

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 **healthy eating**! After all the partying we did previously a healthy snack is definitely needed!

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 Fundamental Movement ideas for Early Years

WORK CARDS



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Ten Skills to practice to attain the Badge & Certificate

1. Warm-up Bean Game

- Child and adult walk around room, coach in charge calls out name of a bean, they do actions on the spot, adult assists.
- Jumping beans - child jumps up and down holding onto adult's hand, aiding the action. Walk around again and call out another bean!
- Make up other actions of your own using - runner beans, French beans, baked beans, broad beans, chilli beans, jelly beans etc.

2. Co-ordination Vegetable & Fruit Basket

- Using veggie/fruit bean bags (or colour coded bean bags).
- Parent to call out colour, child to say what fruit or veg it is.
- Then throw coloured bean bag into a box which is at a distance.

3. Large Apparatus Harvest Stores Aiming

- ! This skill is not advised for gymnasts at home**
- Child stands up on a box.
 - Standing on top, adult passes a ball of veggie/fruit bean bag to child.
 - Child throws it, aiming to hit a target stuck on the wall (picture of an orange etc).

4. Locomotor Skills Burn off those Calories

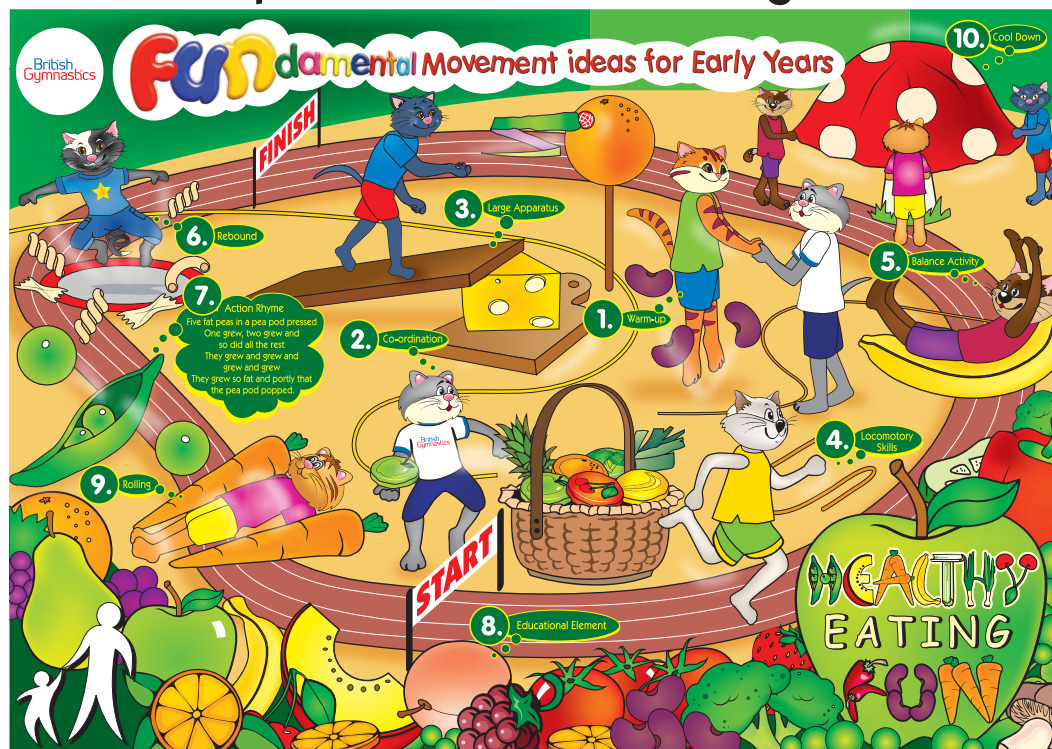
With a starting point, child to run fast along a marked out track into parent's outstretched arms.

5. Balance Activity Banana Shaping

Hold dish and arch shapes, with adult assisting.

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 Pasta Shapes

- Adult lifts child into the air in various tucks, turns, curls and twists.
- Or, if a rebound is available, use the bouncer to do these shapes.

7. Action Rhyme Five Fat Peas

Adult to count on child's fingers, then adult and child clap hands together at the end. (Child and/or adult, when the peas grow one finger at a time pops out).

Five fat peas in a pea pod pressed
One grew, two grew and
so did all the rest
They grew and grew and
grew and grew
They grew so fat and portly that
the pea pod popped

8. Educational Element Eat Five Fruits a Day - eat well, feel well, be well

- Adult holds a ring or hoop just off the ground.
- Child jumps five times in and out of hoop/ring.
- Adult calling out five different names of fruit.

9. Rolling Carrot Top & Tail

- Continuous side rolls in a long shape.
- Adult holding child's feet as they turn.

10. Cool Down Mushroom with Parachute

- Lay parachute out on the floor.
- Adults only hold the edge of the parachute with rest of the class.
- Lifting it up and down.
- On the third lift they walk into the middle.
- Children run into the middle as well.
- Watch the mushroom shape form high in the air and come down over you.
- Repeat x 3.

