

ACTIVE START

Newsletter for Coaches & Recreational Directors

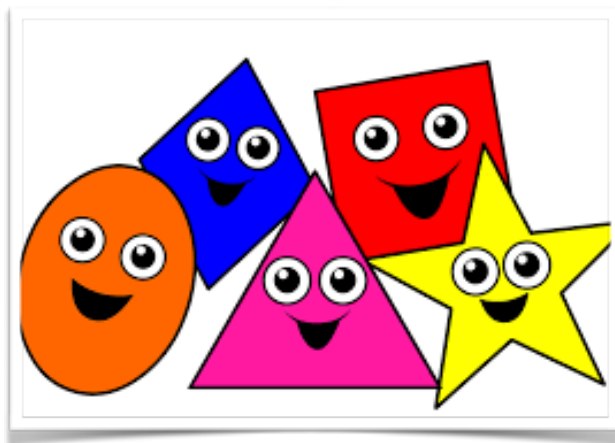
Learning the Terms

Physical Literacy is the development of fundamental movement skills and fundamental sport skills that permit a child to move confidently and with control, in a wide range of physical activity, rhythmic (dance) and sport situations. Physical literacy also includes the ability to "read" what is going on around them in an activity setting and react appropriately to those events. Gymnastics is a wonderful activity to help children become physically literate and learn fundamental movement skills on the ground and in the air. For full physical literacy children should also be exposed to activities in the water and on snow and ice. Help increase your Active Start participants physical literacy by having fun playing tag games with changes in direction, making body shapes and animal walks, play throwing games with soft objects (at a target, try with right and left hand), balancing games (on one foot, other body parts, across a beam or line), jump and make shapes in the air (how high can they jump, how far, across a "river", from one foot or two feet).

Circle Time Activity

Working Together: (click [HERE](#) for video)

Make shapes on the floor using ropes and be sure all the ropes are connecting to each other. Have the gymnasts hold hands and stand on the rope facing outward. The object of the activity is for the gymnasts to walk slowly on the rope shapes holding hands and moving together to the end of the rope pattern.



Shape Songs

THE ROLLING CIRCLE SONG

(Tune: "Have You Ever Seen a Lassie")

Have you ever seen a circle, a circle, a circle? (Have the group hold hands to form a circle)

Have you ever seen a circle, which goes round and round? (Have the group walk around in a circle)

It rolls this way and that way, and that way and this way. (Have the group lean one way and the other way and repeat)

Have you ever seen a circle, which goes round and round? (Have the group walk around in a circle then sit down)

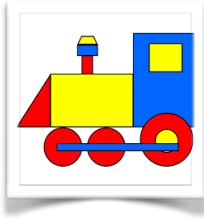
THIS IS A TRIANGLE

(Tune: "Row, Row, Row Your Boat")

(Place a triangle on the floor in front of each gymnast so they can use it to trace the corners and sides and count the corners.)

This, this is a triangle,
Look and you will see.

It has three corners and three sides.
Count them one, two, three!



Coaching Tips

In order to keep Active Start participants interested, coaches should make their stations repeat about three times and then young children will need to move on or rotate to a new station. An Active Start participants attention span is only 5-7 minutes before they are ready to do something new. If your schedule allows for about 10-15 minutes at an event area, then break it up into 3 different sequences of movement or activities.

10 Ways to Walk in a Line: (that aren't boring)

1. Fly like birds/butterflies
2. Like a train (but each gymnast is their own car)
3. Super secret ninja walk (stealthy & quiet)
4. Like you are made of jello
5. Like you are in peanut butter
6. Robot walks
7. On one tip toe and one heel
8. Penguin walk
9. Crawl like a puppies (Paw Patrol pups)
10. Tap toe, heel, toe on one foot then switch

Safety First

- Backward rolls should not be introduced too early when the child does not have the strength or the coordination to roll smoothly or time to push and take the weight of his/her neck. If the participant has problems with rolls, place your hands on either side of their hips and lift the hips and body over the participant's head to assist. This will help the participant experience the sensation of rotating. Also work on progressions for arm strength and rocking to pizza hands down an incline.

Shape Shifters

Version 1: Using coloured tape, or cut out coloured foam, or felt pieces make shapes on the gym floor. Spread them out at a reasonable distance for the gymnasts to jump from shape to shape. As they work their way through the shapes encourage them to shout out the names of the shapes. This activity could be added in as a way to get from one station to another station.

Version 2: Using coloured tape, or cut out coloured foam, or felt pieces make shapes on the gym floor. Spread them out around the gym floor at least 2 feet away from each other. Have the gymnasts do various locomotions around and over the shapes. Then call out the name of a shape, the gymnasts need to find the shape you called out and stand on it. You could also make it more challenging (depending on the age of the gymnasts) by having them do a balance on the shape. Tip: Make sure you set out enough of the same shapes for all the athletes or let them know that they will need to share.

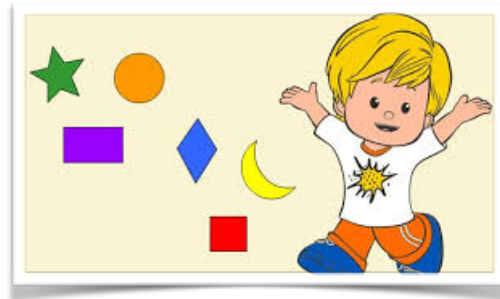
Trace that Shape

Make 4-5 shapes on the floor with tape. This activity could be used to get gymnasts from one station to the next. The shapes could be positioned all in a row or dispersed throughout the circuit. Have the gymnasts trace the shape with their hand, or foot, or with a toy car and name/describe the shape. While they are tracing the shape the gymnasts could use different body positions (crawling, bear walk, crab position, one foot balance).

Music Selection:

"Shape Song" on YouTube

"3-D Shapes Song" by The Singing Walrus (download from iTunes)



Resources: simpleplayideas.com; GF Active Start manual (GCG); canadiansportforlife.ca; flippingedu.com; stayathomeeducator.com