

# HOME-NASTICS - Info



Welcome to our weekly HOME-NASTICS activities. Our aim is to keep you and your little ones active whilst we are unable to coach at the gym!

These activities are designed for our P&T and Tots members (5yrs and under) however older siblings might like to join in too!

Start with the Pulse Raiser, then Stretching/Mobility and then the Body Prep/Conditioning. The rest of the activities can be completed in any order but ensure you finish with the Cool Down.

*Kind regards - Mary and the TGC Coaching Team*



## Think Safety First!

You are responsible for your children's safety therefore please:-

- choose appropriate clothing
- create as much open space as possible
- remind your child(ren) to be careful of family, pets and furniture!!

**TGC is not responsible for anything that gets broken, including lampshades!!**

## Items you will need

- Skipping rope or string
- Cushions
- Green paper or paper, green pens & crayons
- Child safety scissors



45 mins session

## Additional Ideas

- Use the additional resource attached to act out "We're Going on a Bear Hunt" story
- Pick another story and use your own actions to act it out
- Colour in the pictures

## Pulse Raiser

Create a safe but fun course around the house or garden to include objects to go under and over e.g. chairs, tables or even another person! Use skipping, running and jumping actions in between the obstacles.

Hi - our theme this week is "Storytime" and we're going on a bear hunt! All activities require adult supervision and can be adapted for both Parent & Child and Independent child. Always start with the Pulse Raiser - Have fun!



## Body Prep/Conditioning

- Pretend to be the bear -**
- (1) make a standing up **star shape** and transfer weight from side to side - tick tock action  
*(prep for cartwheels)*
  - (2) Crawl with hands and feet on the floor with hips high  
*(shoulder strength)*

## Stretching/Mobility

**Head** - look around for the bear  
**Arms/shoulders** - practice different swimming actions  
**Hips & legs** - lift knees up and down; take big lunge steps; reach down to touch toes in pike and straddle  
**Ankles** - flex/point toes whilst sitting



*We're Going on a Bear Hunt*

## Fine Motor Skills

- Take a piece of paper and colour it green**
- (1) Rip the paper with your fingers to make grass
  - (2) Practise your scissor skills to create squishy squashy grass

# HOME-NASTICS



## Balance

Pretend you are going through the forest and you find a log - **balance** on it by **standing on one leg**. Try standing on the other leg as well, keep your arms out to help with balancing!

## Educational



Ask your child to tell you a story and see how much they can remember.

How many other stories do you know and which is your favourite?



*Click on the words below which are a link to the song.*

*Why don't you join in with the actions?*

**Teddy Bear Teddy Bear turn around**

## Rebound/Jumping

Jump in, out and over the muddy puddles on the bear hunt - use a skipping rope, string or cushion\* to make a puddle. Practice **jumping in & out and jumping over the puddle**

*\*cushion must be on a carpet*

## Coaching points!

When sitting in your pike and straddle shapes don't forget to sit up tall, keep your legs straight and extend your ankles. Well done!



## Coordination

Pretend to swim across the river - lie on your tummy (**arch shape**) alternate moving your arms and legs up and down at the same time. Whilst doing this, count to 10. Repeat the activity.

## Cool Down

*"Round and round the garden like a teddy bear  
  
one step  
two step  
ticky under there!"*

**Sit in straddle**  
walk fingers down one leg, across the floor and back up the other leg  
reach forward as far as you can and tickle feet

# Colouring Activity

We're Going on a Bear Hunt!

