**Pre-School Gymnastics**

**Sports specific Theory**

What is Pre-School Gymnastics and Movement all about?

* Body management (with or without apparatus)
* A safe environment
* With a qualified/trained coach
* A progressive achievable programme
* Equal opportunity: Race / Class / Gender / Ability

Pre-School Gymnastics stimulates development through activities that are:

**S**ocial

**P**hysical

**L**ingual

**I**ntellectual

**C**reative

**E**ducational

WITH a big helping of FUN!

This is the best way of building the 3 C’s in a child

Competence Confidence Concentration

|  |
| --- |
| The Developing Child: |
| Age Aspects   * At 2yrs the head is ¼ the size of the child’s body * There is no specific age to acquire a skill – a child needs to be physically ready * Reciprocal Action (crawling) – is important developmentally * Coaches must watch out for signs of fatigue * Young bones can be easily damaged by poor support techniques or stresses on the body (why you must support the long bones or waist)   Specific Pre-School Safety   * **Shoulders/elbows:** Hang no more than 10s; reach with straight arms; no ‘dislo’ hang * **Heads:** Watch for jarring of neck; protect during rolling * **Abdominals:** No double straight leg lifts * **Backs:** No bridges * **Knees:** Prevent children from kneeling down with feet out to side (W sit); be aware of star jumps off raised surfaces * **Do not use extra weights** * **Do not support joints**   They learn through watching and doing so…   * Repetition is necessary but must be varied * They must enjoy it or they will not join in * They must feel success or they will lose interest   (Struggle with auditory teaching styles so there MUST always be demonstrations) |

**How and Why Children Play**

PLAY IS…

* The main medium through which children learn
* Spontaneous and free
* Voluntary
* A basic need
* A natural exercise for body and mid
* A natural way of gathering information
* A way of acting out situations faced in the real world
* Both pleasurable and hard work
* Part of self-realisation and social integration

Characteristics Of Play:

* Freedom
* Imitation
* Repetition
* Seriousness
* Make-believe
* Satisfaction
* Exploration
* Fun
* Self-testing
* Experimentation
* Spontaneity

The Role Of Physical Play In Development:

* Responses alter as the child matures
* Helps with working out social interactions and integration
* Playing means practicing and refining basic skills
* Lays the foundations for cognitive development: refining physical skills; generating self esteem; risk taking and analysis developed

**Preschool Gymnastics Fundamental Skills**

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| --- | --- | --- | --- | --- |
| Crawling | Rolling | Walking | Sliding | Running |
| Hopping | Jumping | Coordination: Throwing | Coordination: Catching | Socialisation |

What Happens when play is deprived?

* Lack of muscle development
* Bodies not exercised to full capacity
* Physical attitudes and lifetime patterns under developed
* Poor evaluation od self
* Low self esteem
* Ability for social interaction harmed

**Pre-School Gymnastics Warm Ups**

* Should be lively – cardiovascular
* Allow time for child to practice before changing exercise (much slower reaction time than adults)
* There are no winners or losers – praise effort
* Use hand apparatus

Hand Apparatus in Pre-School Gymnastics

* Gains attention
* Increases manipulation skills
* Increases coordination
* Allows for repeating skills but in a new way – maintains interest.
* Allows a child to practice skills safely whilst waiting to go onto larger apparatus
* Increases balance and core stability
* Encourages correct posture and body shape
* Increases social skills (facilitates the idea of sharing and turn waiting)

Pre-School Gymnastics Cool Downs

* Generally slow and calming
* Can reinforce work e.g. colours or numbers
* Music brings humans together
* Initiates the idea of summarising
* Signifies the end of the session

Pre-School Gymnastics Sessions Content

|  |  |  |
| --- | --- | --- |
| Cool Down | Warm Up | Music, Rhyme and Rhythm |
| Social Interaction | 45min Class  1:8 Ratio | Hand Apparatus |
| Large Apparatus | Imaginative/Creative | Core Skills |

**Pre-School at Stellar Gymnastics**

* Classes are 45mins. There is a 15min introduction and warm up, then approx. 7 mins spent on each of the apparatus circuits (Beam, Bars, Floor and Vault), and the classes finishes with a 5 min cool down.
* We have classes for children and parents and around age 3 children are invited to come to the Independent Class based on their ability and readiness to work solely with the coaches. Parents stay on site during this class and are in charge of taking their children to the toilet.
* Each week we have a learning theme e.g. Super heroes, Pirates, Peppa Pig etc. This theme shapes the warm up and is referred to throughout the circuits.
* Each theme targets the key Pre-School Fundamental Gymnastics Skills mentioned above in a fun way.
* Each class finishes with the children getting a stamp or sticker to reward their effort.

*More Info: Sports Specific Resource Pack (See Hannah)*