

## 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 we are going to **storyland!**

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**

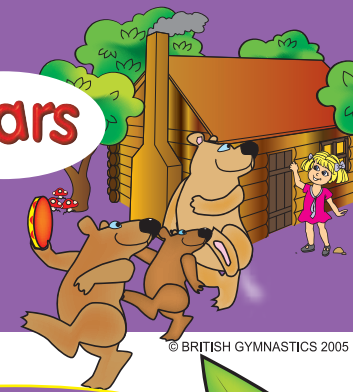
### Stay safe!

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

### Goldilocks & the Three Bears

Tell story of 'Goldilocks and the Three Bears'. Use appropriate stretches and shapes for the different sizes of bowls, chairs, beds etc. The children can skip, hop, jump etc in the woods.

2.

### Co-ordination

### Spider Walk



Walk like a spider - walking on hands and feet backwards or forwards will strengthen children in their arms, legs and backs.

3.

### Co-ordination Jack's Beansstalk

'Jack's Beansstalk' - Set up a ladder, climbed to a climbing frame. Gross motor skills and confidence will be developed by learning to cope with heights.

4.

### Locomotor Skills

### Penny Penguin

Penny Penguin can walk on heels or can walk with feet turned out. Change action for favourite characters. Children need to experience different ways of travelling on their feet eg. tiptoe or on heels.

5.

### Balance Activity

### Fun Cubes

Throw a Fun Cube to make the balance shape or picture that it falls on.



### 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

For safety please perform this activity on the floor

### Frog Jumps

Frog jumps along a raised platform onto a mat. Children need to gain good posture and body tension in the air when jumping. Keep body tight and feet together, put arms out to balance on landing.

### 7. Action Rhyme

### There was a Princess

Movement to story  
a) Dress princess (pretend), long hair etc.  
b) Stretch up - tall  
c) Move and stretch upwards  
d) Ride a horse - gallop.  
e) Chop the trees with arms.  
f) Kiss (blow) to the other children.  
g) Join hands in a circle.



There was a princess long ago,  
long ago, long ago,  
She lived in an ivory tower,  
ivory tower, ivory tower,  
A great big forest grew around,  
grew around, grew around,  
A handsome prince came riding by,  
riding by, riding by,  
He chopped the trees down  
one by one, one by one, one by one,  
He woke the princess with a kiss,  
with a kiss, with a kiss,  
Everybody is happy now,  
happy now, happy now.



8.

### Educational Element

### Stories, Fables & Rhymes

Learning about history and the world around us - stories, fables, rhymes of long ago - use books and pictures in literacy work.

9.

### Rolling

### Rolling Pin

Long shapes like a rolling pin - roll out the Gingerbread boy by rolling sideways continuously. Keep arms and legs straight. Head in line with the rest of the body.

10.

### Cool Down

### The Hungry Caterpillar

Scarves would help to tell the story of the Hungry Caterpillar. Children will lie on the giant leaf and enact the story. The scarves will give the children tactile sensations when they turn themselves from caterpillars into butterflies as they float around the room like a butterfly - with calming music in background.



# Independent Storyland FUN

