

HOME-NASTICS - Info



Welcome to our fourth HOME-NASTICS activities. Have you managed to try the other three yet? Did you have fun with the Easter Egg hunt?

Don't forget to 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. Whilst these activities are designed for our P&T and Tots members (5yrs and under) older siblings might like to join in too!

You can join in with me now, by following YouTube links with some of the activities.



Kind regards - Mary and the TGC Coaching Team



45 mins session

Items you will need

- Scissors to cut out the picture resources
- Egg carton, sticky tape, pencils
- Dressing gown belt or similar
- Soft toys, cushions or similar

Think Safety First!

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

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

Their British Gymnastics insurance will cover them for home activities which are fitness, conditioning or flexibility related, therefore only practise what we have suggested. Do NOT try more advanced skills.

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

Additional Ideas

- Build a tower or a castle using building blocks or Lego or anything else you may have in the home
- Make your own skittles out of toilet roll inserts and make them into soldiers. Use a soft ball or pair of socks and try and knock them down

HOME-NASTICS - Info



TOOTING
GYMNASTICS
CLUB

How to return to your HOME-NASTICS document from the YouTube Clips:

Once you have finished with the video clip, click on the arrow in the top left hand corner and it should return you to the HOME-NASTICS activity card where you can start the next activity.

Click here to return to your document

Castle Fun - Introduction and Pulse raiser

12 views • 22 Apr 2020

Up next

- Watch Full Coronavirus Coverage - April 23 | NBC News
- Sleepy Puppy falls asleep on baby
- The Day the Crayons Quit by Drew Daywalt
- How To Make Chinese Fried Rice
- 10 Easy Science Experiments - That Will Amaze Kids
- How To Blow Out Side Swept Bangs

HOME-NASTICS Castle Fun



Pulse Raiser

What might you see at a castle?

Soldiers: Marching action

Horses: Galloping action

Moat: Trying to jump over the moat

Dungeon: Crawling in the dungeon

(Pictures provided in resources)

[Click here to join Mary](#)

Hi - our theme this week is "Castle Fun!" This is our Badge theme, so make sure you practise all the activities, so when we come back to gymnastics we can give you your badge! Grown-up supervision is required and feel free to use your own ideas! Have Fun!



Body Prep/Conditioning

Pretend to be a drawbridge opening and closing.

- Roll backwards and forwards in pike and then straddle shape
- From front support, lift one leg in the air and then put it down and then lift the other leg in the air
- From pike push up to back support

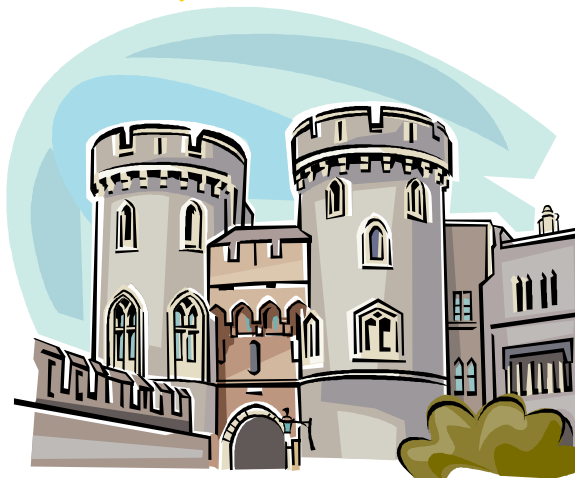
(Pictures provided in resources)

These activities are on the stretching video

Stretching/Mobility

Head/neck - looking left and right - being a soldier on duty; **Arms & shoulders** - pretend to fall into the moat by accident and "swim" across to the other side. **Hips & legs** - climb the stairs to reach the tower. Sit in pike and walk fingers down legs - like walking across a drawbridge. Open legs to straddle sit - opening the drawbridge. **Feet/Toes** - walking on tip toes - pretending to be a king or a queen.

[Click here to join Mary](#)



Fine Motor Skills

Fly the flags! Use the pictures provided and colour in the flags and cut them out. Attach them to a pencil or something similar. Place them in an upside down egg carton.

If you don't have a printer or egg carton, make your own flags and peg them onto a piece of string instead.

(See pictures in resources)

This activity is on the stretching video



Think safety first when using these activity sheets. You are responsible for your children's safety therefore choose appropriate clothing, create as much open space as possible and remind your child(ren) to be careful of family, pets and furniture!! TGC is not responsible for anything that gets broken, including laptops!!

HOME-NASTICS

Educational



Balance

Balance something on your head and then stand on one leg without dropping the item off the head.

Try marching with the item on the head as well.

A folded pair of socks could be used or a soft beanie toy.

Now try the other leg.

Top ten things you will find in a castle

Can you name 10 things you might find in a castle?

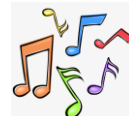
[Use the resources provided](#)

Where does our Queen live?

[Use the resources provided](#)



Action Song



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

Why don't you join in with the actions?

Five Little Soldiers

Coaching points! When doing your straddle and pike shapes, remember to keep your legs straight and your ankles extended.

Back support is tricky so you may want to bend your legs first and then try it with straight legs, don't forget fingers face forwards. Well done for trying.



Coordination

Use a soft toy to throw at a target in front of you. Start with a large target then progress to a smaller one. Suggestions for a large target could be a chair, sofa, laundry basket; smaller targets could be a washing up bowl, a cushion or a waste paper bin.

Too easy?

Stand in straddle stand with your back to the target and throw the soft toy by looking through your legs.

Rebound/Jumping

Cross the Moat

Practise jumping over a pretend moat. Place something on the floor to jump over, it could be a tea towel, dressing gown belt or something similar. To make it harder make the moat wider. **Make sure the item that is being jumped over doesn't slip on the floor if accidentally jumped on.**

[Click here to join with Mary doing "The Grand old Duke of York"](#)

Cool Down

Flag flying: Find a piece of material that could be used as a flag and wave it up high, down low, out the sides and all around. Use the music to move to.



[Click here to listen to relaxing music](#)

Resources

On the following pages are some of the resources you can use.

If you don't have a PRINTER, why don't you draw the shapes on a piece of plain paper, card, cardboard, newspaper or magazine instead.

We hope you find these useful and have fun!

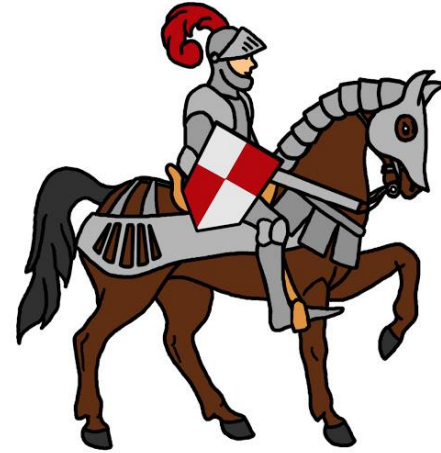
Marching like a soldier

Head up, knees up and swing arms



Galloping like a horse

Knees up and extend the ankles/point toes



Crawling into the dungeons

Crawl on hands and knees



Jumping over the moat

Jumping - broad jumps



PULSE RAISER ACTIVITY: Cut along the dotted lines and use the pictures for PULSE RAISER ACTIVITY



Pike shape - roll backwards & forwards
keep legs together and straight



Straddle shape: roll backwards & forwards
keep legs straight and knees up to the ceiling



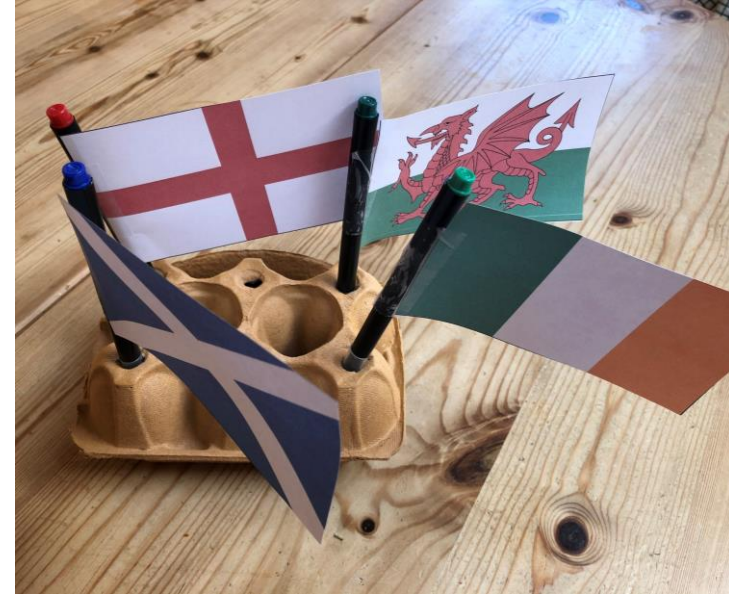
Front support (hold)
shoulders over hands, straight body



Push up to back support from pike
shoulders over hands, fingers facing forwards, straight body

Fly the Flags!

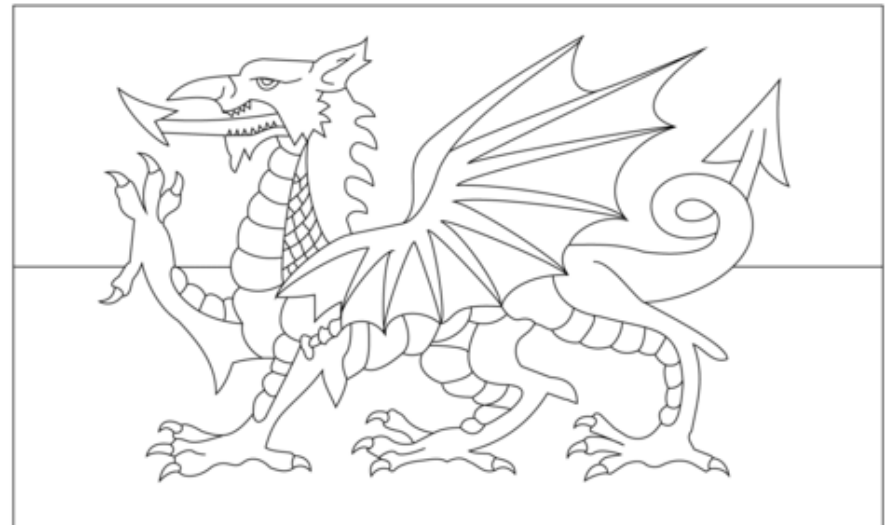
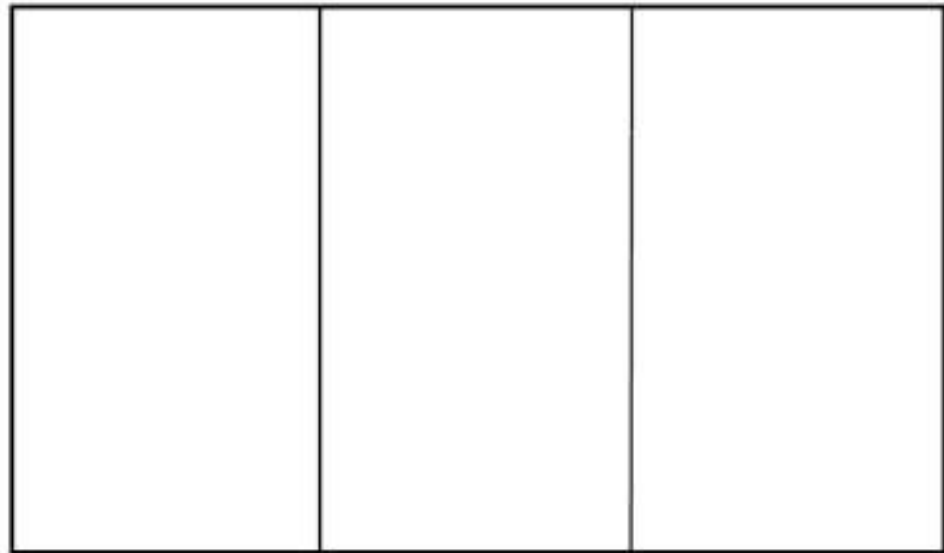
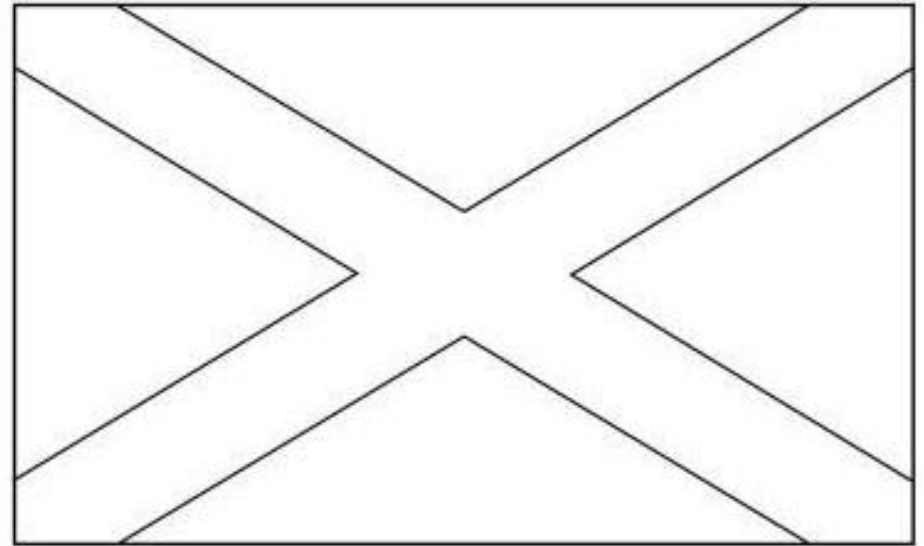
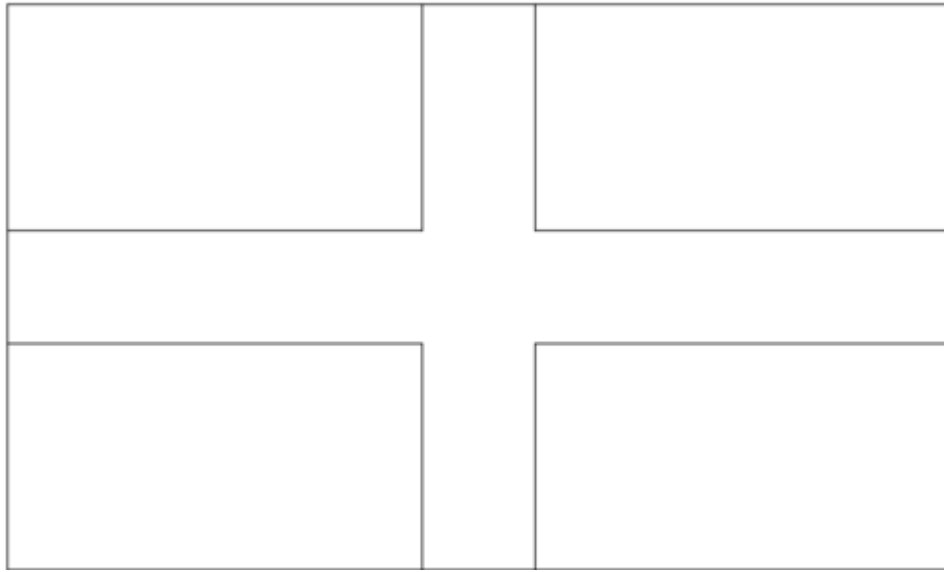
Grown-up supervision is required to make the holes in the egg carton first, before pushing the flags in.



If you have no egg carton, then peg out the flags on a piece of string.

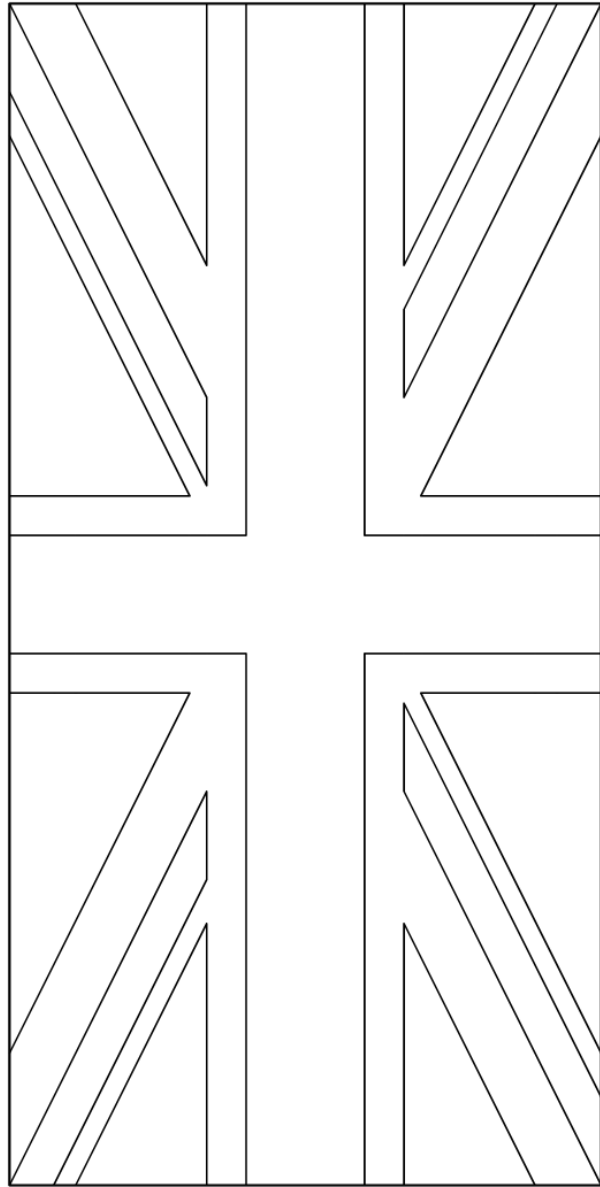


Colour in, cut out, stick on and fly the flag!



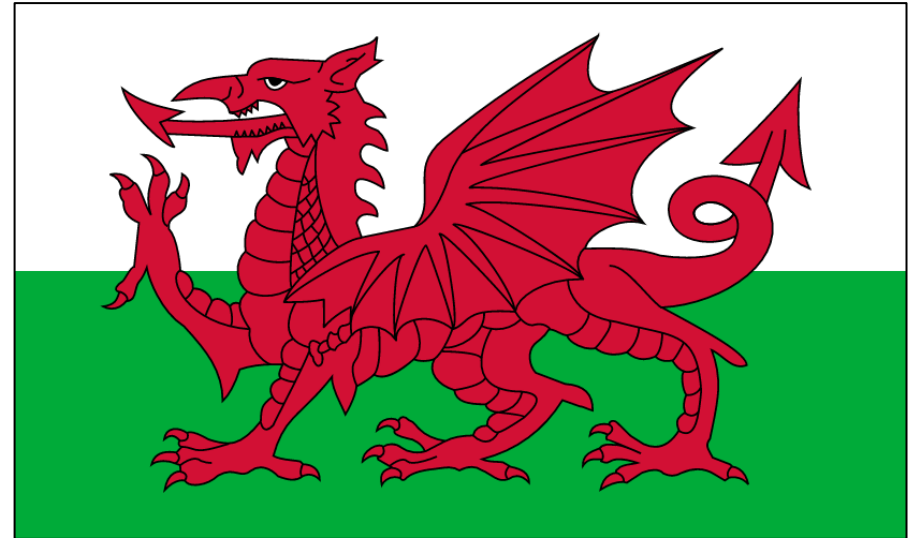
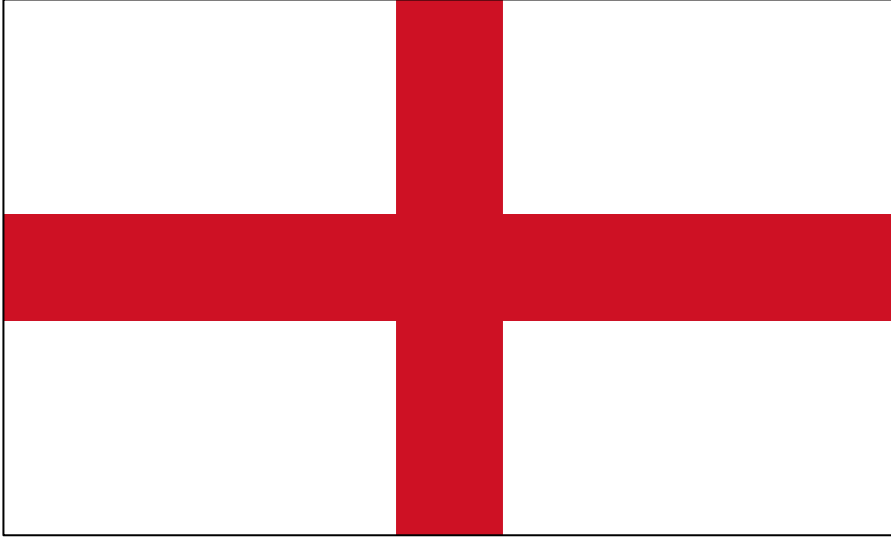
FINE MOTOR SKILL ACTIVITY: After colouring and cutting out the flags, attach them to a pencil/pen and fly the flags in the castle

Colour in, cut out, stick on and fly the flag!



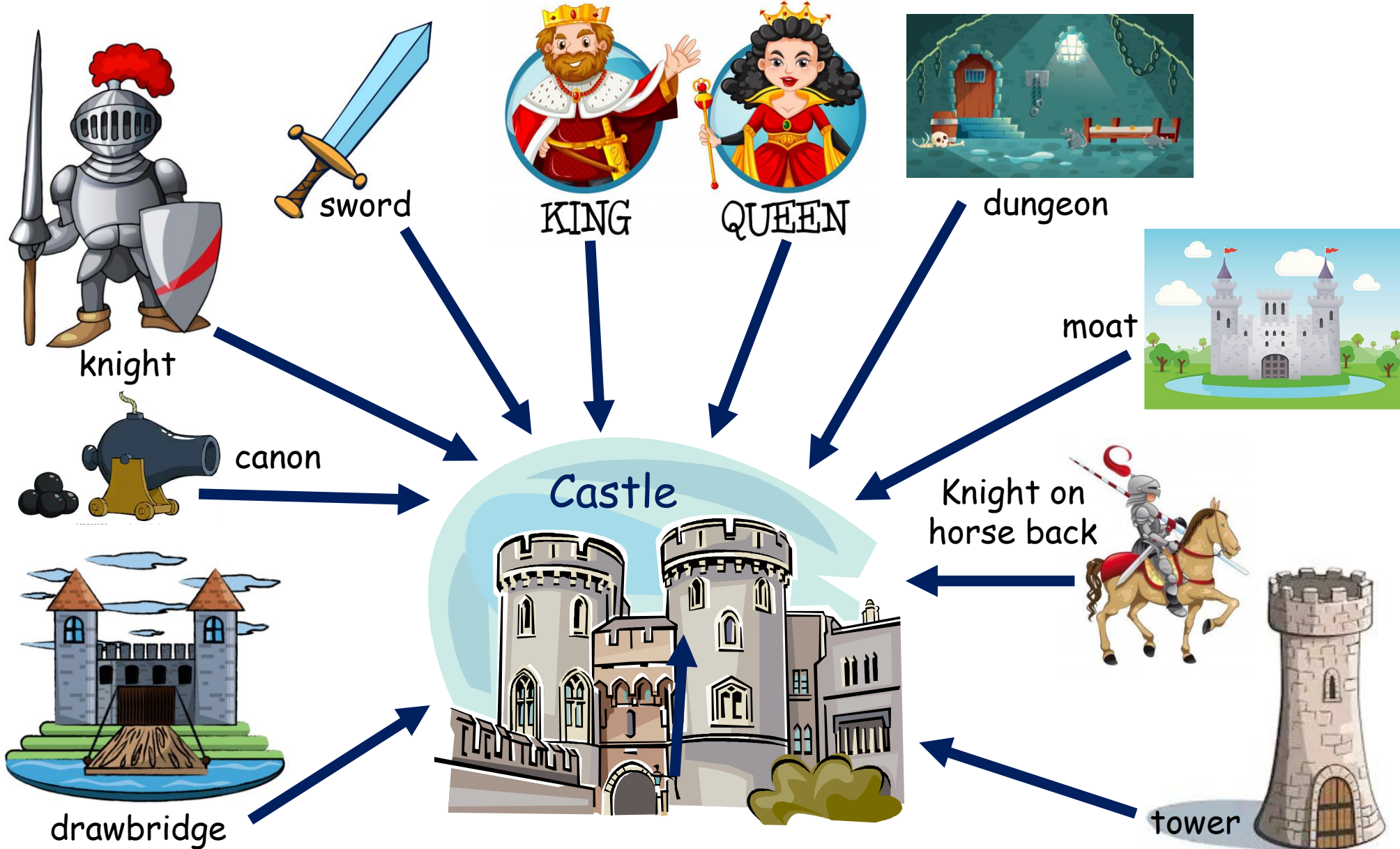
FINE MOTOR SKILL ACTIVITY: After colouring and cutting out the flags attach them to a pencil/pen and “fly the flag”

Cut out, stick on, fly the flag!



FINE MOTOR SKILLS: Cut out the flags and attach them to a pencil/pen and then place them in the “castle tower” (egg box)

Top ten things you will find in a castle



EDUCATIONAL: Use the pictures to identify what you might find in a castle.

Where does the Queen live?

Buckingham Palace is the Queen's working residence during the week when she and the Duke of Edinburgh are based in London. However, they go to **Windsor Castle** most weekends, spend each August and September at **Balmoral Castle** in Scotland, and head off to **Sandringham House** in Norfolk every Christmas.

Buckingham Palace



Windsor Castle

Balmoral Castle



Sandringham House



EDUCATIONAL: Use the pictures to show castles and palaces the Queen of England lives in.

Colouring Activity

