

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

Presntation 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 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

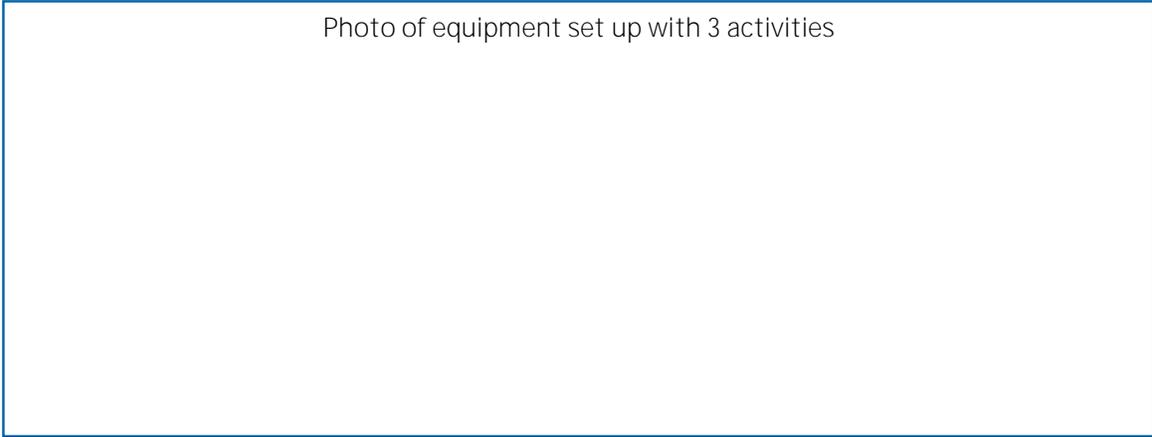


gymsports

LEARN TO GYM

*Badges 9-12
Weeks 7 and 8*

Vault - Weeks 7 and 8



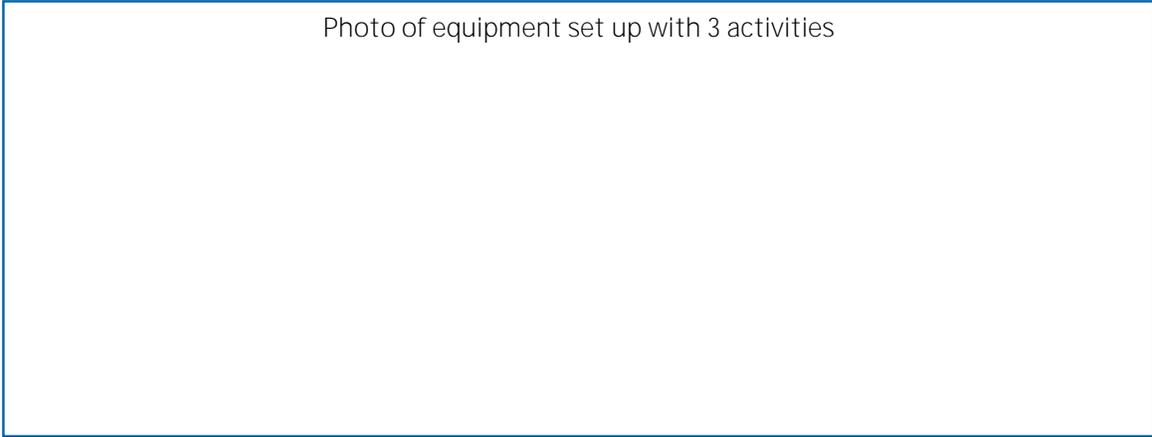
	Skill 1	Skill 2	Skill 3
Badge 9/10	Backwards rocket jump off 60cm height to perfect landing shape	Forward roll to stand immediate jump 1/2 turn to perfect landing shape	Run, board pause frontsault to squat onto 60 or 90cm height
Badge 11/12	Tuck jump off 60cm height to perfect landing shape	Forward roll to stand immediate jump 1/1 turn to perfect landing shape	Run, board pause frontsault to stand onto 60 or 90cm height
Extension 1	Tuck jump backwards off 60cm height to perfect landing shape		
Extension 2	Tuck jump off 90cm height to perfect landing shape		
Coaching tips	Move onto the next stage when done correctly		Arms down on the board Chest up on take off Lift hips

Vault - Weeks 7 and 8

Photo of equipment set up with 5 activities

	Skill 4	Skill 5	
Badge 9/10	Run board pause rocket jump to land on spring board	Hurdle Handstand pop flat back onto mat	
Badge 11/12	Run board pause rocket jump to land on spring board	Hurdle Handstand pop pop flat back onto mat	
Extension 1			
Extension 2			
Coaching tips	Fast run Arms down on the board	Gymnast should do a fast handstand flatback that has great body alignment. They should be hiding their ears with their shoulders	

Bars - Weeks 7 and 8



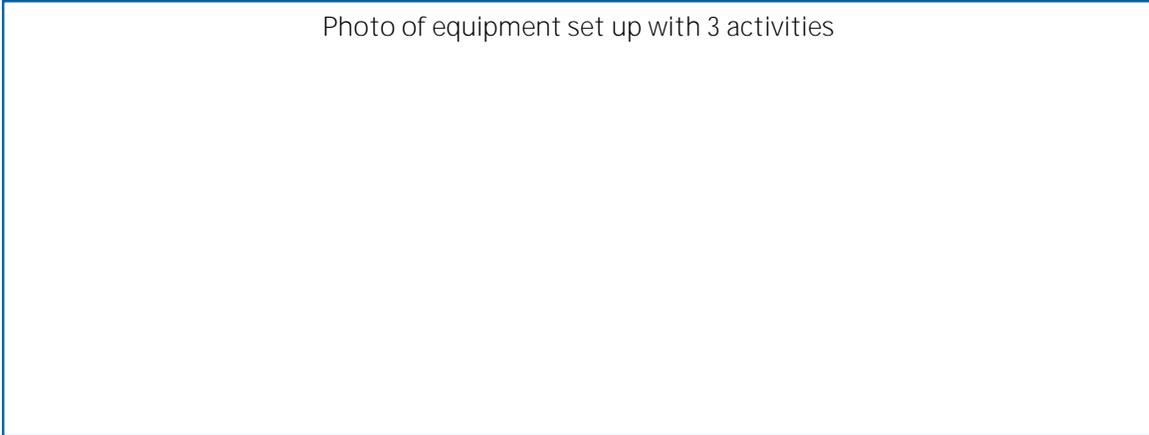
	Low bar	High bar	Ground
Badge 9/10	Spotted cast back hip circle with straight elbows	5 swings on high bar foam between feet	Standing on feet with chest rounded holding onto a ground bar, shift wrists x5 (bar is at legs)
Badge 11/12	Cast back hip circle with straight elbows	5 swings on high bar foam between feet	Laying in dish holding onto a ground bar, shift wrists x5 (bar is at legs)
Extension 1	Cast to horizontal, back hip circle with straight elbows		
Extension 2			
Coaching tips	<p>Only 1 cast into backhip circle Cast should have chest in by pushing down on the bar Back hip circle should have elbows straight and fast moving wrists around the bar</p> 	<p>On the back swing the gymnast should be in a dish shape, as she passes under the bar she will arch then kick into a dish shape on the front of the swing</p>	<p>Gymnast is essentially in a backhip circle shape. Without moving their arms they flex their wrists backwards and forwards to practise the wrist shifting motion in a backhip circle. This will also build strength</p>

Bars Weeks 7 and 8

Photo of equipment set up with 5 activities

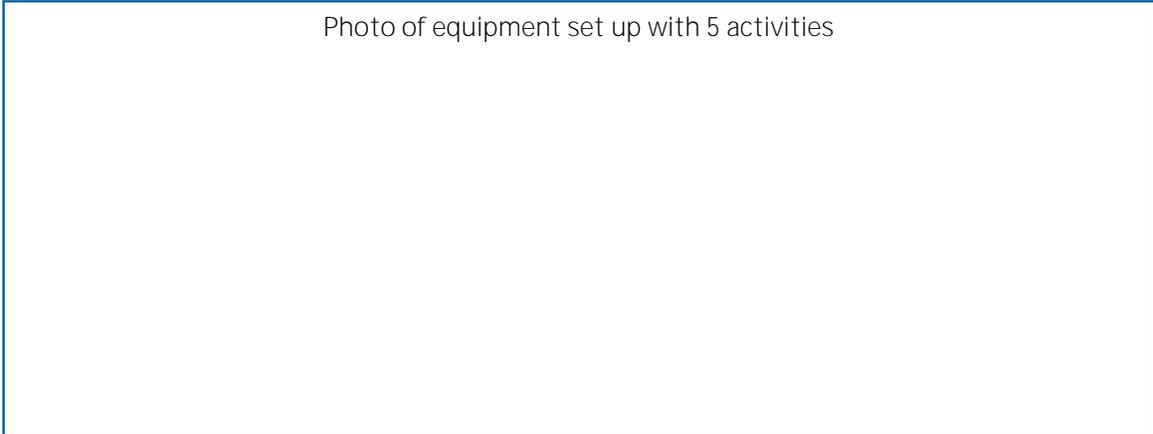
	Low bar	Low bar	
Badge 9/10	Pullover immediate cast back hip circle (can have assistance)	Tuck hang with foam block on knees hold 5 seconds	
Badge 11/12	Pullover immediate cast back hip circle	Tuck hang with foam block on knees, full turn in hang	
Extension 1	Pullover immediate cast back hip circle cast		
Extension 2			
Coaching tips	Gymnasts should have straight elbows throughout, a rounded chest and open hips (not piking around the bar)	Head between arms Knees to chest	

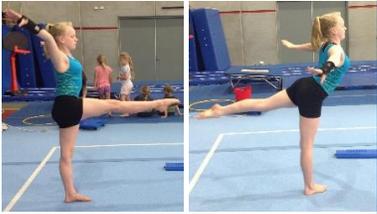
Beam - Weeks 7 and 8



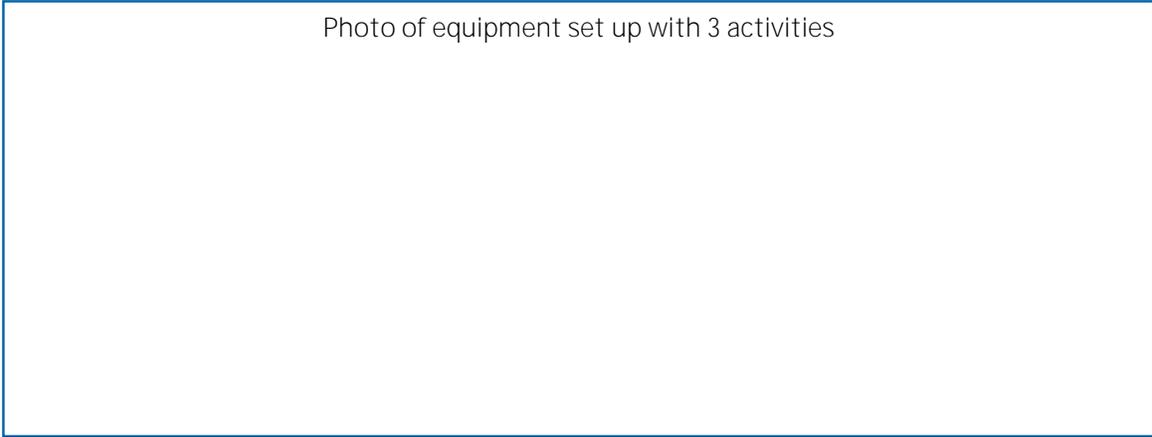
	Low Beam	High Beam	Low Beam
Badge 9/10	Split jump on low wide beam	Connected rocket jumps over bean bags	From rocket, step to handstand with hands on 30cm box and land on the beam in snap in position
Badge 11/12	Split jump on narrow beam	Connected switch jumps over bean bags (switch jumps are rocket jumps with feet swapping over in the air)	From rocket, kick to handstand and land in snap in on beam
Extension 1	Split jump to 135 degrees on narrow beam	Tuck jumps over bean bags	From rocket, kick to handstand hold 2 seconds, land in snap in on beam
Extension 2	Split jump to 180 degrees on narrow beam		From rocket, kick to handstand hold 5 seconds, land in snap in on beam
Coaching tips	Gymnast should swing arms upwards to generate height During the split jump the arms will be pressed back in presentation Legs need to move fast	Arms lifting upwards in the jump Arms may circle backwards to assist with the connection Maximum extension and height in jump Ensure correct beam feet (5th position)	Ribs in, open hips and look at hands Snap in position is standing with arms out in front at shoulder height and chest in

Beam Weeks 7 and 8



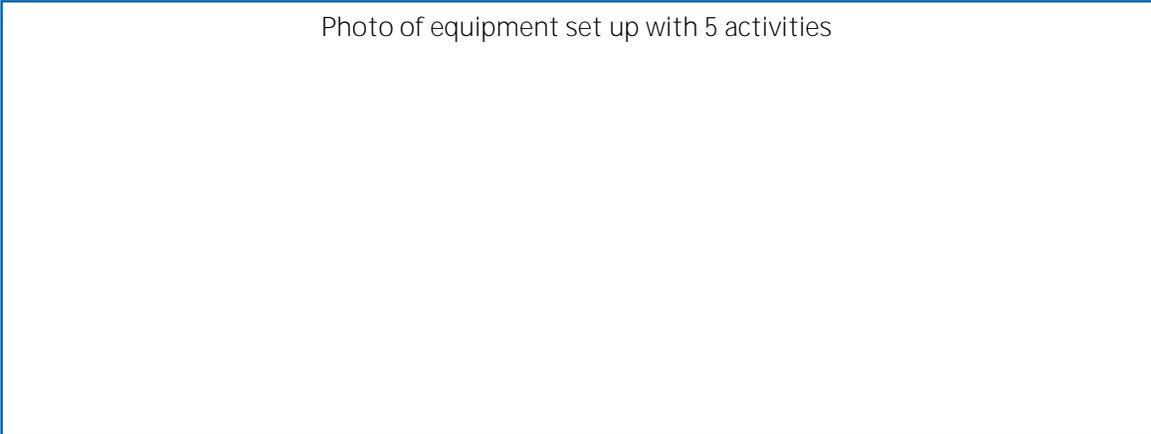
		Medium Beam	High Beam
Badge 9/10		Lift straight leg to knee height, hold for 2 seconds, hop, then leap to land on the other foot in arabesque (leap lead up drill)	Mini routine - Front support mount, step kick fwds x2, step kick bwds x2 then straight jump x2 in series, releve 1/4 turn, rocket jump off side of beam
Badge 11/12		Lift leg to hip height, hold for 2 seconds, hop, then leap to land on the other foot in arabesque (leap lead up drill)	Mini routine - Front support mount, step kick fwds x2, step kick bwds x2 then straight jump tuck jump in series, releve 1/4 turn, rocket jump off side of beam to land
Extention 1		2 leap lead up drill connected with legs at horizontal (one drill on each leg)	
Extention 2			
Coaching tips		Arms pressed back in presentation Leg tension 	Arms in presentation throughout Leg tension throughout

Floor Dance - Weeks 7 and 8



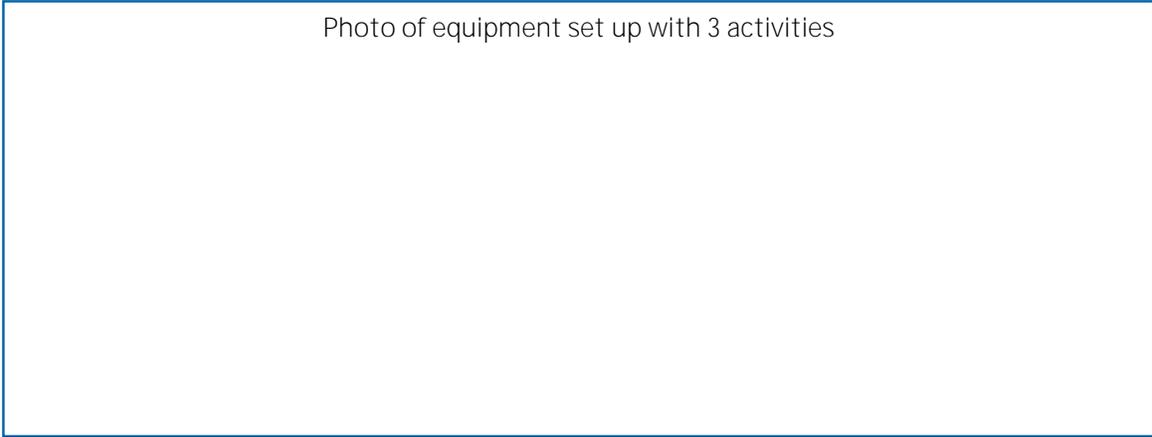
		Skill 1	Skill 2	Low Beam
Badge 9/10	Two steps split leap to land on 30cm box in arabesque. Arms in presentation	Leap lead up drill on both legs (leg in front, hop and hold, leap onto the other leg to hold arabesque on a bent bottom leg)	Leap lead up drill on preferred leg on beam	
Badge 11/12	Two steps split leap to 135 or above to land in arabesque on 30cm box. Arms in presentation	Leap lead up drill to horizontal on both legs	Leap lead up drill with legs at horizontal on preferred leg on beam	
Extension 1				
Extension 2				
Coaching tips	When landing in arabesque the base leg will be bent	Arms in presentation throughout. To connect leap lead up drills they swing the leg that is in the arabesque forwards into the hop before leaping	Arms in presentation throughout Chest remains upright	

Floor Dance Weeks 7 and 8



		Skill 4	Skill 5	
Badge 9/10	Split jump to 135 degrees		Arms in presentation, chasses between velcro lines	
Badge 11/12	Straight jump, split jump to 135 connected		Arms in soldier, spring steps to horizontal between velcro lines	
Extension 1	Straight jump, split jump to 180 connected			
Extension 2	Split jump to 180, tuck jump connected			
Coaching tips	<p>Chest up, arms in presentation and show full leg extension in jump</p> 	<p>Chasses should be as high as possible with full extension through the legs and toes</p> <p>Spring steps should be fast, with tight straight legs</p>		

Airtrack (Clarence only) - Weeks 7 and 8



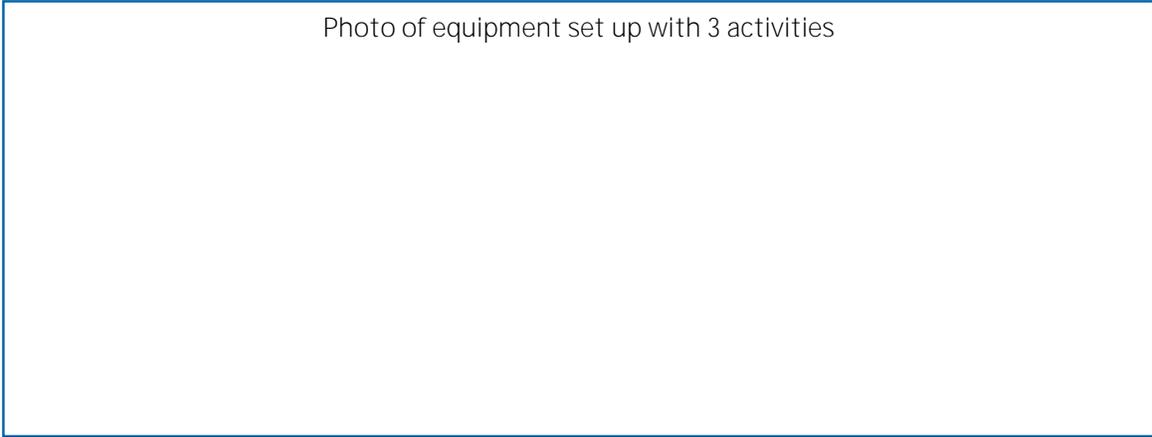
		Floor	Airtrack	Airtrack
Badge 9/10		Handstand hold with partner for 5 seconds step down to rocket hold 5 seconds	3 rocket bounces mini frontsault to tuck shape onto 60cm box	Handstand pop
Badge 11/12		Handstand hold with partner for 10 seconds step down to rocket hold 10 seconds	3 rocket bounces frontsault to tuck shape or stand onto 60cm box	Handstand pop pop
Extension 1				Handstand pop pop pop
Extension 2				
Coaching tips		Body alignment throughout. Eyes on hads, arms straight, round chest, hips open and legs straight with pointed toes.	Tall rocket bounces hiding ears, feet together and knees apart in the front sault	Start with arms down and swing them into the floor. The gymnast should be pushing as tall as possible and blocking through the shoulders and wrists

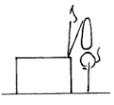
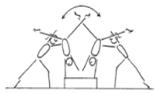
Airtrack (Clarence only) - Weeks 7 and 8

Photo of equipment set up with 5 activities

	Airtrack	Crash mat	
Badge 9/10	3 split jumps to 135'	Hurdle handspring to feet fall to stomach on mat (can be spotted)	
Badge 11/12	3 split jumps to 180'	Hurdle handspring to feet fall to stomach onto mat	
Extension 1			
Extension 2			
Coaching tips	Arms in presentation throughout. Fast legs moving in and out	Ensure hurdle is as long as possible with correct body alignment before moving on Shoulders should be blocking before they touch the trampoline Gymnasts should finish in an open rocket before falling to stomach - shape shouldnt change during the fall	

Floor Acro - Weeks 7 and 8



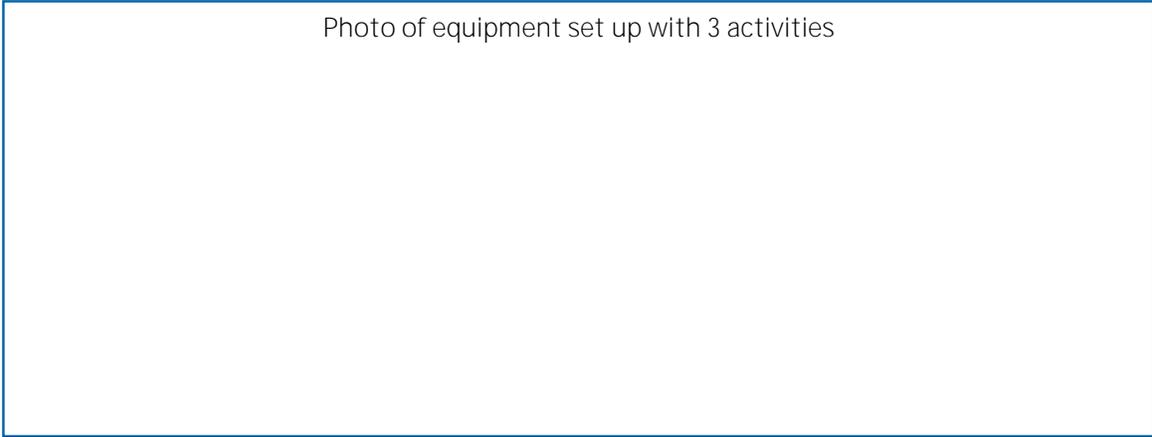
	Box	Skill 2	Skill 3
			
Badge 9/10	3/4 Handstand with one foot on box, lift feet to handstand, forward roll down through candlestick with straight arms to presentation	Start in kneeling lunge with arms by ears, cartwheel to lunge on line	Cartwheel to sumo connection shape hold for 2 seconds, cartwheel to snap in
Badge 11/12	3/4 Handstand with one foot on box, lift feet to handstand, hold 2 seconds, forward roll down through candlestick with straight arms to present	Start in kneeling lunge with arms by ears, cartwheel to snap in on line	Cartwheel, cartwheel to snap in position
Extension 1		Start in kneeling lunge with arms by ears, cartwheel, cartwheel to snap in position	Cartwheel, cartwheel to snap in position on line
Extension 2		Start in kneeling lunge with arms by ears, round off to snap in position on line	Hurdle round off rebound
Coaching tips	<p>Must show straight alignment from wrist, shoulders to hips, and to toe for 3/4 handstand</p> 	This is an activity to develop power (heel drive for future tumbling). It is important they also kick in a straight line. Try watching from in front/behind them for error detection/correction	Start from presentation then rocket. Arms to remain straight through out, ensure strong snap in shape at the end

Floor Arco Weeks 7 and 8

Photo of equipment set up with 5 activities

	Skill 4	Skill 5	
Badge 9/10	Forward roll to L-shape with bean bag between feet, rock back to shoulder stand, rock forward to stand and present	Handstand pop on floor with underarm action	
Badge 11/12	Forward roll to dish shape with bean bag between feet, rock back to shoulder stand, rock forward to stand and present	Handstand pop on floor with underarm action	
Extention 1	Forward roll to dish shape with bean bag between feet, v snap back to dish, lift to candlestick, rock forwards to stand and present	Handstand pop pop on floor with underarm action	
Extention 2		Handstand pop onto small height (mat)	
Coaching tips	Leg tension	Body alignment and strong block through shoulders and wrists	

Tramp - Weeks 7 and 8



	Tumble tramp/ma	Tramp	Tramp to mat
Badge 9/10	Hurdle handspring to feet fall to stomach on mat (can be spotted)	5 cat springs on tramp to slanted handstand	Flyspring onto 30cm crash mat off pit tramp onto mat fall to stomach (if room to)
Badge 11/12	Hurdle handspring to feet fall to stomach onto mat	5 cat springs on tramp to slanted handstand	Flyspring onto 30cm crash mat off pit tramp onto mat fall to stomach (if room to)
Extension 1		Flyspring on tramp	
Extension 2			
Coaching tips	Ensure hurdle is as long as possible with correct body alignment before moving on Shoulders should be blocking before they touch the trampoline Gymnasts should finish in an open rocket before falling to stomach - shape shouldn't change during the fall	The gymnasts should only go to 45 degrees - not handstand Shoulders should be blocking with eyes on hands Ribs in and hips open Make sure the gymnast is able to safely complete the flyspring before asking them to try. The flyspring should be long with no pike at all. Gymnast should finish looking at their hands. If they fall tuck the arms in	Long entry into flyspring - should be rocket to rocket the whole way through Gymnast should finish in an open rocket before falling to stomach. During fall the gymnast should not change their shape

Tramp Weeks 7 and 8

Photo of equipment set up with 5 activities

		Tumble tramp	Floor	
Badge 9/10	Hurdle handspring rocket rebound on tramp (can have assistance)		Handstand pop	
Badge 11/12	Hurdle handspring rocket rebound on tramp		Handstand pop	
Extension 1			Handstant pop pop	
Extension 2				
Coaching tips	<p>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</p> 		Shoulders should be blocking before hands touch the floor	