

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 to the **park!**

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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1.

Warm-up

Rope Game

Run over still rope, running and jumping while rope is moving backwards and forwards or wriggling. Bunny jumps over rope, on tummy under rope. Adult holding rope high, child jumping to touch it.

2.

Co-ordination

See-Saw



See-Saw action whilst holding hands, bouncing up and down. Alternatively, elastics or hoops can be used to hold between adult and child.

3.

Large Apparatus

Park Slide

! This skill is not advised for gymnasts at home

Using relevant available equipment, simulate a suitable climbing frame or other activity with child coming off from an overhead support using swinging actions to be used with adult assisting child.

4.

Locomotor Skills

Roundabout

Turns round and round child with arms out like a roundabout. Adult to guide - go the other way round to stop being giddy.

5.

Balance Activity

Down at the Pond

Balance bean bag on head. Child to walk around rope (pretend pond) with adult.



Stay safe!

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

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

Hopscotch Game

Set out hopscotch pattern map or number markers. Throw bean bag onto a number then adult to help child to jump in hopscotch, one foot then two feet.

7. Action Rhyme

Five Little Ducks

This can be sung around the pond, using fingers to count the pretend ducks. Children to do swimming action with arms.

Five little ducks went swimming one day, over the hill and far away, Mother duck said Quack, Quack, Quack, Quack, but only four little ducks came back. Four...

8.

Educational Element

Spatial Awareness

Children and adults to act out words/actions eg see-saw, roundabout, swing up and down, forwards and backwards, crouch low, stretch high etc.

9.

Rolling

! This skill is not advised for gymnasts at home

With adult/coach, child stands at the top of a 'hill', legs apart, roll forwards and down. **SAFETY** - Adult to ensure head tucked in when rolling.

10.

Cool Down

On the Swings

Slow swinging tuck shapes under adult's straddled legs, whilst adult holds them under armpits, as on swings in park.

