartwheel step in on line	Start in rocket, roll back into tuck rock with straight arms and hands turned in to touch floor back to stand x 3	
Extention 1	Hurdle roundoff on line		
Extention 2			
Coaching tips	Long as possible hurdle Body alignemnt throughout T hand position	Gymnasts should not use hands to stand back up out of the rock - some may find this very challenging!	

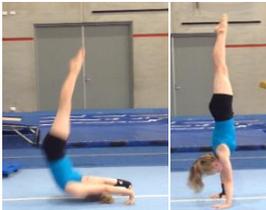
Airtrack (Clarence only) - Weeks 3 and 4



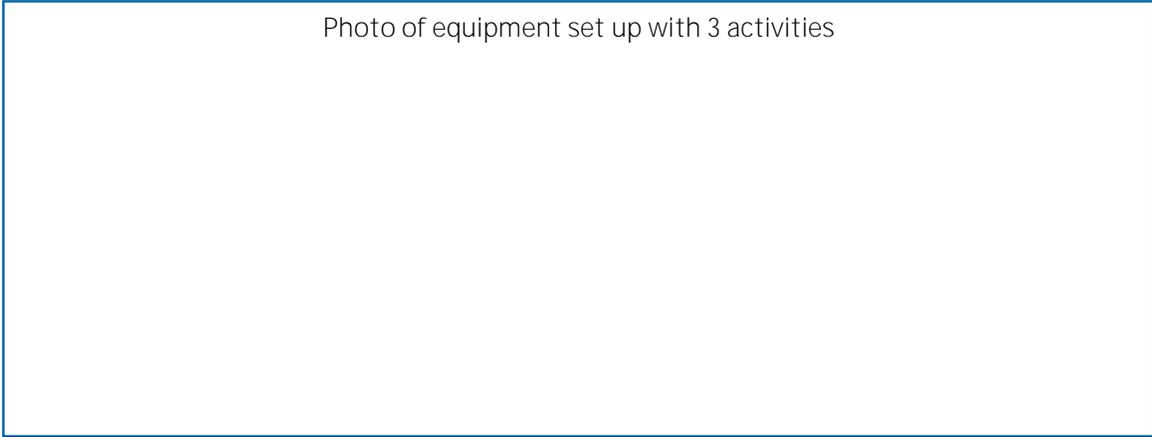
	Floor	Airtrack	Airtrack
Badge 9/10	Laying on back in rocket shape, snap to tuck shape as fast as possible to try to end on sitting in tuck on feet x 3	5 rocket jumps frontsault onto 60cm mat to finish in tuck with legs apart	Step round off rebound to landing shape
Badge 11/12	Laying on back in rocket shape, snap to tuck shape as fast as possible to try to end on sitting in tuck on feet x 3	5 rocket jumps frontsault onto 60cm mat to finish standing	Hop step round off rebound to landing shape
Extention 1			Kneeling round off rebound
Extention 2			
Coaching tips		If gymnasts are not competent at frontsaults perform forward rolls to height instead	Hop step should be as long and fast as possible with arms swinging upwards to the ears to create power. You should see a strong heel drive into the round off.

Airtrack (Clarence only) - Weeks 3 and 4

Photo of equipment set up with 5 activities

		Airtrack	Crash mat	
Badge 9/10	Handstand stomach in against wall hold 5 seconds, forward roll out with straight elbows		Short run, long jump frontsault to feet onto 60cm crash mat	
Badge 11/12	Handstand stomach in against wall hold 10 seconds, forward roll out with straight elbows		Short run, long jump frontsault to feet onto 60cm crash mat	
Extension 1			Short run, long jump frontsault to feet onto 30cm crash mat	
Extension 2				
Coaching tips	<p>Straight arms and body alignment. Gymnast should pass through a candle stick position</p> 	<p>Run should be short and powerful, the jump into the frontsault should be long and tall so the frontsault goes up. Make sure the gymnast takes off in a rocket and has their feet together and knees apart during the salto</p>		

Tramp - Weeks 3 and 4



	Tramp	Tumble tramp	Pit or crash mat
Badge 9/10	From soldier stand, angry cat bounce frontsault to feet	5 rocket jumps frontsault onto 60cm mat to finish in tuck with legs apart	3 rocket jumps frontsault onto mat in pit (can be spotted)
Badge 11/12	Seat drop, angry cat bounce frontsault to feet connected	5 rocket jumps frontsault onto 60cm mat to finish standing	3 rocket jumps frontsault to mat in pit
Extension 1			3 rocket jumps frontsault on trampoline spotted
Extension 2			3 rocket jumps frontsault on trampoline
Coaching tips	Strong angry cat bounces without feet on bottom Strong push through arms and legs into the frontsault Make sure eyes are open	If gymnasts are not competent at frontsaults perform forward rolls to height instead	Make sure gymnast knows how to fall safely (tuck arms into chest if falling) Make sure their eyes are open

Tramp Weeks 3 and 4

Photo of equipment set up with 5 activities

	Floor	Tumble tramp	
Badge 9/10	Laying on back in rocket shape, snap to tuck shape as fast as possible to try to end on sitting in tuck on feet x 3	Hurdle handspring fall to stomach onto mat in the pit spotted	
Badge 11/12	Laying on back in rocket shape, snap to tuck shape as fast as possible to try to end on sitting in tuck on feet x 3	Hurdle handspring fall to stomach onto mat in the pit	
Extension 1			
Extension 2			
Coaching tips		Ensure hurdle is as long as possible with no bends in the body, arms should be blocking before they touch the tramp and gymnasts should finish in an open rocket shape before falling to tummy . Shape shouldn't change as they fall	