**Week Beginning Monday 7th September**

**Theme: Rolling**

**Apparatus: Floor and Bars**

15 mins per apparatus. (1 minute to explain. 45-50 seconds to work per station. 15 seconds to clean hands and key areas per station)

If there are less than 8 in a group REMOVE a station for every person missing and increase working time.

**Floor:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Equipment** | **Rec Gymnast Activity** | **AFA and Advanced Rec Gymnast Activity** |
| 1 | Wedge (or s.board with cleanable mat over) | Forward roll to tuck sit AND/OR Forward roll to stand | Handstand forward roll |
| 2 | Wedge (or s.board with cleanable mat over) | Forward roll to straddle sit AND/OR straddle stand | Forward roll to straddle to splits |
| 3 | Block on block to make a steep wedge | Backward roll stand AND/OR front support | Backward roll to handstand |
| 4 | Marker with Hoop | Reach up, clap, drop hoop, squat to pick up (squats) | Squat jumps AND/OR burpees |
| 5 | Marker | Egg roll | Straddle egg roll to cartwheel |
| 6 | Marker | Dolly roll | Forward roll to cartwheel |
| 7 | Marker | Forward roll to bunny jump AND/OR forward roll to bunny jump to handstand | Bunny up in different shapes |
| 8 | Marker | Rock to shoulder stand AND/OR rocks to shoulder stand with jump | Rock to shoulderstand, squat thrust. |

**Bars:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Equipment** | **Rec Gymnast Activity** | **AFA and Advanced Rec Gymnast Activity** |
| 1 | Bar | Jump to front support circle down | Forward hip circle |
| 2 | Bar | Hang in shapes AND/OR leg lifts in different shapes | Swing to circle up (baby giant) |
| 3 | Bar | Circle up AND/OR casts | Back hip circles |
| 4 | Paralettes | Tuck hold, pike hold, straddle lever, mushroom lift | Kick to handstand, straddle down |
| 5 | Marker | Dish Hold AND/OR dish rocks | Dish swimmers |
| 6 | Marker | Arch Hold AND/OR ARCH ROCKS | Arch Swimmers |
| 7 | Floor bar | Jump to straddle stand and fall to straddle sit | Kick to handstand straddle down fall to straddle sit |
| 8 | Wobble board | Balance in tuck sit | Balance in front support |

**Week Beginning Monday 14th September**

**Theme: Rolling**

**Apparatus: Beam and Vault**

15 mins per apparatus. (1 minute to explain. 45-50 seconds to work per station. 15 seconds to clean hands and key areas per station)

If there are less than 8 in a group REMOVE a station for every person missing and increase working time.

**Beam:**

If there are not enough beams, place cone in middle and get gymnasts to work in their own half.

* Where possible stick to their half and go through different types of travelling, balances, jumps, leaps and spins.

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| --- | --- | --- |
| **Activities to focus on during ROLLING THEME (if gymnasts are able)** | | |
| Fwd roll off end | Shoulder stand | Forward roll (and joined to other skills) |
| Fwd roll to different jumps | Free roll | Log roll |

**Vault:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Equipment** | **Rec Gymnast Activity** | **AFA and Advanced Rec Gymnast Activity** |
| 1 | Block | Jumps off to safe landing | Weighted jumps off to safe landing |
| 2 | Block | Squat on and straddle on | Squat through and straddle over |
| 3 | Marker | Arm circle to freeze | Arm circle straight jump |
| 4 | s.board with cleanable mat over | Arm circle to straight jump | Arm circle straight jump to higher landing surface |
| 5 | s.board with cleanable mat over | Rebound jumps AND/OR hops | Weighted rebound jumps |
| 6 | Crash mat | Run jump and roll | Handstand kick to flatback (can jump) |
| 7 | Marker | Lunges | Lunges to jump swap |
| 8 | Trampette | Rebound jumps | Jumps to safe landing |