

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!

Looks like you have run out of some groceries...
time to go **shopping!**

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

March, Skip,
Hop & Jump

To prepare children for sessions, use locomotor skills: walk, march, skip, hop and jump - to encourage co-ordination and social skills with parents and other children.

2. Co-ordination

Toy Shop

Kick or roll ball to adult. Also throw and bounce a ball to adult - use large or small co-ordination.

3. Follow the Foot Steps

Use appropriate large raised platform with steps and slopes to travel up, over, under, through and around, follow the foot steps.

4. Locomotor Skills

On the Move

To encourage gross motor skill development - experience travelling in different ways on feet, for example stamping, jumping, skipping, tip toe. Using feet markers, stamping on, skipping around, tip toe over etc.

5. Balance Activity

Shelf Stacking

'A shelf at the supermarket'. Try to balance foam cubes or cardboard boxes in a stacking pile: using veggie/fruit bananas to throw and make it fall down.



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

The Lift

Adult supports child under arms or around trunk. Child can make star shapes in the air as they are lifted up and down.

7. Action Rhyme

Tall Shop

To learn in stages with adult guidance.

Tall shop in the Town,
Lifts going up & down,
Doors swinging,
Roundabout,
People moving in & out.

8. Educational Element

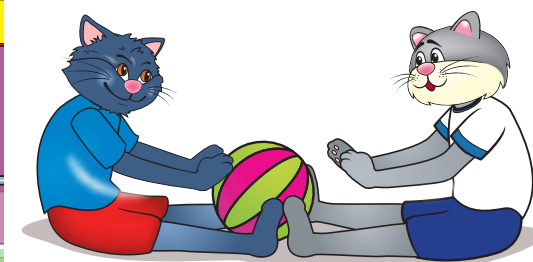
Let's Go Shopping

Visit (pretend) shops. Discuss what could be bought eg fruit, shoes, foods, toys etc.

9. Rolling

Ball Rolling

a) Adult and child roll ball between legs towards each other.



10. Cool Down

Trolley Dash

Pretend you are putting shopping into a trolley, stand up tall, stretch taking cat off shelf, place in trolley by touching toes/ground. Repeat but in a wide shape.

