

FUNdamentals at home!

Each theme includes different elements of a gymnastics session; **Warm Up, Co-ordination, Locomotor Skills, Balance Activity, Rebound, Action Rhyme, Educational Element, Rolling** and a **Cool Down**.

FUNdamentals is focused on not only developing your child's skills, but their imagination. So see how creative you can be in your homes!

Time to go and explore the **forest** this week!

We hope you have fun taking part in the themes each week and we would love to see how creative you and your child have been!

Share what you have been doing for each theme!
Tweet us **@BritGymnastics**
#GymnastsAtHome #StayInWorkOut

Stay safe!

Not all elements of the activity cards may be practical to participate in within households as every home is different. Please ensure that any activity you replicate is safe for you and your child in your environment. Some sections have been removed for your safety.

If you do not have all the resources required, you can explore using alternatives, for example a scarf instead of a rope. If you are not able to safely add an alternative, please skip to the next element of the activity card!

Fundamental Movement ideas for Early Years

WORK CARDS



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Ten Skills to practice to attain the Badge & Certificate

1. Warm-up

Teddy Bear's Picnic

Children and adults go to forest as Teddy Bears to music jumping, skipping, hopping and marching as locomotor skills. (Use Teddy Bear's Picnic music).

2. Co-ordination

Hoops

Encourage children to use fine motor skills using small ball to throw (overarm and underarm) into adult's circled arms or hands and catch when adult throws back.

3. Large Apparatus Tree House

! This skill is not advised for gymnasts at home
Use appropriate large apparatus like a Tree House for children to explore and to develop their gross motor skills, eg climbing, swinging and jumping.

4. Locomotor Skills

Through the Trees

Children are encouraged to use their hands and feet to travel through the trees (adults could make the trees standing up with wide legs for the children to go through).

5. Balance Activity

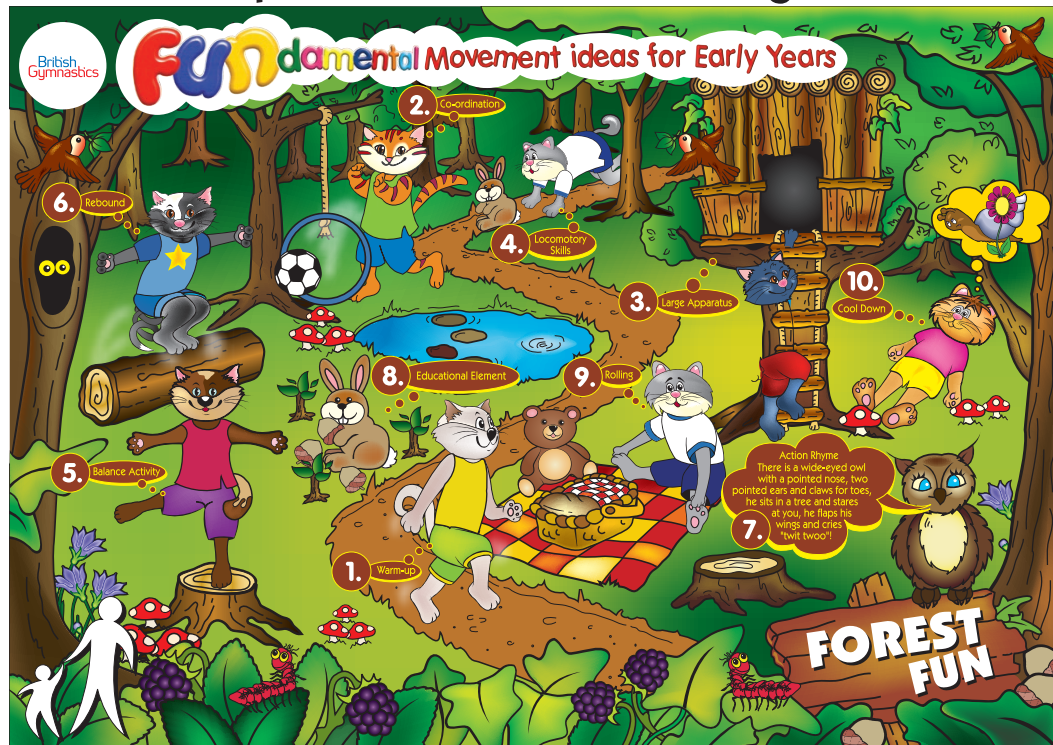
Owl's Perch

Children pretend to be owl's by sitting or standing on adult's knees, legs etc. and holding balance position. Encouraging stillness and a good shape.



Stay safe!

All activities must be performed safely on a carpeted or matted area with adequate space around you and your child to move.



Do not attempt the activities as depicted on the wall charts. They are for illustrative purposes only. If you act against our advice, you do so at your own risk. BAGA will not be liable for any direct or indirect loss, liability or damage arising out of or in connection with your carrying out or attempting to carry out any of the activities shown.

6. Rebound

Log jump

For safety please perform this activity using a line or a rope on the floor to jump over

Children are encouraged to jump with two feet over soft shapes or foam cubes to strengthen their legs and improve their co-ordination. (Pretend foam is a log).

7. Action Rhyme

Wide Eyed Owl

Children learn the words and actions of the song. Interaction with the rest of the group will be encouraged.

There is a wide-eyed owl with a pointed nose, two pointed ears and claws for toes, he sits in a tree and stares at you, he flaps his wings and cries "twit twoo!"

8. Educational Element

Learning Fun

Acorn to oak, baby rabbit to adult. Children learn about the world around us - eg plants, trees and animals.

9. Rolling

Teddy Bear Rolls

Teddy Bears sit with wide legs. Child rolls around the floor to and keeps wide shape with legs - encouraging good body tension. Roll onto one shoulder and then onto back, onto other shoulder and back up to sitting with wide legs.



10. Cool Down

Gentle Massage

Using gentle massage the adult tells a story on the child's back or front whilst massaging movements are made - about the forest going to sleep - using their hands to draw imaginary snails, caterpillars, spiders and flowers. (A feather, soft ball or toy could be used). Use 'Forest' track from the British Gymnastics Funky Cat Fundamental CD

