**Week Beginning Monday 21st September**

**Theme: Handstands**

**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 | Wall (can be matted or with block) | Falling tree to lunge into wall  | Hurdle to lunge into wall |
| 2 | High block  | Bridge with feet on high block  | Tick tocks on block |
| 3 | Wall (can be matted or with block) | Handstand hold tummy to wall | 1 handed handstand hold. Head taps.  |
| 4 | Block  | Half handstands | Split half handstands  |
| 5 | Crash mat | Kick to handstand flat back  | Hurdle handstand flatback  |
| 6 | Marker | Straddle Bunnies | Straddle bunny to h.stand down to lever  |
| 7 | Marker  | Tuck bunnies  | Tuck bunny to h.tand to roll out  |
| 8 | Marker | Handstand attempts on own  | Walkovers. H.springs over barrel.  |

Inspiration from this: <https://youtu.be/_jWvT4yp1NQ?t=53>

**Bars:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Equipment**  | **Rec Gymnast Activity**  | **AFA and Advanced Rec Gymnast Activity**  |
| 1 | Bar & Trampette | Bounce towards h.stand  | Bounce to h.stand and over.  |
| 2 | Floor bar | Front support walking sideways (feet can be raised) | Kick to handstand flat back  |
| 3 | Bar with platforms | Cast to feet on platform  | Make higher |
| 4 | Paralettes | Front support hold. Feet raised | Straddle up to handstand and down |
| 5 | Bar  | Swings  | Jump catch and swings |
| 6 | Rope | Rope climb  | Rope climb no feet |
| 7 | Rings | Hang in different shapes | Inverted hang and front support  |
| 8 | Floor bar or stick  | Log rolls holding stick  | Handstand pirouettes  |

**Week Beginning Monday 28th September**

**Theme: Handstands**

**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)** |
| Needle kicks and holds | Tuck bunnies  | Lunge positions |
| Baby handstand kicks | Split handstands  | Stag handstands |
| Cartwheel to stop in handstand | Headstand | Walkovers |

**Vault:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Equipment**  | **Rec Gymnast Activity**  | **AFA and Advanced Rec Gymnast Activity**  |
| 1 | Marker  | Step circle freeze  | Weighted jumps off to safe landing  |
| 2 | s.board with cleanable mat over | Step circle bounce  | On to higher surface  |
| 3 | Block to s.board or track | Drop down bounce  | Drop down bounce backwards up  |
| 4 | Block with trampette | Bounces towards h.stand  | Bounce to flat back  |
| 5 | s.board with cleanable mat over | Rebound jumps AND/OR hops | Weighted rebound jumps |
| 6 | Fat mat  | Run jump and roll  | Handstand flat back from jump  |
| 7 | Marker  | Dish rocks | Dish swimmers |
| 8 | Marker | Rebound hops | Weighted rebound hops  |

Inspiration from this: <https://youtu.be/syfa3iDZOtA?t=44>