**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>