

# ACTIVE START

## Newsletter for Coaches & Recreational Directors

### Learning the Terms

**Psychosocial Development** refers to children's feelings about themselves, their confidence and ability to interact with people and manipulate the objects in their environment. Children learn through play. They use movement skills while playing to communicate with others, and in the pre-verbal stage, most learning takes place through action. Children aged 1 to 3-1/2 years play in a parallel style (play alongside each other, but not necessarily together). As they get older (4 to 5-1/2 years) children gradually associate more with each other and display a more cooperative play style but they also enjoy games and rhymes that require individual involvement.

### Circle Time Activity

**Robot Rap:** (click [HERE](#) for video)

What would you do if a robot came to tea?

Just look at me and a robot you will see.

Robots at attention. (Put arms at sides and stand up straight)

Robots let's begin.

[Right arm] (move arm up and down from elbow)

(repeat song while continuing to move right arm and adding body parts and movements)

[Right arm, Left arm]

[Right arm, Left arm, Right foot (march leg)]

[Right arm, Left arm, Right foot, Left foot]

[Right arm, Left arm, Right foot, Left foot, Head up, Head down]

[Right arm, Left arm, Right foot, Left foot, Head up, Head down, Turn around]

[Right arm, Left arm, Right foot, Left foot, Head up, Head down, Turn around, Sit down] song is finished



## Outer Space

### ZOOM! ZOOM! ZOOM!

Zoom, Zoom, Zoom

(rub hands together, back and forth while pointing them up in the air)

We're going to the moon.

Zoom, Zoom, Zoom

We're going to the moon.

If you want to take a trip,

(put one arm up with bent elbow and use 2 fingers on opposite hand to walk fingers up arm)

Climb aboard my rocket ship.

Zoom, Zoom, Zoom

We're going to the moon.

5, 4, 3, 2, 1 (hold fingers up and count down)

Blast off! (crouch down and jump up)

Click [HERE](#) for video



## Coaching Tips

- It is crucial that coaches position themselves so they can see every participant in their group at all times.
- When possible, position yourself so that there is a wall behind you (so that you are the most interesting thing in the gymnast's field of view).
- When you design a circuit for your lesson plan include a symbol which indicates where you should stand to have the best view of all the participants.
- If you know there will be one station that is more challenging than the others be sure to place it in a location that you can move over and help the gymnast and still be able to see all the other participants in your group.

## Safety

Emergency Action Plans should include the following:

- Designated charge person
- Location of a phone or cell phone available that is fully charged
- Emergency telephone numbers (facility manager, fire, police, ambulance)
- Medical profile for each gymnast, including parent contact numbers
- Directions for EMS to reach your site
- First-Aid kit accessible & stocked
- Designated call person (person who contacts medical authorities)

## Blast off Casts

Have the gymnast perform a front support on a low bar and ask them to cast while you count down 3-2-1-blast off! On blast off the gymnast should push away from the bar and land on the mat behind the bar. You could draw a planet on the mat for them to land on as they push off the bar.

## UFOs

Hula hoops make great UFOs for floor games, transitioning to a new station or for a gymnast to hold around their body while walking across a low beam.

## Space Gross Motor Dice

Download free print outs for space themed movement and speed dice. Take turns throwing the dice and acting out the movements. Click [HERE](#) for print out and click [HERE](#) for instructions. Credit for this activity to [www.3dinosaurs.com](http://www.3dinosaurs.com).

## The Solar System

Make planets using hoops, or cut planets out of foam or felt. Arrange planets in a row or in a circle. Have the gymnasts locomote from planet to planet using different locomotions such as jumping, giant steps, floating like astronauts, doing star jumps on planets, circling around the planets, etc. Click [HERE](#) for a song to play while doing this activity.

### Music Selection:

"Outer Space Rock" by Music, Movement, Magination (iTunes)

"Planet Placement Dance" by Mar. Harman (Music Makes it Memorable) (iTunes)

Resources: [happygymnastics.com](http://happygymnastics.com); Kara Thorpe; Lori Morphy; [3dinosaurs.com](http://3dinosaurs.com); NCCP GF Active Start manual, NCCP GF Theory manual

