

## 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 all about the **weather!** What is the weather like where you are? We hope it's sunny!

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!



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## 1. Warm-up

## Mulberry Bush



Children need to warm up to get their minds and bodies prepared for the session ahead. Two footed jumps and stamping of feet use co-ordination. Holding hands in the circle gives child interaction with other adults and children.

## 2. Co-ordination

## Snow Flakes

Use white tissue to make snowflakes floating in the air - throw and catch, let it float down to the ground, make footprints in the snow by stamping on the tissue.

### 3 Large Apparatus Sledging

**gymnasts at home**  
Use ladder/inclined bench/look up and slide and incline  
Child climbs to the top of the hill and sledges down.

## 4. Locomotor Skills

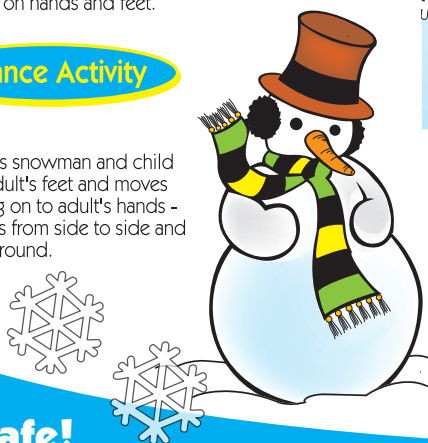
**Igloo**

Adult makes shelter with body (like an igloo). Child runs to them and hides. Could also crawl under adult's shaped body standing on hands and feet.

## 5. Balance Activity

## Snowman

Adult becomes snowman and child balances on adult's feet and moves around holding on to adult's hands - snowman rocks from side to side and walks turning around.



## 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.

## 6. Rebound

## Sun & Rain

Using hoops, raise sun up high, drop it to the ground for sunset. Hop/jump in and out of hoop with adult to assist for puddles.



## 7. Action Rhyme

## I Hear Thunder

Child interacts with adults and other children and copies actions and words. Music and rhythm.



## 8. Educational Element

## Washing on the Line

Child makes different shapes pretending to be washing hanging on a line, tuck for socks, long for trousers, pike for jumpers etc. Washing can be blowing in the wind, drying in the sun, still in the cold. Adult supports if necessary. Use ropes as a line for child to hold onto.

**! This skill is not advised for gymnasts at home**

**SAFETY** - Adult to ensure head tucked in when rolling.

## 10. Cool Down

Rainbow

Rainbow song - Child learns colours of the rainbow and the order of the colours, using ribbons moving and exploring their space and using imagination.



## Stay safe!

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