

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!

After all that magic, it's time to take a trip to the **seaside!**

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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1.

Warm-up

Seaside Story

- a) Swimming strokes - breast stroke - backstroke - front crawl - butterfly.
 b) Crabs in rock pool - crab walks around the room.
 c) Starfish on the beach - star shapes on back/front/standing.
 d) Paddling the pedalo - cycling action on bottom.
 e) Rubbing in the sun cream - calling out body parts.
 f) Seal in the sea - seal crawls along on hands with legs straight on floor.
 Use the 'Seaside' track from the British Gymnastics Funky Cat Fundamental CD

2.

Co-ordination

Ice Cream Cones

Place a ball on top of a cone to balance.

3.

! This skill is not advised for gymnasts at home

Climb up steps, jump from top landing on matting. Using a ladder, box and soft mat.

4.

Locomotor Skills

Burn off those Calories

Running down to the sea pool to pick up a pretend crab and bring it back to a bucket before it pinches you!
 Shuttle run, collecting bean bag and bringing it back to a specified target.

5.

Balance Activity

Walking along sea wall

Walk along a bench on tip-toe - height of your choice

For safety please perform this activity using a line or a rope on the floor to jump over

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

Hopping & Jumping

Hopping and jumping in and out of waves.
 Standing on a carpet square or towel (their island), hop off mat and back again, jump off mat with two feet to the side.

7.

Action Rhyme

Row, Row, Row the Boat

Row the boat song with a partner sitting facing one another in straddle holding hands, rocking back and forth singing the words...

Row row row the boat gently down the stream, merrily merrily merrily merrily life is but a dream.

8.

Educational Element

Learning about what lives in the sea

Child becomes a fish/seaweed/dolphin/shark/penguin/starfish/crab ect.

9.

Rolling

! This skill is not advised for gymnasts at home

Roll forward down p... incline to stand and stretch.

SAFETY - Adult to ensure head tucked in when rolling.

10.

Cool Down

Changes in the Sea

Using a large piece of material (blue) and with sea/water music in background, make big waves, small ripples, tide going in and out, swirling motions of the sea.