

British Gymnastics

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 childs 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!



damental Movement ideas for Early Years

WORK CARDS



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

Use the 'Seaside' track from the British Gymnastics Funky Cat Fundamental CD



Ice Cream Cones

Place a ball on top of a cone to balance.





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.



Walking along sea wall

Walk along a bench on tip-toe

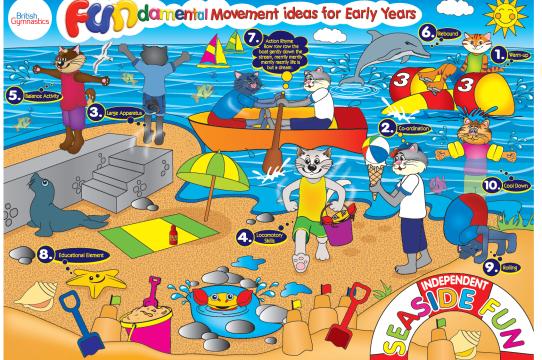
- height of your choice

For safety please using a line or a e on the floor to iump over

and your child to move.

All activities must be performed safely on a carpeted or matted area with adequate space around you

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.



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.

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 gently down the stream, merrily merrily merrily merrily life is



Learning about what lives in the sea

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





Changes in the Sea

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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.



