

HOME-NASTICS - Info



Welcome to our third HOME-NASTICS activities. Have you managed to try the other two yet? Did you have fun?

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!

Kind regards - Mary and the TGC Coaching Team



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 Laptops!!



45 mins session

Items you will need

- Scissors to cut out the picture resources
- Pegs and string
- Easter eggs, basket & spoon or anything similar
- Soft toys, cushions or similar

Additional Ideas

- [Click here on how to make an Easter Basket](#)
- Use the resources provided to do an Easter Egg Hunt in the home or the garden. Maybe the children can hide the eggs and the grown-ups can find them!

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

Easter Theme - Action Song Five little bunnies

2 views • 22 Apr 2020

Up next

Hop Little Bunnies | Sing A Long | Action Song | Hop Hop Hop My Little World of Song 4.6M views • 2 years ago 2:16

5 Tips Every Teacher Must Know About Google Classroom Shawn Beard Recommended for you 8:24

How To Fix Forward Head Posture - 3 Easy Exercises ... Back Intelligence Recommended for you 10:12

Sleepy Puppy falls asleep on baby Cute Animals Recommended for you 2:44

How To Blow Out Side Swept Bangs Dominique Sachse Recommended for you 14:46

Ask Ian: Container Gardening YourGardenShow Recommended for you 7:47

TGC HOME-NASTICS

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12:57 23/04/2020

HOME-NASTICS



Pulse Raiser

Easter Egg Race: Place eggs one end of a room and a basket the other end.

Start at the basket end and use different actions to get an egg and place it in the basket. Skipping, jumping, running and crab crawling. Eggs could be chocolate, scrunched up pieces of paper or a pair of socks. If you don't have a basket use a plastic bowl, shoe box or a bin!
(Pictures provide in resources)

Hi - our theme this week is "Easter" and our activities include being a bunny! Use the resources to help with your delivery. Grown-up supervision is required. If you have other ideas please use them where you can. Have Fun!



Body Prep/Conditioning

Use the pictures provided

• Sit in tuck (egg shape) rock backwards and forwards:

Grown-ups may need to help with support



• Bunny jumps (Easter bunny)
• Front support/Press -ups (chick pecking at food)

(Pictures provide in resources)

Stretching/Mobility

Necks - put your chin on your chest & try and put your ear on your left shoulder and then your right shoulder x 2; **Arms & shoulders** - pretend to draw big Easter eggs, in front of you and to the sides; **Hips & legs** - sit in tuck and open your knees like an egg cracking open, now look inside the egg by looking down. **Wrists** - clasps your fingers together and rotate them in a circle. (Pictures provide in resources)



Fine Motor Skills

Use the pictures provided

- (1) Colour in the bunnies and Easter eggs and cut them out
- (2) Peg the bunnies and Easter eggs onto a piece of string or something similar

If you don't have a printer, peg out some socks instead.



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 a book on your head!

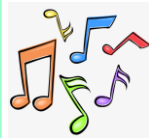
Put your arms out to the side to help you balance. If you can balance a book, try something else, like a soft toy!



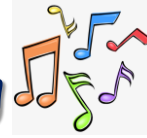
Now try the other leg.

Use the resources provided

Cut out the “Easter” letters and hide them in the house or garden. When the children have found them help them spell out “Easter”.



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 Bunnies

Coaching points! When doing your bunny jumps, remember to keep your hands flat on the floor with your fingers facing forward. In straddle keep your ankles and toes extended and your legs lovely and straight.

Well done for trying.



Coordination

Can you balance an egg on a spoon?

- How far can you walk without the egg falling off?
- Can you carry it in the other hand?

If no egg is available then a potato, small ball or rolled up socks could be used.

Too easy?

Trying walking backwards with the egg and spoon - be careful to check behind you first!!

Rebound/Jumping

Make a circuit using small, soft items to jump over, e.g. cushions and soft toys.

Using **feet only** try jumping over them, getting quicker each time you jump.

Too easy?

Move the items further apart so you have to jump further.

Cool Down

Tidy up all the items used for our Easter theme.

Sit in straddle with the items in front of you and count them. How many things are there?



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



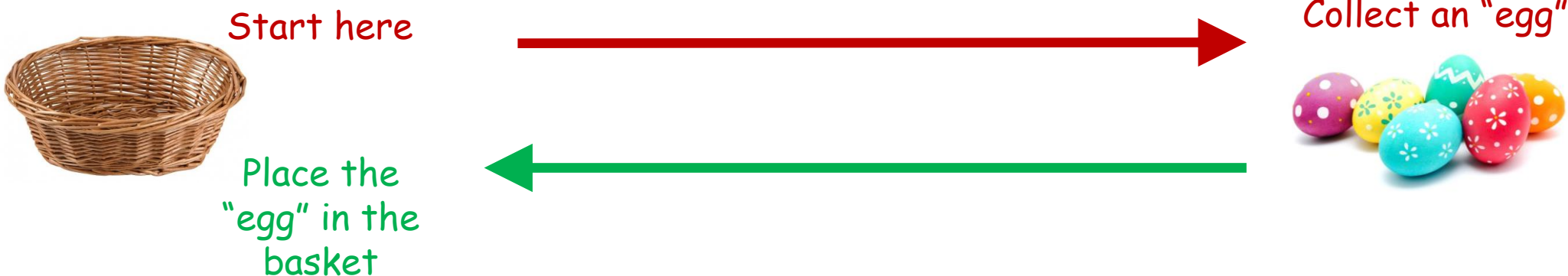
Resources

On the following pages are some of the resources you can use.
If you don't have a PRINTER, then instead, why don't you can draw
the shapes on a piece of plain paper, card, cardboard,
newspaper or magazine.

We hope you find these useful and have fun!

Activity: Start at the basket and skip to the eggs. Pick on up one egg and skip back and put in the in basket.

Now repeat the activity by jumping, running and crab walking.



Pulse Raiser Activity

(4) Crab walking

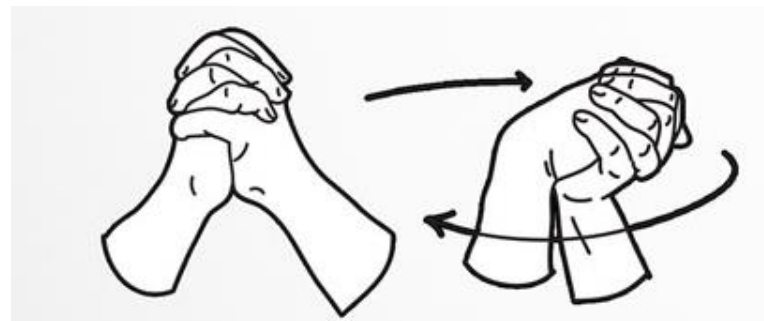
Balance the egg on the tummy and crawl back



Stretches/Mobility

Wrist rotations

Clasp fingers and rotation wrist in a circle both ways





Easter Egg - Tuck shape

Feet close to bottoms, hands on shins



Bunny Jumps

SAFETY: Place a cushion on the floor in front of the hands to protect the head and face

Keep arms locked, fingers facing forwards

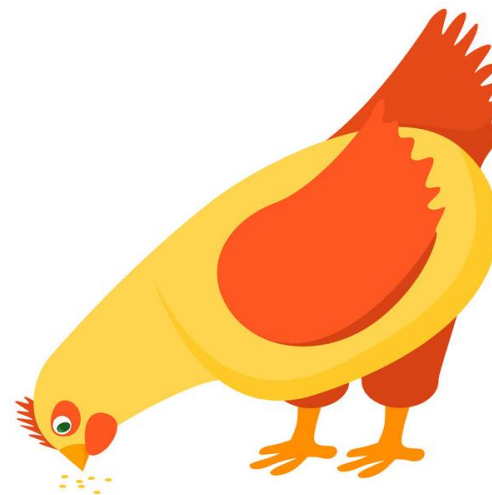
Chicken pecking at food - Press-ups

Can be done from knees to make it easier

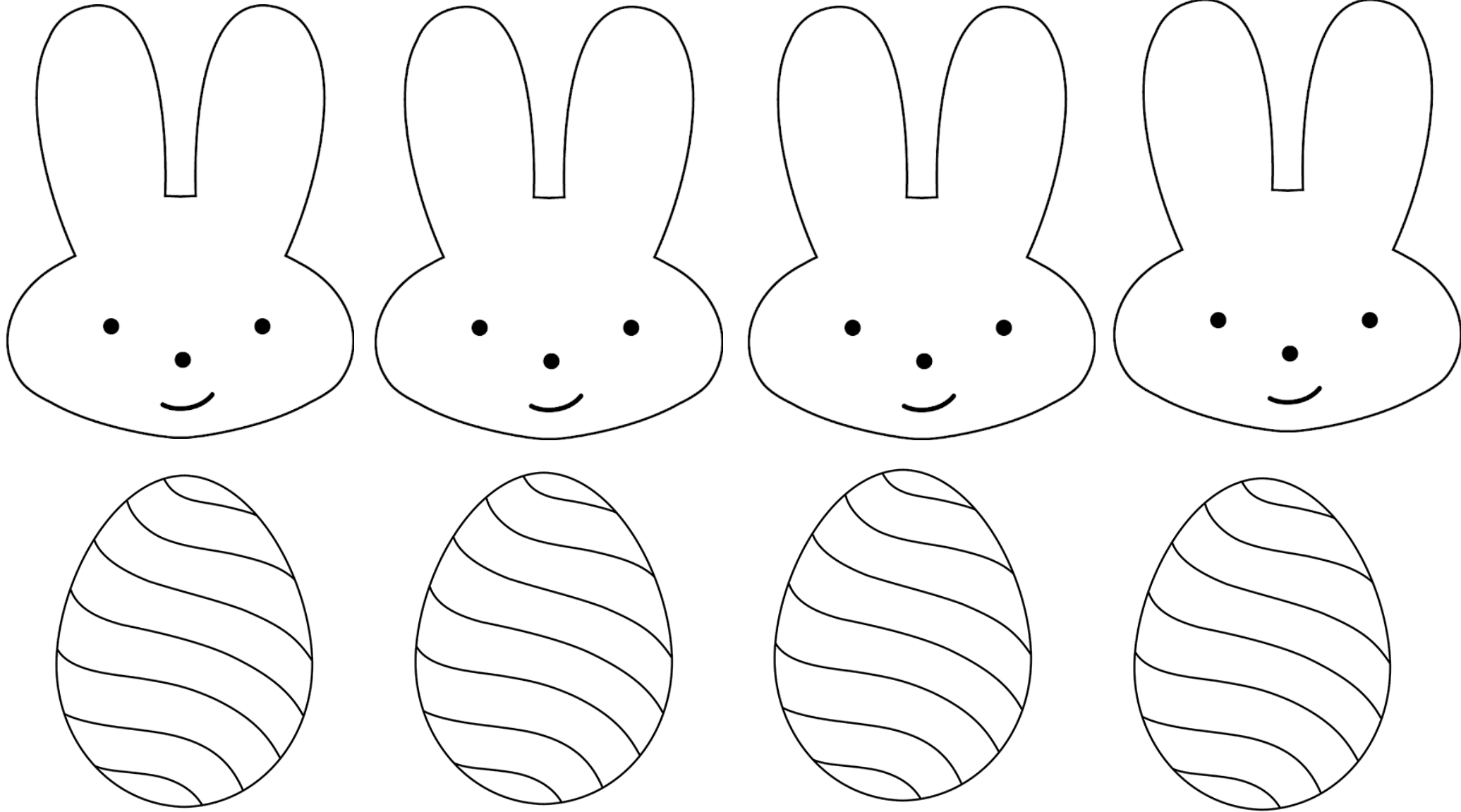


Front support (hold)

Shoulders over hands, straight body



Colour in, cut out and peg out



FINE MOTOR SKILL ACTIVITY: After colouring and cutting out the bunnies and eggs, peg them onto a piece of string

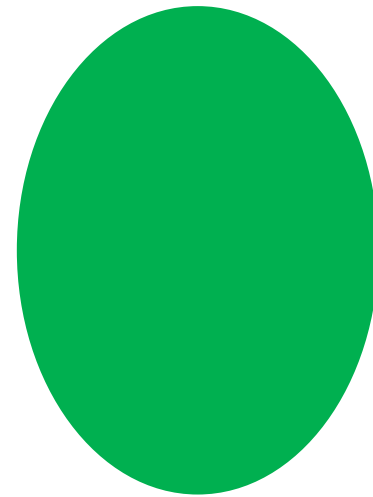
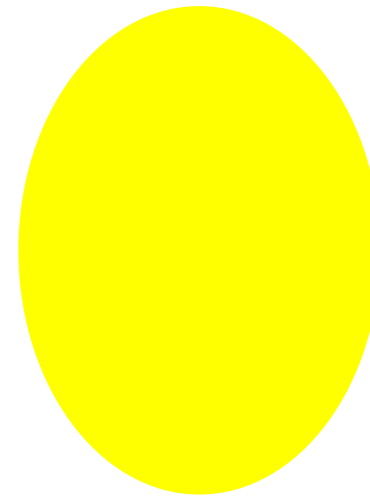
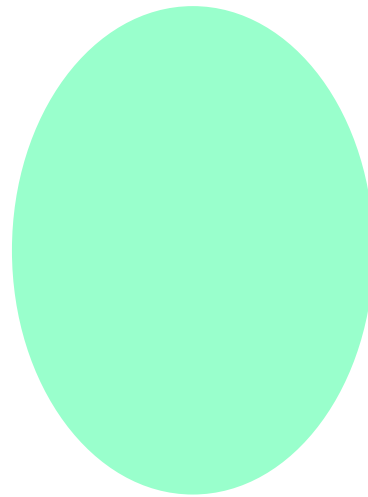
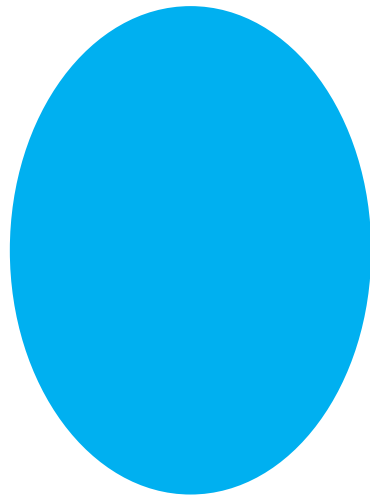
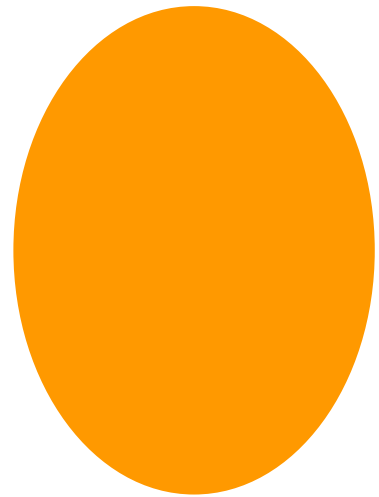
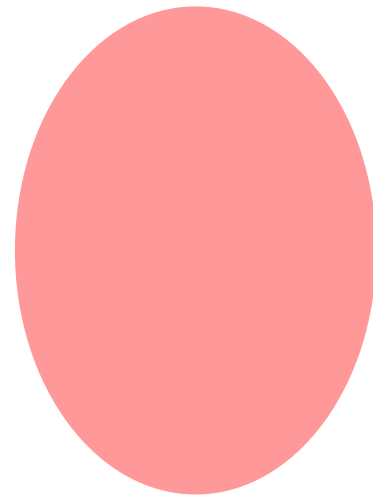
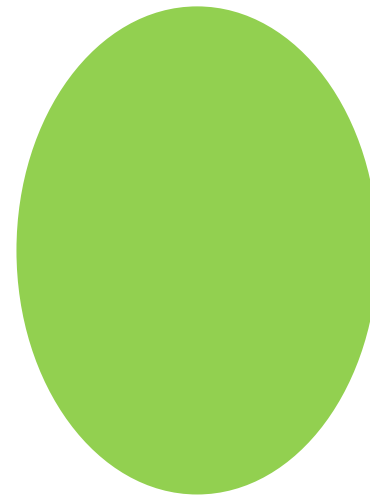
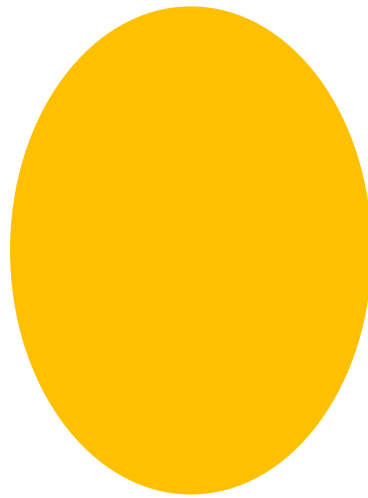
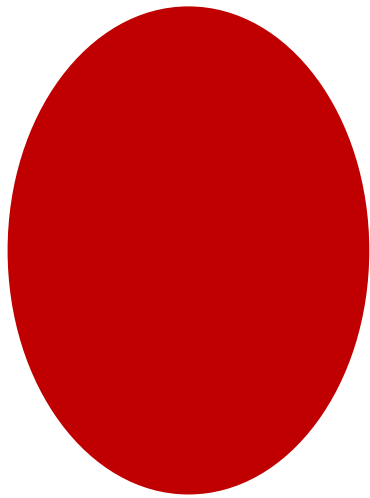
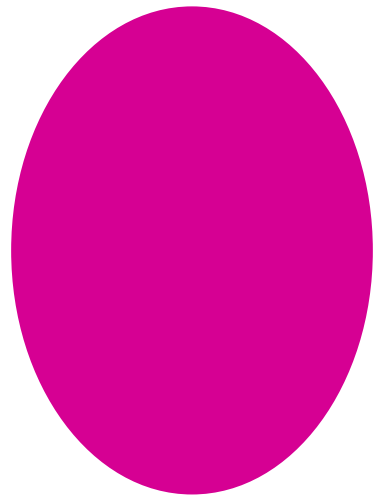
Cut out, hide, find and spell

EASTER

e a s t e r

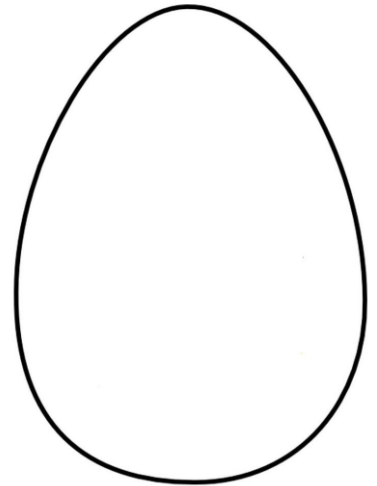
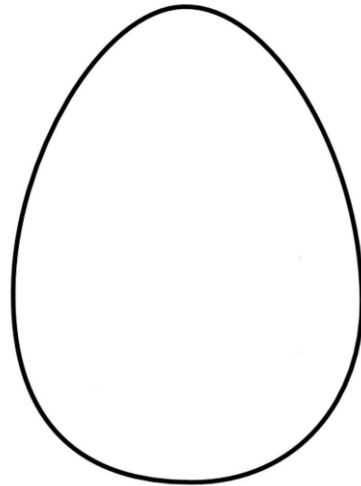
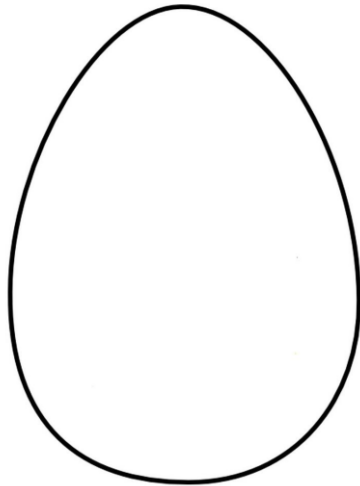
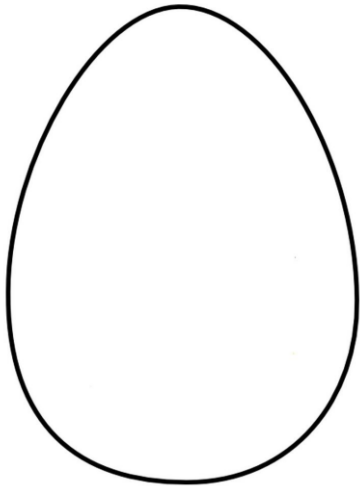
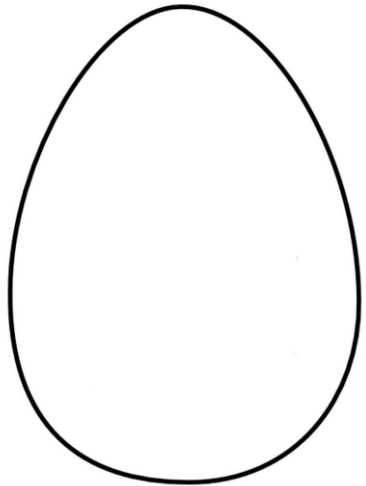
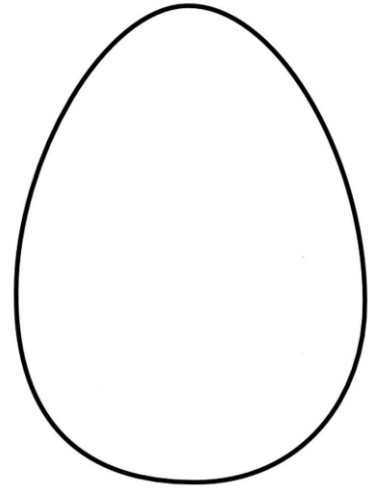
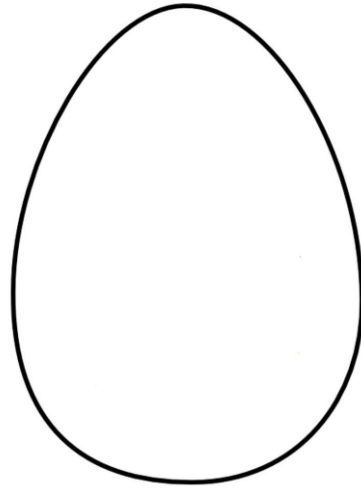
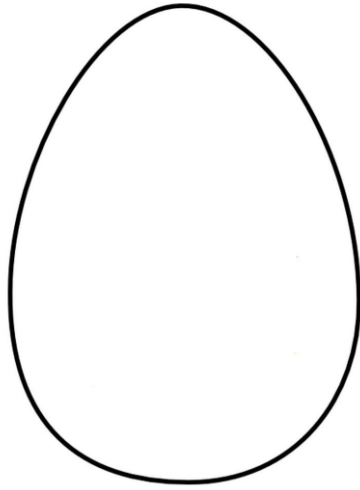
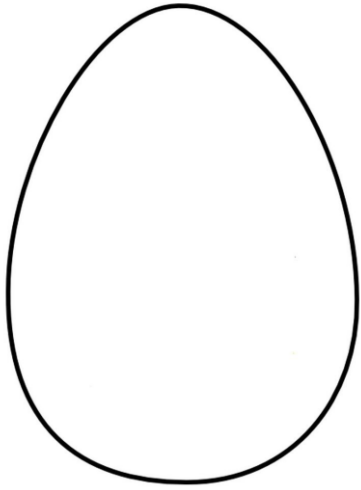
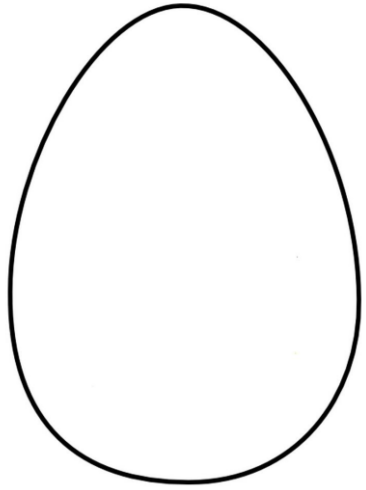
EDUCATIONAL ACTIVITY: Cut out the letters, hide them, find them and put the letters in the correct order to spell **EASTER**

Cut out, hide and find



EASTER EGG HUNT: After cutting out the eggs hide them in the home or the garden for the children OR grown-ups to find

Colour in, cut out, hide and find



EASTER EGG HUNT: After colouring and cutting out the eggs hide them in the garden or house for the children or grown-ups to find

Colouring Activity

