

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!

This week is **toy** 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!

Fun^{damental} Movement ideas for Early Years

WORK CARDS



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Ten Skills to practice to attain the Badge & Certificate



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.

1.

Warm-up

Actions to Words

Jack in the Box jumps up and turns around. Adult places a hand on head of child slowly pushing down to a tuck shape, adult releases hand so child jumps up, then child spins around on the spot.

2.

Co-ordination

Toy Train

Train actions using elastics, child and adult holding hands - introduce 'Runaway Train' music or suitable train song.

3.

Large Apparatus

Toy Box

! This skill is not advised for gymnasts at home
Create a Toy Box environment using household small apparatus, child with adult guidance can find their own pathways through tunnels etc. (open ended).

4.

Locomotor Skills

Toy Car

Leader makes up a story about a toy car - child and adult to find a space using a ring or hoop as a steering wheel - actions of driving car forwards, backwards, fast, slow, stopping, starting and finding own space.

5.

Balance Activity

Aeroplane

Child to copy adult's shape of wide arm balance standing on alternate feet like an aeroplane or puppet on a string. Try to encourage a held position.

6.

Rebound

Please ensure you hold the child throughout the activity

Spring up

Adult hold child around waist and lifts child up into the air, like a Jack in the Box springing out of its box.

7.

Action Rhyme

Jack in the Box

To learn in stages with adult guidance.

Jack in the box jump up/
Jack in the box squat down/
Jack in the box go stamp, stamp,
stamp as you turn around.
Wave hello to your friends/
nod your head and smile/
sink back down into
your box/it's time
to say goodbye.

8.

Educational Element

Make a Shape

Using familiar toys that the child recognises, adult and child to become a toy shape eg.
a) Ball - curl up together.
b) Train - link together as a train - action with arms 'toot toot'!

9.

Rolling

Rocking Horse

Child to sit in adult's lap, both tucking up legs, adult to support child, rocking backwards and forwards.

10.

Cool Down

Bendy Doll

Child to become a bendy doll - using appropriate cool down music

Stay safe!

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