

Bury Spectrum Gymnastics Club

Awards



Introduction

This booklet has been put together to explain the award scheme we use within this club.

Many of you may remember doing your BAGA award at school or at a gymnastics club. These awards mainly revolved around floor movements and some box moves. As a Club we decided a few years ago that we would prefer a scheme which used all the apparatus in the club. To this end we devised the scheme that is presently used with your child. It starts when they enter the pre-school structured classes and can go through to a high level.

When your child starts they are started on a record chart. Depending on the child they may not start at the beginning of the scheme. Your child's coach will assess them and start them at the most suitable level. If they have done any awards at any other club or school please let us know.

There are 14 elements to each badge and to pass a badge your child will have to be able to perform 12 of these to the satisfaction of the coach. With some it may be that they will be required to perform the element 3 times without fault or with other elements it may be that the coach will ask them to do the same move at a future session to be sure they remember the element.

When 12 elements have been passed your child will have their awards card signed by their coach. If you wish them to receive the certificate and badge you need to return the card and correct payment to the club.

Badges and certificates are usually presented to the gymnasts at the end of a session.

Teddy Bear Red Badge 1

1	Run, quietly around room
2	Hop on either foot
3	Jump from crouch (frog)
4	Balance on tummy
5	Jump forward, backward and sideways over rope
6	Balance on one leg
7	Walk along floor beam unaided
8	Front support
9	Jump straight up and land on feet
10	Walk on all 4's in any direction
11	Hang on the bar for 10 seconds
12	Stop when music stops
13	Walk with bean bag on head
14	Show pike, straddle and tuck shapes

Teddy Bear Green Badge 2

1	Walk with high steps around room
2	Hop on either foot through 6 hoops
3	Low bunny hops
4	Log roll
5	Walk sideways along floor beam unaided
6	Balance on one leg then the other
7	Throw bean bag hand to hand (more than shoulder width apart)
8	Front support to crouch
9	Jump straight along row of hoops
10	Walk on all 4's in a straight line forwards, backwards and sideways
11	Show shapes hanging on bar straddle/pike/tuck
12	Play statues
13	From sitting lift bean bag off the ground 3 times
14	Shape game - following a leader

Teddy Bear Blue badge 3	
1	Skip around room
2	Hop on same foot over 6 hoops
3	Bunny hop through hoops
4	Pull up bench/slope
5	Walk forwards and backwards along a bench
6	Balance bean bag on foot
7	Jump over bean bags along floor beam
8	Front support to crouch and then stand
9	Jump straight with bean bag between legs along hoops
10	Walk like a crab
11	Monkey across bar
12	Action song
13	Lift bean bag over head with feet
14	Shape game (no leader)

Badge 1 Red		
1	Jump, land in Plie	
2	Rock on back to sit 3 times	
3	Forward roll down a slope to crouch	
4	Show Dish and Arch shapes	
5	Bunny Hop, back to feet	
6	Sit in Straddle, straight back and legs	
7	Leg lift into lunge shape	
8	Bounce ball and catch 3 times	
9	Rebound jumps with stretched legs	
10	Balance on one leg on box	BOX
11	Show front support	BARS
12	Straight jump to land under control x5	TRAMP.
13	Walk unaided	BEAM
14	Front support and back support. Good shape held for 10 secs.	COND.

Badge 2 Orange		
1	Jump $\frac{1}{2}$ turn	
2	Rock to stand	
3	Forward roll down slope to stand	
4	Dish to arch to dish	
5	Bunny hop, hips above shoulders	
6	Bunny hop over bench	
7	'V' hold	
8	Throw and catch a ball 3 times	
9	Spring board jump	
10	Straight jump off 3 sections of box	BOX
11	Circle down under control	BARS
12	Star jump to land under control x5	TRAMP
13	2 footed jumps along beam	BEAM
14	5 knee press ups	COND.

Badge 3 Yellow		
1	Cat Leap	
2	Forward Roll	
3	Backward roll down slope	
4	Bridge	
5	Handstand supported	
6	Baby cartwheel along line	
7	Circle roll	
8	10 skips forwards	
9	Squat on Straight jump off 3 sections of box	BOX
10	Star jump off 3 sections of box	BOX
11	Lay away back to bar	BARS
12	Tuck jump to land under control x5	TRAMP.
13	Arabesque	BEAM
14	5 sit ups / 5 back lifts	COND.

Badge 4 Green		
1	Scissor leap	
2	Forward roll to straddle, stand	
3	Backward roll to straddle, stand	
4	Bridge kick over off platform	
5	Handstand on own	
6	Cartwheel	
7	Headstand tuck legs	
8	10 skips backwards	
9	Squat through (at least 2 or 3 sections of box)	BOX
10	Tuck jump off 3 sections of box	BOX
11	Swing with regrip	BARS
12	Straddle jump to land under control x5	TRAMP.
13	2 steps up on toes, down to crouch (straight back), back up on toes repeat to end of beam (good posture)	BEAM
14	5 'V' sits / 10 mountain climbers	COND.

Badge 5 Blue		
1	Jump full turn	
2	Handstand forward roll	
3	Backward roll to stand	
4	Bridge kick over	
5	Handstand, hold for 3 seconds	
6	1 arm Cartwheel	
7	Head stand straight legs	
8	Throw a ball in the air with 1 hand and catch with the other (at least body height above head) x3	
9	Step into flat drop, 2 sections of box	BOX
10	Straddle jump, 3 sections of box	BOX
11	Back hip circle	BARS
12	Straight jump $\frac{1}{2}$ turn under control x5	TRAMP.
13	Turn on toes, turn in crouch (good posture, no wobbles)	BEAM
14	10 sit ups / 10 back lifts	COND.

Badge 6 Indigo

1	Tuck jump $\frac{1}{2}$ turn	
2	Dive forward roll (showing flight)	
3	Backward roll, straight arms, to pike stand	
4	Drop to bridge and kick over	
5	Straddle jump up to handstand hold 2 seconds	
6	2 Cartwheels joined	
7	Japana	
8	10 left, 10 right foot skips (continuous)	
9	Flat drop (80cm)	BOX
10	Handspring off end of box (at least 3 sections)	BOX
11	Upward circle	BARS
12	Jump full turn under control x5	TRAMP.
13	Forward roll	BEAM
14	10 'V' sits / 10 press ups	COND.

Badge 7 Violet

1	Cat leap full turn	
2	Forward walkover	
3	Backward roll through handstand	
4	Back walkover	
5	Straddle jump up to handstand (2 sec.) control to sit	
6	Round off	
7	Bridge lift one leg between 45o and vertical	
8	5 floor moves joined	
9	1m flat drop	BOX
10	Headspring	BOX
11	Straddle on undershoot	BARS
12	Front somersault to land under control x5	TRAMP.
13	Round off dismount	BEAM
14	15 sit ups / 15 press ups / 15 back lifts	COND.

In addition to the previous badges there are also 3 advanced badges, bronze, silver and gold which may be achieved.

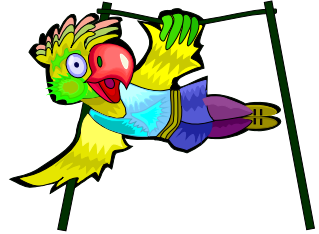
We hope your child will enjoy working their way through the scheme.

Why not have a Jungle Gym Party?



*Play
in the foam*

**Bounce
on the
Trampoline**



Swing on



*Up to 20 children
Available Saturday from 5.15pm
& Sunday's
Other times by arrangement*