



# Supporting Resource

Land Grades

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## Land Training Scheme of Work

Week	Warm-up	Theme	Contrast
1	📄 Flex	📄 Core	📄 Gymnastic stability
2	📄 Gymnastic Stability	📄 Movement/Coordination 📄 Flex	📄 Core
3	📄 Movement/coordination	📄 Gymnastic Agility 📄 Synchro Specific	📄 Flex
4	📄 Body Awareness	📄 Arch 📄 Flex	📄 Synchro Specific
5	📄 Flex	📄 Speed and Endurance 📄 Leg and Arm Strength	📄 Body Awareness
6	📄 Speed and endurance	📄 Body Awareness 📄 Explosive power	📄 Flex

# Warm up/Cool down

## Pulse raiser - Man over board

Identify the 4 sides of the hall with the points of a ship;

- ☒ Bow (front)
- ☒ Stern (back)
- ☒ Port (left)
- ☒ Starboard (right)

When the side is called, students must travel to that side of the hall.

- ☒ Introduce Boom coming over - lay flat on the floor
- ☒ Man the rigging - pretend to climb the rigging
- ☒ Man over board – piggy back a partner (touch a partners shoulder may be used)
- ☒ Scrub the deck – on hands and knees and mimic the scrubbing movement
- ☒ Captain on board – All salute

## Muscle activation - Head to toe or Toe to head

1. Sitting with legs out stretch and pointed toes, lean forward as far as possible, hold this position and pull the toes back. **Repeat this with straddle legs.**

The stretch should be felt along the full length of the underside of the legs

2. Stand up, Hands on hips, stretch from side to side, stretch forward and backward and then circle the hips.
3. Circle the right arm, circle the left arm and circle both arms. Clasp the hands and circle the wrists
4. Shrug the shoulders up and down, circle forwards and backwards
5. Tilt the head from side to side and forwards and backwards, turn from side to side

## Cool down - Shake it out

In pairs or small groups:

- ☒ One partner laying relaxed on the floor, the other takes a hand and shakes the arm gently, followed by the other arm.
- ☒ Take a foot and shake the leg, followed by the other leg.

## Swap places

# Session Plans:

## Session 1

Lesson Plan	Progression and Variation	
Warm Up – 10 minutes	Easier	Harder
Man Overboard Head to Toe general stretch	Fewer commands	More commands
<b>Main Theme (45 minutes)</b>		
<b>Flexibility circuit x 3 (15 minutes)</b> Japana 3 x 10 seconds Pole stretch (>30cm) Supported split 3 x 10 seconds	Frog split and rock 3 x 10 Pole stretch (<30cm) Bent knee lunge stretch	Japana swim through 3 x 5 Bridge stretch 3 x 10 sec Canter lever split 3 x 10 sec
<b>Handstand (15 minutes)</b> Introduction to handstand (1 – 4 and 1 - 6) Handstand progression (1 – 5) Handstand	Supported handstand	Handstand facing the wall
<b>Strength circuit x 3 (15 minutes)</b> Dish to Arch in front support 3 x 10 Side courbette on elbow 3 x 5 Squat 3 x 10	Hands on a platform 3 x 5 On hip 3 x 5 To sit on a platform 3 x 10	Turn from front to back 3 x 5 On a straight arm 3 x 5 With a jump 3 x 10
<b>Cool Down</b>		
General stretch out		

## Session 2

Lesson Plan	Progression and Variation	
Warm Up – 10 minutes	Easier	Harder
Walking with increased intensity to steady jog Alternate side step with arm swing Chasse / skip with arm circles Lunge steps Battement forward step, step Battement backwards hands to floor step, step		
<b>Main Theme – 45 minutes</b>		
<b>Flexibility circuit x 3 (15 minutes)</b>  Box splits 3 x 10 second hold  Split 3 x 10 seconds  Synchro bridge with raised leg 3 x 5 seconds	Japana swim through  Supported split 3 x 10  Bridge rock 3 x 10	Over Japana split 3 x 10  Over split 3 x 10  Tic toc on a raised platform
<b>Handstand forward roll (15 minutes)</b>  Re visit handstand with or without support  Roll from shoulder stand  Handstand forward roll onto a platform	Supported	Handstand forward roll
<b>Strength</b>  Dish and Arch between two platforms 3 x 5  Triceps press ups 3 x 8  Single leg taps on a platform 3 x 10	In back support 3 x 5  Hands on a platform 3 x 5  Seated single leg taps 3 x 5	With band or weight 3 x 5  Feet on a platform 3 x 5  Lift and hold 3 x 5
<b>Cool Down</b>		
General stretch out		

# Handstands and Headstand sequences

This section supports the videos for Handstands and Headstands

The numbers help the swimmers to complete the roll in the right order

## Forward Roll:

1. Arms up
2. Bend knees to low squat
3. Hands on the floor in front of swimmer
4. Straighten legs pushing hips up to tight pike
5. Tuck head in
6. Rotate over into the roll with the back of the neck/shoulders being in contact with the floor never the top of the head.

### Notes:

As the swimmers rotate they can start by using the hands on floor to stand and develop by reaching forward to stand straight up.

- ☒ One hand is placed on the back of the head to ensure it remains forward and shouldn't make heavy contact with the floor.
- ☒ Second hand is on the back of the knees to help to gently start the rotation.
- ☒ They finish by monitoring the stand position.

## Developed support of a forward roll - to standing

1. Arms up
2. Bend knees to low squat
3. Hands on the floor in front of swimmer
4. Straighten legs pushing hips up to tight pike
5. Tuck head in
6. Rotate over into the roll with the back of the neck/shoulders being in contact with the floor never the top of the head.
7. Stretch forward then up to stand

### Notes:

Developing the support of the rotation.

- ☒ One hand is placed on the shoulder to ensure they rotate forward and not straight down and shouldn't make heavy contact with the floor.
- ☒ Second hand is on the back of the knees to help to gently start the rotation.
- ☒ They finish by monitoring the stand position.

## Headstand - Practice 1

This practice demonstrates the set up to a tucked headstand.

1. Knees down and sit on heels
2. Lift arms above the head
3. Place hands just in front of the knees
4. Place hair line on the floor in front of hands so that hands can be seen and make a triangle with head and hands.
5. Stretch knees so hips start to rise and Step one foot towards the head
6. Step second foot toward the head and extend the legs
7. Lift one leg up to the bottom
8. Return leg to the floor
9. Lift opposite leg up to the bottom
10. Return leg to the floor

Notes:

## Frog Headstand Practice

If the athlete is struggling to balance in the tucked headstand, the frog headstand can be used. Elbows are added to the sequence to aid balance.

1. Knees down and sit on heels
2. Lift arms above the head
3. Place hands just in front of the knees
4. Place hair line on the floor in front of hands so that hands can be seen and make a triangle with head and hands.
5. Stretch knees so hips start to rise and Step one foot towards the head
6. Step second foot toward the head and extend the legs
7. Lift one leg up to the bottom with the knee on the elbow
8. Lift opposite leg up to the bottom with the knee on the elbow

Notes:

## Headstand - Practice 2

This practice is the order to get into the tucked headstand.

1. Knees down and sit on heels
2. Lift arms above the head
3. Place hands just in front of the knees
4. Place hair line on the floor in front of hands so that hands can be seen and make a triangle with head and hands.
5. Stretch knees so hips start to rise and Step one foot towards the head
6. Step second foot toward the head and extend the legs
7. Lift one leg up to the bottom
8. Second leg lifts to the bottom

### Notes:

A partner can be used behind them to balance the hips as in the video.

## Yoga Headstand - Practice 1

The Yoga headstand can also be used if the swimmers want less pressure on the head  
The head stand choice will depend on the swimmers preference.

The order for the yoga head stand is as follows

1. 1 Knees down and sit on heels
2. 2 Lift arms above the head
3. 3 Place hands together with hands and elbows on the floor.
4. 4 Place head between the hands
5. 5 Stretch knees so hips start to rise and Step one foot towards the head
6. 6 Step second foot toward the head and extend the legs
7. 7 Lift one leg up to the bottom
8. 8 Lift opposite leg up to the bottom

### Notes:

## Yoga Headstand - Practice 2

1. Knees down and sit on heels
2. Lift arms above the head
3. Place hands together with hands and elbows on the floor.
4. Place head between the hands
5. Stretch knees so hips start to rise and Step one foot towards the head
6. Step second foot toward the head and extend the legs
7. Lift one leg up to the bottom
8. Lift opposite leg up to the bottom
9. Extend knees to vertical

### Notes:

For either headstand follow a 9th count to extend to the straight headstand

## Introducing Handstands

It is best to introduce handstands using the following three progressions:

### Practice distance and lunge and high leg

1. Arm up
2. Lift first leg straight and high
3. Fall and step into a large lunge
4. Lift back leg into a high vertical split.

### Notes:

### Practice distance and lifting two high legs

1. Arm up
2. Lift first leg straight and high
3. Fall and step into a large lunge
4. Lift back leg into a high vertical split
5. Return leg to the floor
6. Repeat lift on the opposite leg

### Notes:

## Practice distance with a leg swap in the air

1. Arm up
2. Lift first leg straight and high
3. Fall and step into a large lunge
4. Lift back leg into a high vertical split.
5. Kick opposite leg up to vertical as the first one comes down and return the second leg down. ( Full handstand is not reached)

Notes:

## Ratios:

Suitably qualified Level 2 Instructors must supervise all Synchro land activities.

Suitable Qualifications include:

- Synchronised Swimming Coach (that have attended the land CPD)
- Fitness Instructor
- Yoga Instructor
- Pilates Instructor
- Secondary PE Teacher
- Gymnastics Coach

Normally, one coach would not be expected to supervise more than 16 athletes, without other suitably qualified coaches being in attendance.

Suitably qualified support coaches may hold:

- Synchronised Swimming (Assistant) Coach
- Level 1 Fitness Instructor
- Gymnastics Assistant Coach

However, where a directly supervised and qualified Assistant Coach is used, in addition to the supervising coach, each additional Assistant Coach may supervise a maximum of 8 participants (i.e. qualified lead coach = 16 athletes plus 8 athletes with AC = 24 in total).

## Equipment:

Cantilever currently work with British Gymnastics and GB synchro and offer a range of products designed for building strength and flexibility for use at home or in the gym. They combine high quality materials with innovative design to produce pieces which are practical and beautiful.

CantiLeiver Active products are ideal for gymnasts, dancers, cheerleaders as well as cross fit and general fitness enthusiasts.

More information can be found on their website <https://www.cantileivercreations.co.uk/>

## Funding:

For financial support in creating a new land programme or expanding your existing offer. Funding can be sourced through a variety of channels. We would advise you explore the following options:

- Swim England County Associations

- 📄 Swim England Regions
- 📄 Active Partnerships. Find your Partnership here:  
<https://www.activepartnerships.org/active-partnerships>
- 📄 Sport England Small Grants <https://www.sportengland.org/funding/small-grants/>