

Term 4 – Monday 1st August to Sunday 9th October 2022.

Overview of weeks 1 to 4

Each week our gymnasts will visit two different pieces of equipment either in the blue gym or red gym (the colour refers to the colour of the carpet) using rotations allows our gymnasts to experience all the apparatus within our four-week timetable.

Blue gym

Beam – Most of our gymnasts would agree that they find the beam being the scariest piece of apparatus due to it only being 10cm wide!

Over the last four weeks we have been working on our mounts (getting on) and dismounts (getting off) over all the different levels of the beam. The lesson plans gave the gymnasts the opportunity to have a go on one of the floor beams first before moving the skills up onto the high beam, this was particularly helpful with the cartwheel dismount off the end of the beam allowing even our younger and less confident beam workers to have a go with our coaches supporting which has helped their beam confidence immensely.

Floor – on the blue floor (this is our sprung floor) our gymnasts have been working on their cartwheels. This is always one of the skills that all gymnasts want to master but it can take a long time to learn and longer to perfect. Our gymnasts have made some great improvements with their cartwheels with many managing to land them on their feet (not knees) for the very first time and with some even progressing onto one handed cartwheel and free cartwheel progressions.

Air floor and trampette – This is the apparatus you may have seen as you look through the door! There is a small trampette set up on one side and an air floor on the other. We have been working hard with our gymnasts on their forward rolls and dive forward rolls ready for those who took part in our Oswestry show display and to help those who are wanting to take part in our next club competition which is our tumbling competition on the 1st of October. Entries are open until the 1st of September for everyone born in 2016 or earlier! [Competiton entry](#)

Strength and flexibility – As a special summer challenge coach Leah has created an amazing snakes & ladders game on the balcony area which our gymnasts (and coaches) are loving. This is the first time we have used the balcony area since before covid, which has been novelty for our gymnasts as many of them haven't been up there before! Every number of the game has had a different strength or flexibility challenge for them to complete before they can have their next turn, it has been lovely to see the gymnasts working hard on the activities had but also enjoying the game and having some fun

Red gym

Floor – This is our non sprung floor and we have been working on our forward rolls and progressing these onto forward rolls to stand in straddle and even some handstand forward roll work. The forward roll to straddle skill can be tricky for some as it requires flexibility to stand up in straddle at the end, we have worked on this by holding our straddle fold with the hands on a slider and rolling down wedges to help speed up the rolls. For the handstand forward roll work we have been rolling off equipment with our arms straight and holding half handstands with knees on a block which some gymnasts have pointed out is a lot harder than it looks.

Bars – The bars are always a fan favourite with our gymnasts who are always asking when is it their week on the bars! Over the last four weeks we have been working on pull up rounds with our gymnasts, which basically mean circling up onto the bars. This is a very challenging skill to master as it requires a large amount of upper body strength as well as core and leg strength and speedy wrists to complete the skill. Many of the side stations we have had around the bars have been to help with this and there have been chin ups and leg lifts which our gymnasts have found challenging. Another element which makes this skill challenging for some of our gymnasts is the fear of going upside down and around the bar, we have seen massive progress from some of our gymnasts who with coach support have managed to complete the skill for the very first time which is amazing to see.

Vault – Over the last four weeks this has been one of the most challenging pieces of equipment due the heat waves we have been experiencing as it involves a long run up before jumping on and off the vault. We have been concentrating on the straddle on vault which means landing on the vault with legs wide and hopefully straight. The side stations that we have been using have been emphasising keeping legs straight and as a result we have been witnessed some lovely straddle vault work going on from many of the different groups throughout the week.

Tumble – This is one of the most exciting apparatus station for our gymnasts as it includes our fast track which is a long trampoline with a large foam landing area at the end known as the cloud which our gymnasts continually ask if they can take home as their beds! In this area we also have the air track which could be described as a long bouncy castle. Our objective here over the last few weeks has been to work on cartwheels and Round off's for those who could already cartwheel. A round off is basically a faster cartwheel that lands with the gymnasts feet together. Lots of power needs to be generated for a good round off so our side stations have been a mixture of strength activities which has included repetitive bounces on a springboard and skill progressions such as round off's and cartwheels off a large block. Our gymnasts have worked very hard here and have been getting tired very quickly on this apparatus because of all the bouncing about.

Thank you for reading.

Our next sessions report will be appearing on Monday 26th September.