

## FUNdamentals at home!

Each week we'll release a new FUNdamentals theme for you to do at home with your child.

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 first week is all about **party fun**, so let's get this party started!

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

##### Musical Games

Use stop start game to music to encourage children to listen. Game will encourage a knowledge of different parts of child's body. Musical bumps, statues or body parts using balance cards.

#### 2. Co-ordination

##### Balloons

Use balloons of sizes and colours to encourage co-ordination skills and participation with adult and other groups of children. Hand/foot/eye co-ordination.

#### 3. Large Apparatus

##### Giant Jelly Blanket

Use large stretchy material to create a fun element vital to develop child's imagination - pulling it one way then the other. Social skills encouraged.

#### 4. Locomotor Skills

##### Party Conga

Line up with adults - skip, march, jump. To encourage gross motor skills development. Also teach children to line up and work with adults and other children co-operatively.

#### 5. Balance Activity

##### Magic Statue

Practice balancing skills with aid of adult eg. standing on one foot with adult supporting child's trunk and arms.

#### 6. Rebound

##### Bouncy Castle

Various jumps with adults supporting.



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.

#### 7. Action Rhyme

##### Jelly on a Plate

Child interacts with adults and children. This rhyme could be said under the parachute or giant jelly material as it wobbles.

Action Rhyme  
jelly on a plate,  
jelly on a plate,  
wibble wobble,  
wibble wobble,  
jelly on a plate.

#### 8. Educational Element

##### Boxes/ Foam Cubes

Use different sizes of boxes/foam cubes - stack them high. Science activity, constructing, stacking and studying the different sizes of parcels, eg which parcel should be at the bottom or the top?

#### 9. Rolling

##### Icing on a Cake

Roll the icing onto the cake. Adult and child work together to make child's body into thin shape which will roll sideways down adult's legs or an incline.

#### 10. Cool Down

##### Parachute

Whole group works together to make an ice cream mountain with parachute.



### Stay safe!

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

