

# Warm up - Weeks 5 and 6

Game - Foam tiggly

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 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 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 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*



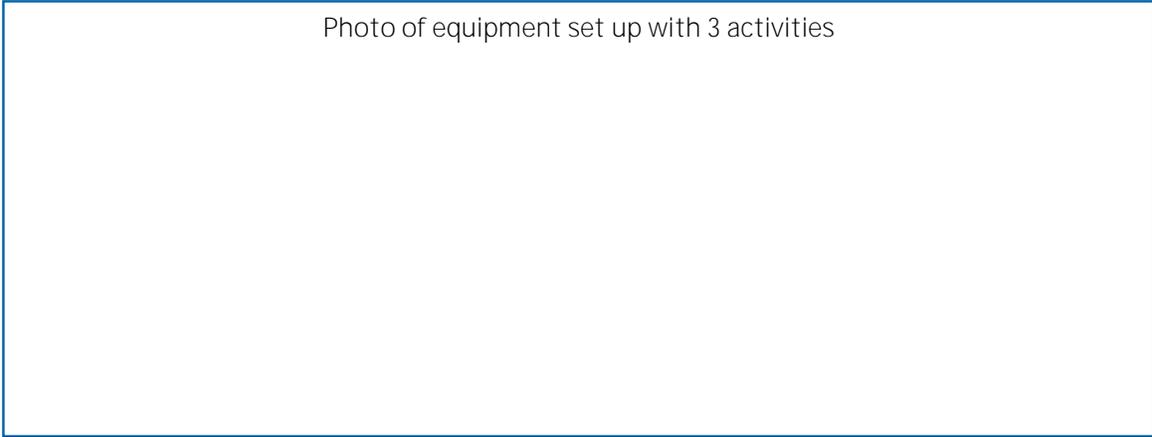
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LEARN TO GYM

## *Badges 5-8*

## *Weeks 5 and 6*

# Vault - Weeks 5 and 6



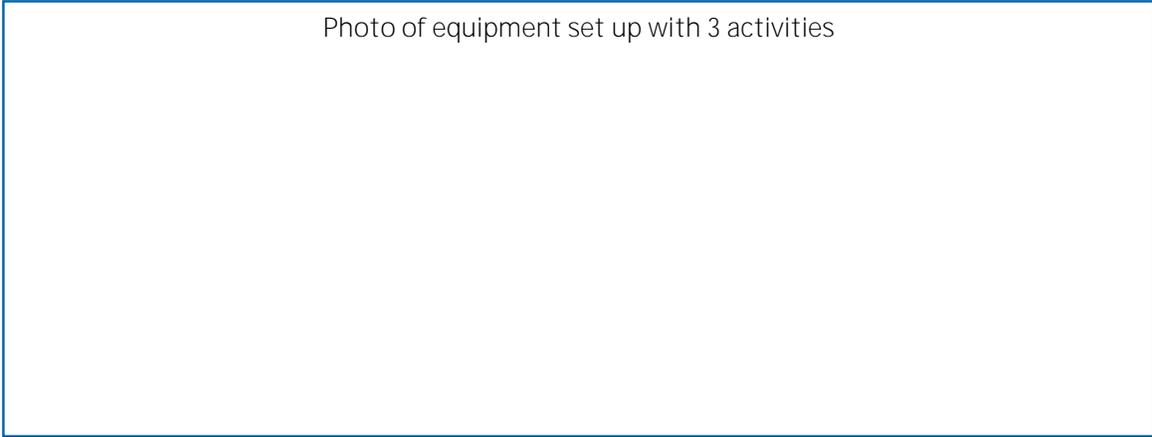
		Skill 1	Skill 2	Skill 3
Badge 9/10		Run, board pause frontsault to squat onto 90cm height	Run, board pause rocket jump onto 60cm height with straight legs, immediate straight jump off to land	Handstand stomach in against wall hold 10 seconds, forward roll out
Badge 11/12		Run, board pause frontsault to stand onto 90cm height	Run, board pause rocket jump onto 60cm height with straight legs, immediate tuck jump off to land	Handstand stomach in against wall, lift one leg off the wall and join the second leg and try to balance for 5 or more seconds
Extension 1			Run, board pause rocket jump onto 60cm height with straight legs, immediate straddle jump off to land	Handstand stomach in against wall, lift one leg off the wall and join the second leg and try to balance for 5 or more seconds then forward roll out
Extension 2			Run, board pause rocket jump onto 60cm height with straight legs, immediate 1/2 turn jump off to land	
Coaching tips	<p>Fast run</p> <p>Arms down on the board</p> <p>Chest up tall on take off</p> <p>Lift hips into the frontsault - dont drop chest</p>	Arms down on the spring board	<p>Body alignment</p> <p>Weight over fingers</p>	

## Vault - Weeks 5 and 6

Photo of equipment set up with 5 activities

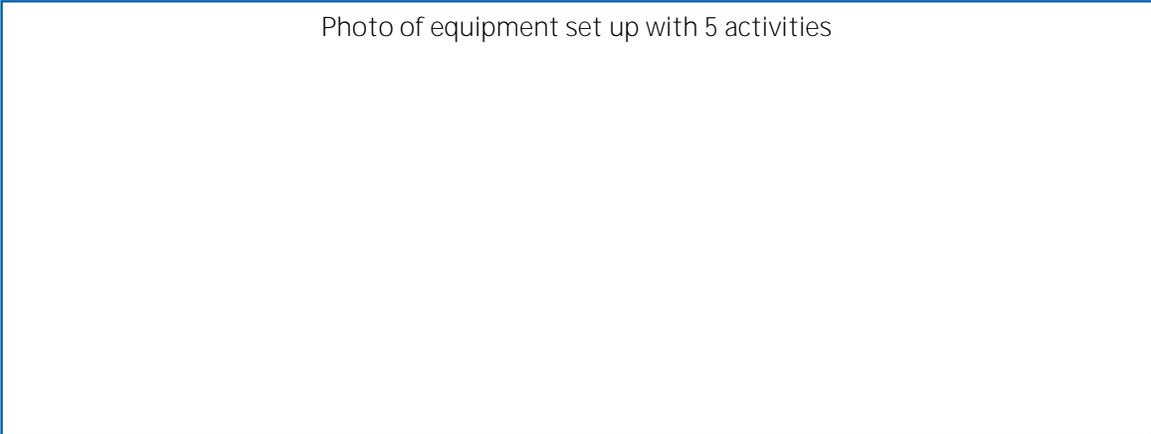
	Skill 4	Skill 5	
Badge 9/10	3 backward arm circle jumps on board, frontsault to squat onto 60cm block	10 skips rebound skips forward with skipping rope - straight legs	
Badge 11/12	3 backward arm circle jumps on board, frontsault to squat onto 60cm block	10 rebound skips backwards with skipping rope - straight legs	
Extension 1	3 backward arm circle jumps on board, frontsault to stand onto 60cm block	5 double unders in a row with straight legs	
Extension 2			
Coaching tips	Arms down on the board Chest up on take off Lift hips into the roll	Ensure the athletes are pushing through their feet rather than using their knees. The skipping should resemble rebound jumps	

# Bars - Weeks 5 and 6



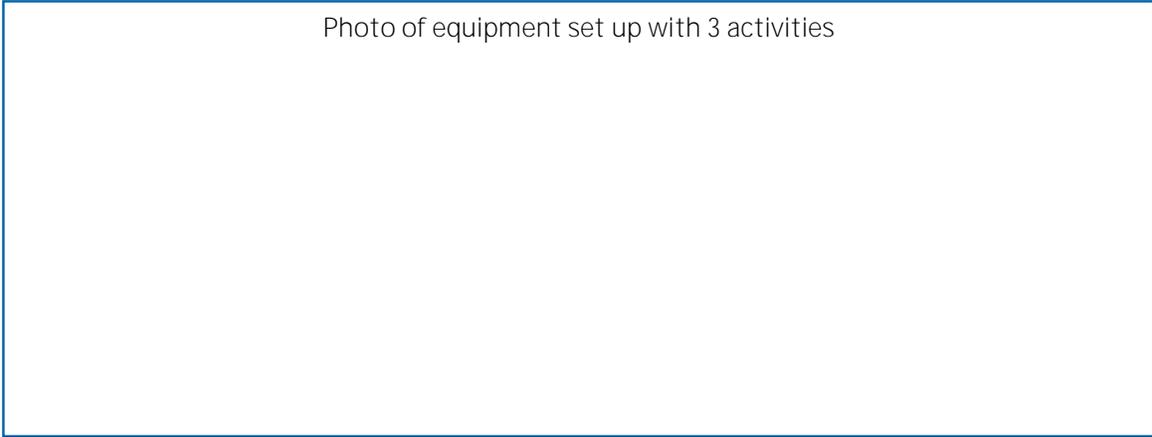
	Low bar	High bar	Ground
Badge 9/10	3 shoulder shrugs, 3 casts	Jump to catch bar from box spotted, 5 long swings to land in landing shape on back swing (mat under bar)	Laying on stomach between two boxes, press to dish shape for 3 seconds then relax into arch for 3 seconds. Repeat 3 x
Badge 11/12	3 shoulder shrugs, 3 casts connected with straight elbows	Jump to catch bar from box spotted, 5 long swings to land in landing shape on back swing (mat under bar)	Laying on stomach between two boxes, press to dish shape for 3 seconds then relax into arch for 3 seconds. Repeat 3 x
Extension 1	3 shoulder shrugs, 3 casts connected with straight elbows into a back hip circle to finish in support		
Extension 2			
Coaching tips	<p>Head neutral Ensure a full swing and push action with the shoulder shrugs Cast should have a round chest as they are pushing down on the bar</p>	<p>Gymnasts MUST have a mat under/in front of the high bar and be spotted to prevent unintended release of the bar. Box can be as close as they like</p> <div style="text-align: center;">  </div>	<p>Should see body tension throughout To create the dish shape the gymnast needs to push down with her arms as she pulls her ribs in and hips tuck under</p>

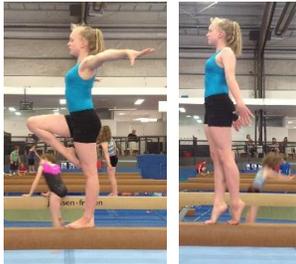
# Bars Weeks 5 and 6



		Low bar	Low bar	
Badge 9/10		Pullover to finish in support	straddle L-Hang hold 10 seconds	
Badge 11/12		Pullover, immediate cast to finish in support	Pike L-hang hold 10 seconds	
Extention 1		Chin up pullover to finish in support	Inverted dish hold 10 sec	
Extention 2		Chin up pullover immediate cast to finish in support		
Coaching tips		Leg tension Ensure wrists rotate around the bar Finish in a strong front support shape with ribs in 	Make sure the gymnast isn't sticking their head out. You should not be able to see their ears. In tuck hang, the knees should be touching their chest. In L or straddle L hang the feet should be above the hips with legs straight. Inverted dish should have head in, chest rounded and open hips.	

# Beam - Weeks 5 and 6



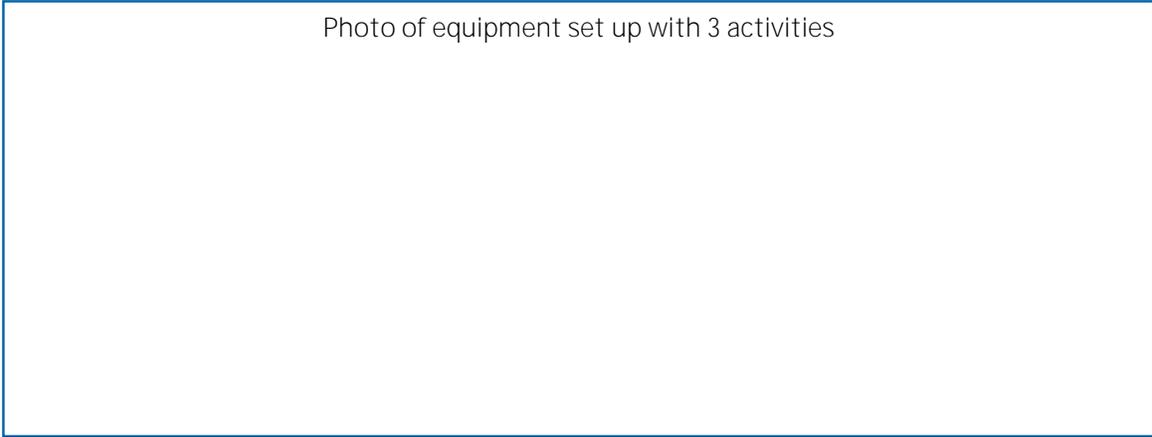
	Low beam	High beam	Medium beam
Badge 9/10	Passe 1/2 turn, to finish in Passe hold 2 seconds, Repeat	Presentation, 3/4 handstand to lunge x3	Forward roll on medium beam with 10cm mat to finish in straddle
Badge 11/12	Passe 1/2 turn, to finish in Passe hold 2 seconds, Repeat, lift to releve on 2 feet hold 2 seconds	Presentation, 3/4 handstand to lunge x3	Forward roll on medium beam with 10cm mat to finish standing
Extension 1		Presentation, handstand to snap in	Forward roll on medium beam with 1thin mat to finish in straddle
Extension 2			Forward roll on medium beam with thin mat to finish standing
Coaching tips	<p>Arms are in presentation shape during passe, the drop to soldier when turning</p> 	<p>Pistol grip hands</p> 	<p>Faster is easier and less scary than slower</p>

# Beam - Weeks 5 and 6

Photo of equipment set up with 5 activities

	Low beam	High beam	
Badge 9/10	Straight jump to perfect landing position	Arms in presentation, lift leg to side passe, forward passe, 1 calf raise with arms in soldier, step to releve 1/2 to hold for 2 sec	
Badge 11/12	Tuck jump to perfect landing position	Passe 1/2 turn, step to releve 1/2 turn and hold releve at the end for 3 seconds	
Extension 1	Split jump to perfect landing position	Passe 1/2 turn, to finish in Passe hold 2 seconds, Repeat	
Extension 2	Straight jump split jump connected to perfect landing position	Passe 1/2 turn, to finish in Passe hold 2 seconds, Repeat, lift to releve on 2 feet hold 2 seconds	
Coaching tips	<p>Full extension through legs into jump. Correct arm placement for each jump</p> 		

# Floor Dance - Weeks 5 and 6



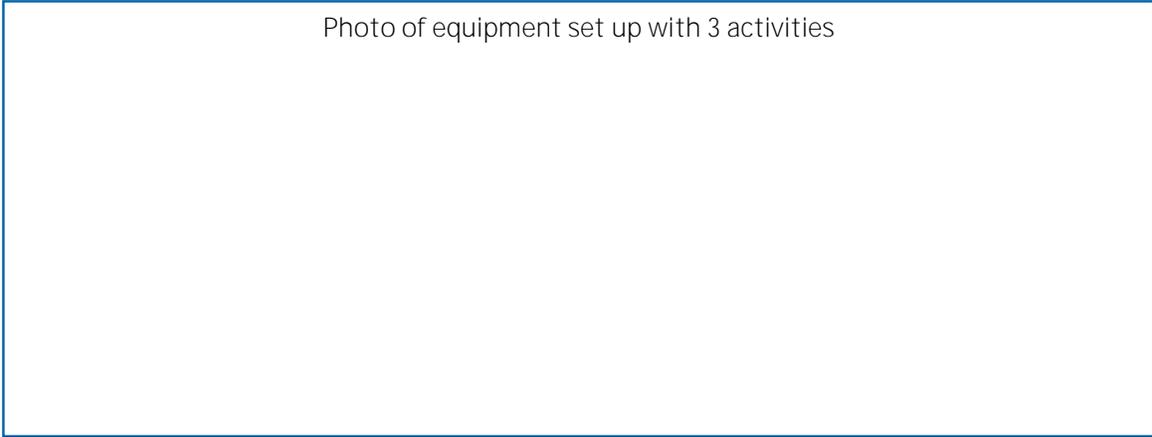
		Skill 1	Skill 2	Low Beam
Badge 9/10		Split jump to 135	Standing between to 60cm boxes with one hand on each box, do 5 split jumps using the box for assistance	Straight jump, split jump connected
Badge 11/12		Split jump to 180	Standing between to 60cm boxes with one hand on each box, do 5 split jumps using the box for assistance	Straight jump split jump to 135 connected
Extension 1		Straight jump split jump to 180		Straight jump, split jump to 180 connected
Extension 2				Split jump to 180, tuck jump connected
Coaching tips	<p>Arms in presentation throughout jump</p> 	Boxes should be standing up on their sides. Gymnasts to use their arms to push into the boxes to give them more time to split and focus on leg tension. Rebound split jumps preferred	Ensure correct arm placement - the arms circle behind to connection (spring) shape to be able to connect smoothly	

## Floor Dance Weeks 5 and 6

Photo of equipment set up with 5 activities

Low/foam beam		Skill 5	
Badge 9/10	Sitting in L sit with a partner standing on a theroband over their ankles, perform 5 leg lifts on each leg	Standing side on to 30cm box, split jump onto the height to landing shape	
Badge 11/12	Laying on stomach with arms in presentation, partner stands on a theroband over their ankles, perform 10 leg lifts to the back on each leg	Standing side on to 30cm box, split jump onto the height to landing shape, then split jump off the other side to landing shape (not connected)	
Extention 1			
Extention 2			
Coaching tips	In L sit the arms should be pressed back behind the body with hands on the floor To make this activity harder the partner just needs to pull the theroband tighter	Arms in presentation This activity is challenging. Gymnasts will need to have good height in jumps and fast legs in split	

# Floor Acro - Weeks 5 and 6



		Skill 1	Skill 2	Skill 3
Badge 9/10	From box, hurdle cartwheel snap in on line	Bridge with feet on 30cm box, 5 bridge rocks	Present, kick to handstand between velcro lines 1 metre apart, hold for 2 seconds land in snap in position	
Badge 11/12	Hurdle round off on floor	Bridge with feet on 30cm box, 3 bridge rocks then kick over to lunge	Present, kick to handstand between velcro lines 1 metre apart, hold for 2 seconds then forward roll to presentation	
Extention 1	From box hurdle round off rebound on line			
Extention 2				
Coaching tips	<p>Start on the box, jump into hurdle onto the floor and cartwheel. They should be trying to hurdle as long as possible</p> 	<p>Show bridge before stepping in to kick over. Legs must be straight</p> 	<p>Body alignment</p> 	

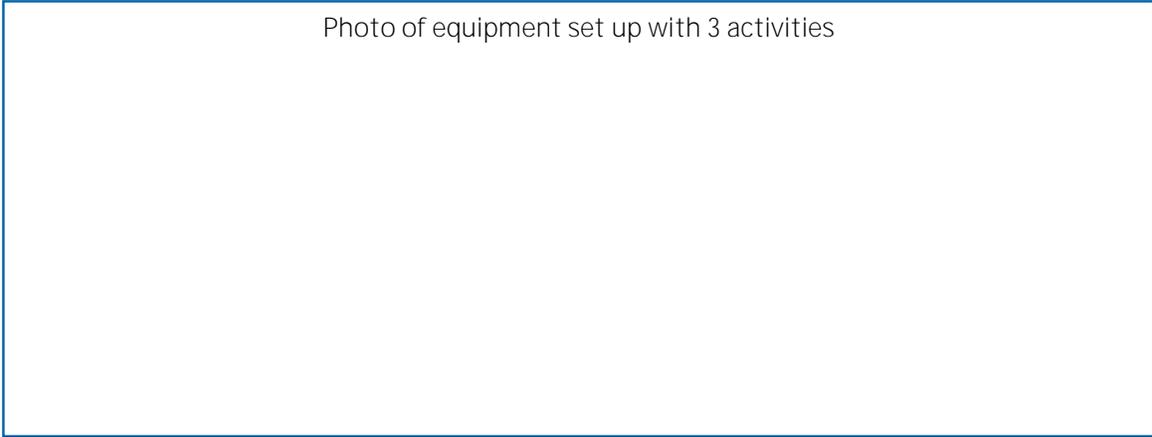
# Floor Arco Weeks 5 and 6

Photo of equipment set up with 5 activities

	Skill 4	Skill 5	
Badge 9/10	Bridge kick over on floor to lunge (can have assistance)	Present, backward roll x 2 on floor connected with straight arms	
Badge 11/12	Bridge kickover on floor to lunge	Present, backward roll x 2 on floor connected with straight arms	
Extension 1	Bridge kickover on floor with straight legs to finish in lunge	Pike backward roll to front support with straight arms down wedge	
Extension 2	Bridge kickover on floor with straight legs and 135 degree split to finish in lunge	Pike backward roll to front support with straight arms on floor	
Coaching tips	<p>Show bridge before stepping in to kick over. Must have straight legs</p> 	<p>Hands should be truned in so that pinky finger hits the floor first - this makes it possible for arms to be straight throughout</p>	



# Airtrack (Clarence only) - Weeks 5 and 6



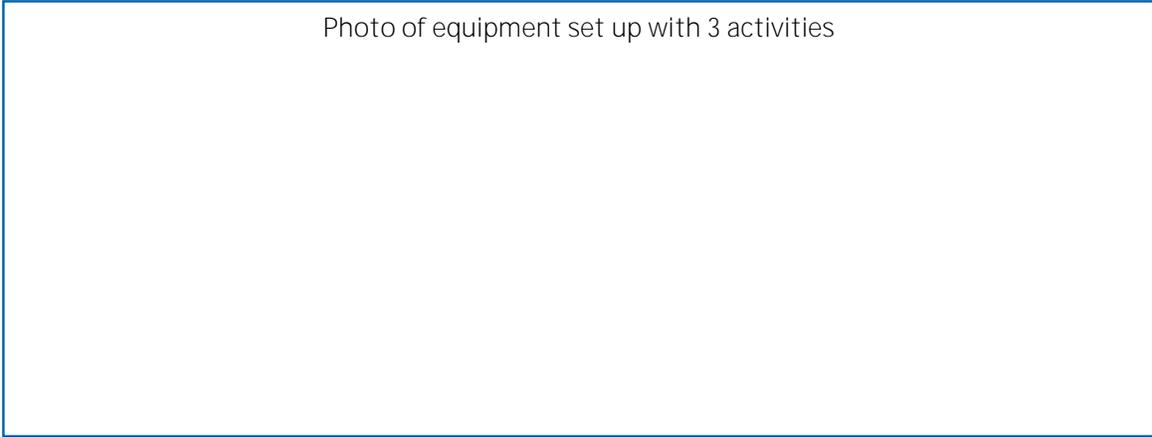
Sweet spot		Airtrack	Airtrack
Badge 9/10	Jump full turn to perfect landing shape	Bunny hops x5 moving forward	Starting in handstand with back against the wall, straddle the legs and lower to straddle stand (Press to handstand)
Badge 11/12	Jump full turn to perfect landing shape	Cat springs x 5 (to slanted handstand) moving forward along the track	Starting in handstand with back against the wall, straddle the legs and lower to straddle stand (Press to handstand)
Extension 1	Jump 1 1/2 turn to perfect landing shape		Starting in straddle stand with back against the wall, press to handstand and return to straddle stand
Extension 2	Jump double turn to perfect landing shape		
Coaching tips	Arms in a rocket shape. Body alignment throughout jump/turn	Slanted handstand only - this is to create dynamic tumbling Ears should be hidden with eyes on hands Chest round and hips open There shouldn't be any balancing involved as they should be bouncing on and off their hands fast and pushing through their shoulders and wrists	Gymnast should be showing a shoulder shrug position, leaning into the wall the gymnast will perform a calf raise then straddle the legs around to handstand before straddling them back down. This is a slow and controlled movement. There <b>shouldn't be a jump.</b>

## Airtrack (Clarence only) - Weeks 5 and 6

Photo of equipment set up with 5 activities

	Crash mat	Crash mat	
Badge 9/10	Cartwheel to snap in shape along the line fall to back	Starting on the floor, jump to back drop shape onto mat	
Badge 11/12	Step round off to snap in fall to back	Starting on the floor facing the crash mat, jump half turn to back drop shape onto mat	
Extension 1			
Extension 2			
Coaching tips	In the snap in shape legs should be straight with arms at shoulder height and chest round as they fall to back	Landing needs to be simultaneous	

# Tramp - Weeks 5 and 6



	Crash mat	Tramp	Tramp to pit/mat
Badge 9/10	From 1 leg back drop onto mat	Backdrop to stand on trampoline	Jump full turn into pit
Badge 11/12	Jump into back drop position on mat	Back drop to stand front drop to stand	Jump full turn into pit
Extension 1		Back drop through to front drop	Jump 1 1/2 turn into pit
Extension 2			Jump double turn into pit
Coaching tips	Legs and arms in the air with head off the floor	When landing on back or stomach on the trampoline, landing needs to be simultaneous	Arms in a rocket shape

## Tramp Weeks 5 and 6

Photo of equipment set up with 5 activities

		Tumble tramp	Tumble tramp	
Badge 9/10	Handstand pop x3	Donkey kicks x 5 to slanted handstand		
Badge 11/12	Handstand pop pop x3	Cat springs x 5 to slanted handstand		
Extention 1	Handstand continuous pops - how many can you do with good shape?			
Extention 2				
Coaching tips	Shoulders should be blocking before hands touch the trampoline	Slanted handstand only - this is to create dynamic tumbling Ears should be hidden with eyes on hands Chest round and hips open There shouldnt be any balancing involved as they should be bouncing on and off their hands fast and pushing through their shoulders and wrists		

