

HOME-NASTICS - Info



Welcome to our sixth 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 this  YouTube icon and join us in some of the activities.



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 vases!

Items you will need

- Toilet roll inner tube
- Tissues
- Dressing gown belt or similar to jump over
- Chair and/or wall

Additional Ideas

- Make your own indoor waterfall using food colouring
- Create your own "The world around us" globe using a paper plate and draw as many things as you can on it



45 mins session

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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

TGC HOME-NASTICS The world around us - Body Prep

8 views • 6 May 2020

Up next

TGC HOME-NASTICS Minibeasts Balance Activity
Tooting Gymnastics Club HOME-...
14 views • 6 days ago
New

Fix Fwd Head Posture
Back Intelligence
Recommended for you

The Day the Crayons Quit by Drew Daywalt
Andria Pagano
Recommended for you

7 DAY CHALLENGE 7 MINUTE WORKOUT TO LOSE BELLY FA...
Lucy Wyndham-Read
Recommended for you

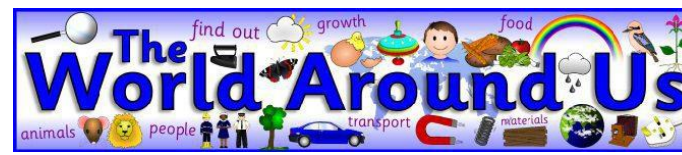
Makeup Mistakes to Avoid | Ali Andreea
Ali Andreea
Recommended for you

His Voice Is So Emotional That Even Simon Started to Cry!
Viral Feed
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Tooting Gymnastics Club HOME-NASTICS

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HOME-NASTICS



Pulse Raiser

Explore different landforms and what makes them

Earthquake - wobble your body whilst standing and sitting

Mountain - climbing action

Volcano - running action

Ocean - jumping and swimming action

(Pictures provided in resources)



Hi - our theme this week is all about "The world around us", in particular landforms. We talk about mountains, volcanos, an earthquake and rivers and oceans. Grown-up supervision is recommended for these activities and feel free to use your own ideas too!

Have Fun!



Body Prep/Conditioning

- **Mountain** - from front support push hips up into "downward dog"
- **Valley** - V-sit
- **Volcano** - squat and jump up to landing shape
- **Island** - tuck shape in different positions; sitting & lying (rocking)

(Pictures provided in resources)  YouTube

Stretching/Mobility

Head/neck - turn head from side to side to listen for earthquake. Arms & shoulders - circle arms out to the side.

Hips - circle hips, start small then bigger circles. Legs - sit in straddle and roll arms over each other. Legs together in pike and rock from side to side. Hands and knee position and rock from side to side.



Fine Motor Skills

Make a volcano and make it erupt

- Place the inner tube of a toilet roll on a flat surface on its end
- Rip a tissue into small pieces and using a finger and thumb action, pick up the pieces of tissue and carefully place them inside the tube
- Place both hands either side of the tube and clap hands together around the tube and watch the "volcano" erupt with lava!



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 up the mountain, balance on top and climb back down

- Balance on tip toes
- Put a flag on the mountain - balance on one foot
- Balance on your bottom on top of the mountain
- Balance on hands and feet



What is the name of the highest mountain in the world?

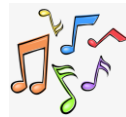
Mount Everest

What is the biggest animal in the world?

Blue Whale

What is the most active volcano in the world?

Kilauea volcano on Hawaii Island



Action Song

Click on the words and join in with the actions?



Row Row Row your boat

Rebound/Jumping

Jumping over water

- **Jump over a stream** - little jumps forwards, backwards and sideways
- **Jump over a river** - jump forwards using bigger jumps finish in landing shape
- **Jump over the waves in the sea** - even bigger jumps but with height - grown-ups to help make the waves by moving the belt up and down and sideways.

Use a dressing gown belt or similar

Coaching points! When jumping to landing remember to bend the knees and hold the landing shape. Try counting to "3" before standing up to stretch to finish. Keep your arms strong when you go upside down in your handstand. Well done for trying so hard.



Coordination

Don't fall down! (Handstand)

Place your hands on the floor and carefully walk your feet up the wall, open your legs wide to make a wide building. When you hear the earthquake, move from side to side by lifting one hand off the floor then the other. *Make sure the hands are not too close to the wall and to help balance have your feet wider apart. If no wall is available then use the side of the sofa or a chair. Grown-up supervision is required.*



Cool Down

Listen to some relaxing music

- Straddle sit - row your boat
- Pike - canoe down the river
- Stand up - sway like a tree
- Straddle stand/tick tock - like a bird
- Straddle sit - cross the river by reaching to opposite feet
- Lie down - curl up and go to sleep



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!

Mountain

Climbing action



Earthquake

Wobble your body whilst standing and sitting



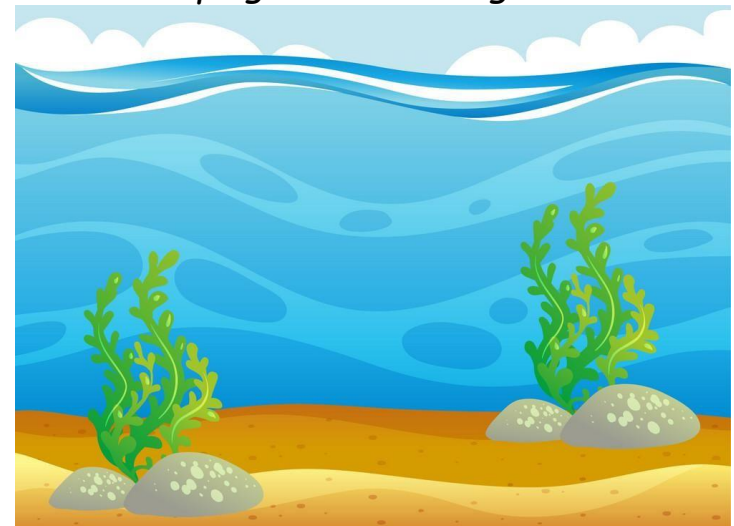
Volcano

Running action



Ocean

Jumping and swimming action



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



Front support

Shoulders over hands, straight body



Downward dog

Hips high, hands flat, heels on the floor



V-sit

Legs straight, use hands to support with fingers facing forwards



Squat and jump up to landing

*Squat shape with hands flat on the floor and on tip toes
Landing shape bend knees on landing with arms in front*



Tuck shape and rocking

Knees and feet together, feet close to bottom





Mountain - Front support



Valley - V-sit



Volcano - Squat and jump to landing



Island - Tuck

Make a volcano

You can use a toilet roll or kitchen roll inner tube.

Rip up the tissue and place carefully inside the tube.

DO NOT push the tissue down too much!

Place both hands either side of the tube and then give a big clap and watch the tissue "lava" erupt out of the volcano





Action Song

Start in a tuck shape

Row, row, row the boat gently down the stream
(rowing action in tuck)

If you see a crocodile don't forget to scream
(sit in pike and lift one leg up, then the other and scream)

Sit in pike

Row, row, row your boat gently down the river
(rowing action in pike)

Hurry up, don't be late, be home in time for dinner!
(open to straddle, waggle finger, tap wrist, rub tummy)

Sit in straddle

Row, row, row your boat gentle out to sea
(rowing action in straddle)

If you see a big blue whale, say "hello" from me!
(Big arm action and wave)

Colouring Activity

