

HOME-NASTICS - Info

Minibeasts



Welcome to our fifth HOME-NASTICS activities.

We hope you have enjoyed the other ones so far. 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!

Within this document there are YouTube links. Click on the  YouTube icon and join me in 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 and hole punch
- String or pipe cleaner
- Dressing gown belts, skipping ropes or similar
- A wall or the end of a sofa

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

- Make a caterpillar out of egg cartons and pipe cleaners
- Make a butterfly using the inner tube of a toilet roll



HOME-NASTICS - Info



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

The screenshot shows a YouTube video player interface. The video is titled "TGC HOME NASTICS Minibeasts Pulse raiser" and is 4:01 minutes long. The video shows a woman in a yellow shirt waving. The browser's address bar shows the URL "youtube.com/watch?v=mjJbAxlmgAQ". The top left corner of the video player has a red circle and an arrow pointing to the back arrow icon. A text box with the text "Click here to return to your document" is overlaid on the video player. The right side of the page shows a list of recommended videos, including "Basic Education and Higher Education briefs media", "TGC HOME-NASTICS Minibeasts Balance Activity", "Inside the mind of a master procrastinator | Tim Urban", "TGC HOME-NASTICS Minibeasts Stretching", "How I Learned Morse Code in 2.5hrs (AND YOU CAN LEARN ...)", and "10 Amazing Experiments with Water".

HOME-NASTICS



Pulse Raiser

What minibeasts might you find in the garden?

Ants - marching around

Worms - slithering along the floor

Butterflies - on tip toes, flapping arms

Grass fleas - jumping

(Pictures provided in resources)



Stretching/Mobility

Head/neck - following a buzzy bee with your nose. **Arms & shoulders** - pretend to be the bee and buzz around flapping your arms. **Hips** - in butterfly sit, gently "flap wings" knees up and down. **Legs** - large steps "lunges" like a daddy long legs. **Back** - from lying on your front, roll over to curl up small like a woodlouse. **Hands/Wrist** - interlock fingers and move them up and down like a wiggly worm.



Hi - our theme this week is all about "Minibeasts!" Perhaps you can find a garden or park to go and explore in and see how many minibeasts you can find. Grown-up supervision is recommended for these activities and feel free to use your own ideas too! Have Fun!



Body Prep/Conditioning

Pretend to be different minibeasts

- Stick insect - hold front support
- Dragonfly - arch shape
- Grasshopper - bunny hops
- Caterpillar - walk hands away from your feet, then move feet to meet your hands (Pictures provided in resources)



Fine Motor Skills

Caterpillar eating a leaf

Either use the resources provided or use a real leaf. Hole punch a few holes and then use some string to thread through the leaf. (See pictures in resources)

If you don't have a printer then either make your own leaves from card around the home, or use real leaves.



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

Climb out of the spider's web!

Make a spiders web using dressing gown belts, skipping ropes, string or anything similar.

1. Using feet only, step over the spiders web without touching it
2. Using hands and feet see if you can work your way around the web also without touching it



Can a stick insect change its colour?

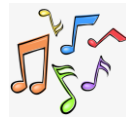
Yes! It likes to match its surroundings

How do grasshoppers and crickets make their sound?

By rubbing their back legs together

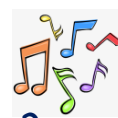
Sort the minibeasts into which ones can fly and which ones cannot

Use the resources provided



Action Song

Click on the words and join in with the actions?



YouTube **Incey Wincey Spider**

Coaching points! When doing your front support shape, remember to have your hands flat on the floor, your arms locked, with your shoulders over your hands and your hips and bottom not too high.

Well done for trying so hard.



Coordination

Pretend to be a minibeast crawling up the wall

Place your hands on the floor and carefully walk your feet up the wall. **SAFETY:** Make sure the hands are not too close to the wall and avoid taking the feet too high.



If no wall is available then use the side of the sofa. Grown-up supervision is required.



Rebound/Jumping

Using the spider's web from the balancing activity see if you can jump in and out of the web.

1. Pretend to be a tiny flea and practise small little jumps
2. Pretend to be a grasshopper and practise large jumps



Cool Down

Use the cool down rhyme provided in the resources for the actions

Flea - small rebound jumps; **Bee** - flapping wings; **Butterfly** - butterfly sit moving knees up and down

Centipede - walking fingers down legs in pike; **Another insect of your choice** - sit in straddle and walk fingers around the inside of the legs.



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 an ant

Head up, knees up and swing arms



Slithering like a worm

Lie on your tummy and wiggly along the floor



Fly like a butterfly

On tip toes and flap arms up and down



Jumping like a grass flea

Jumping



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



Front support (hold)

Shoulders over hands, straight body



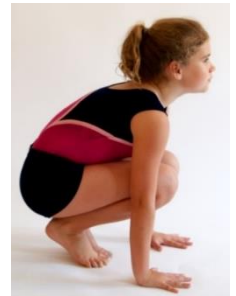
Arch shape

*Lift arms up in front first then take them to the sides
Legs together and straight (to make it easier, legs can be bent)*



Bunny hops

Flat hands on the floor, arms locked and shoulders over hands



Caterpillar walks

*Flat hands, hands move first, then feet,
try and keep legs as straight as possible*



Stick insect - Front support



Dragonfly - Arch



Grasshopper - Bunny hops

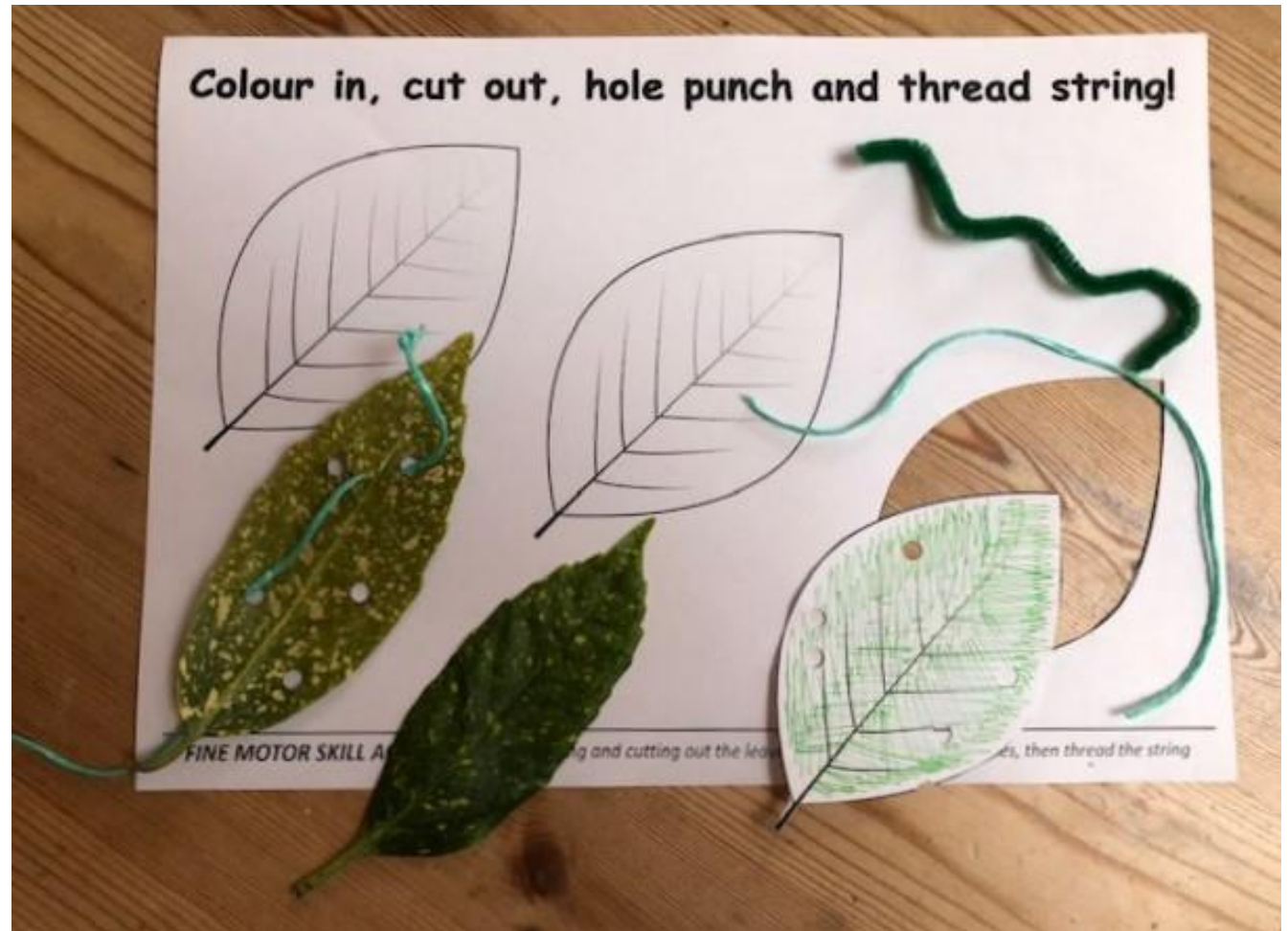


Caterpillar - squat and front support

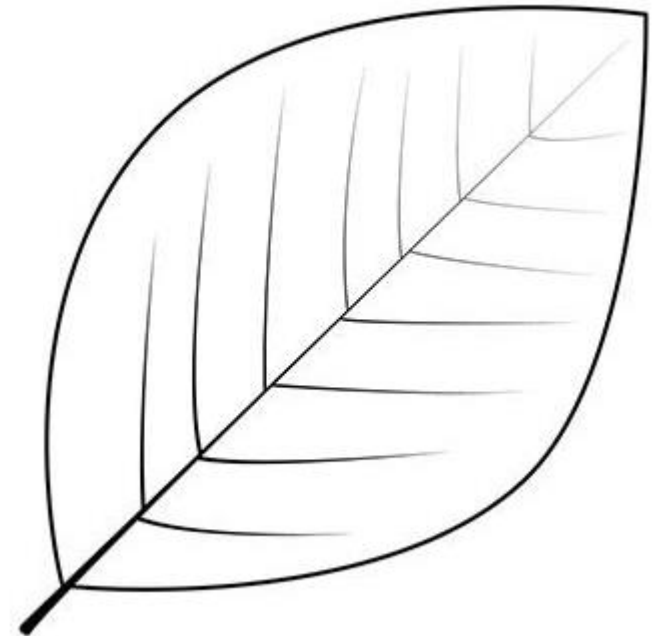
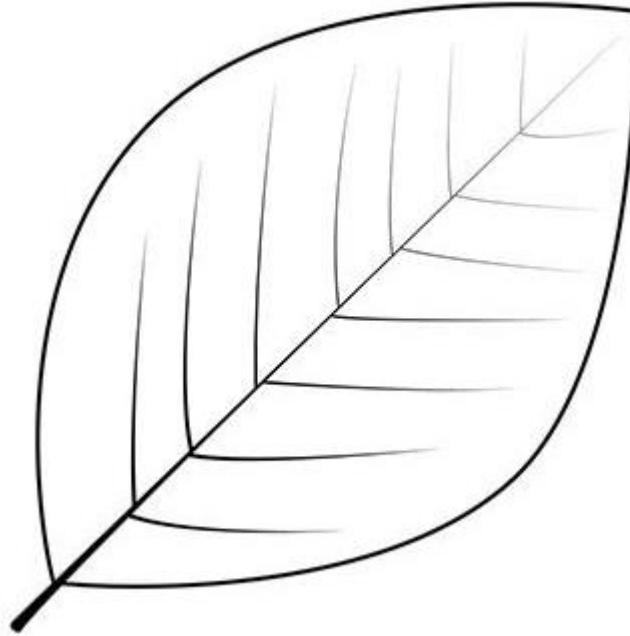
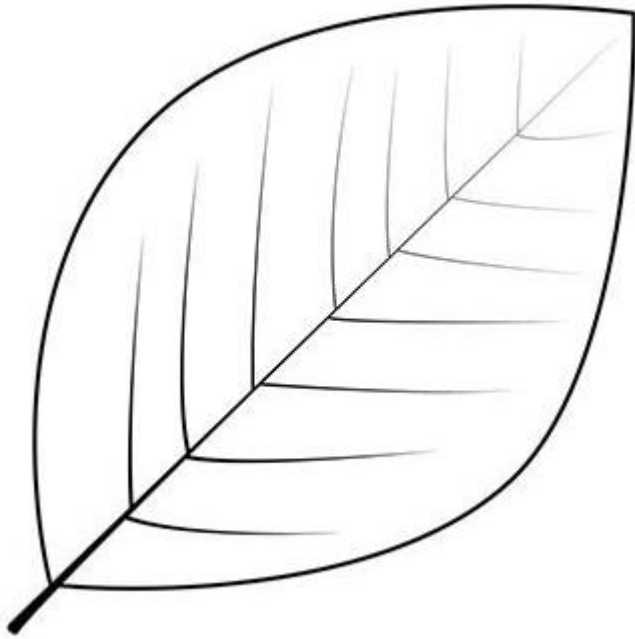
Caterpillar eating leaf

Grown-up supervision is required to make the holes in the leaves before threading the string or a pipe cleaner

If you don't have a printer then make your own leaves using card or paper from around the home or use real leaves

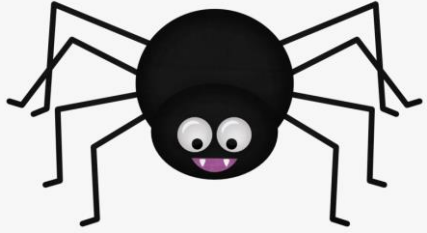


Colour in, cut out, hole punch and thread string!



FINE MOTOR SKILL ACTIVITY: After colouring and cutting out the leaves, hole punch with a few holes, then thread the string

Cut out the minibeasts, then sort them into which ones can fly and which ones can't fly



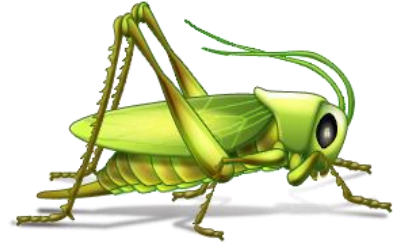
spider



daddy long legs



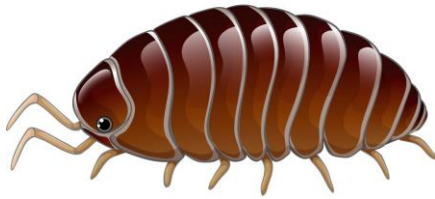
ladybird



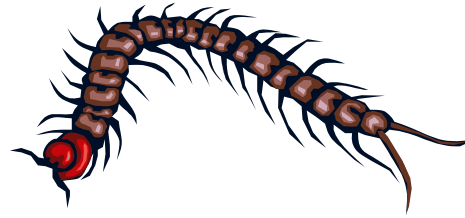
grasshopper



wasp



woodlouse



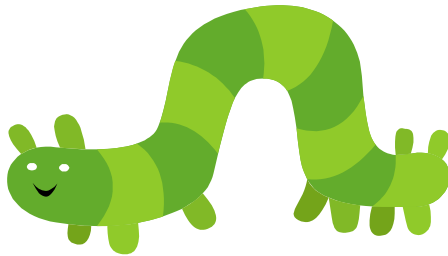
centipede



butterfly



beetle



caterpillar



flea



bumble bee

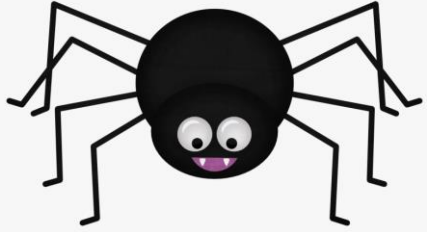
EDUCATIONAL: Cut along the lines to make individual pictures, then sort them into which minibeasts can fly and which ones cannot

Which minibeast can fly and
which ones cannot?

Can fly

Cannot fly

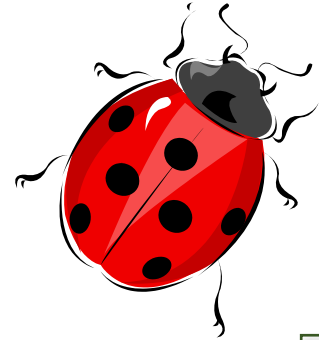
I spy a minibeast



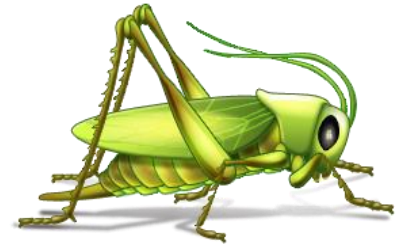
spider ☐



daddy long legs ☐



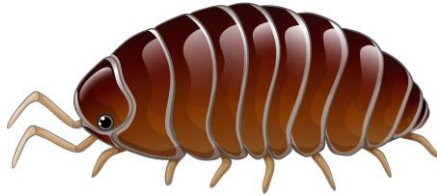
ladybird ☐



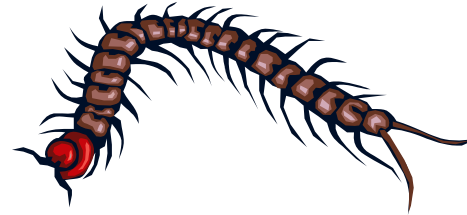
grasshopper ☐



wasp ☐



woodlouse ☐



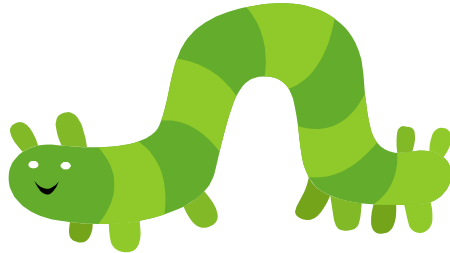
centipede ☐



butterfly ☐



beetle ☐



caterpillar ☐



flea ☐



bumble bee ☐

Cool down Youtube



Starting position-standing up

Quickly, quickly very quickly **jumps the tiny flea**
(jumping action on the spot)

Quickly, quickly very quickly he jumps right over me!
(turn head left to right and squat down)

Quickly, quickly very quickly **flies the bumble bee**
(elbows in and flap hands and make a buzzing sound)

Quickly, quickly very quickly he flies home in time for tea!
(rub tummy)



Sit down

(sit in butterfly and move knees up and down)

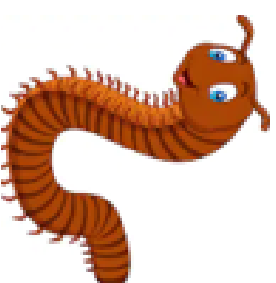
Gently, gently, very gently she flutters in the sky
(move arms over head)



Sit in Pike

Gently, gently very gently **crawls a centipede**
(in pike and walk fingers down legs)

Gently, gently very gently he crawls from weed to weed
(move hands from one side of the body to another)



Slowly, slowly very slowly **creeps the garden snail**
(in pike start at feet walk fingers up towards your tummy)

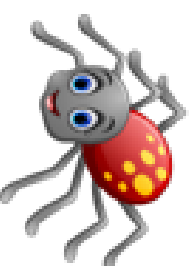


Slowly, slowly very slowly up the garden rail
(walk fingers all the way up the body)

Choose your own mini beast – sit in straddle

Slowly, slowly very slowly **round the flower bed**
(straddle sit and walk fingers in a circle in front)

Slowly, slowly very slowly crawl under the garden shed
(pretend to crawl under the shed and go to sleep)



Colouring Activity

