Gymnastics
New South Wales

GranderGym

KINDER GYM
Gymnastics
New South Wales

Fitter for Life
Gymnastics

Lesson Plan

Warmup Activity

Hokey Pokey

Duration: 3 mins

- Bring Grander and Kinder together and explain what is going to happen.
- Have a practice run, before doing with the music.
- Grander will assist the Kinder and the Kinder will mirror what their Grander does.
- You can adjust the activity to suit the participants capacity e.g: if participants can't turn around, they can clap or roll their arms.
- At the end all hold hands and all come in together and then back and clap

Resources and References

- The Wiggles
- Slow paced Version with actions
- Upbeat version with actions
- seated version

Equipment Required

- Speaker
- Audio Device
- Room to move - open floor space

I'm a little Teapot

Duration: 3 mins

- Bring Grander and Kinder together and explain what is going to happen.
- Have a practice run, before doing with the music.
- Grander will assist the Kinder and the Kinder will mirror what their Grander does.
- You can adjust the activity to suit the participants capacity e.g: if participants can't bend to the side, they can ben forward instead or put two hands on hips and become a sugar bowl.

Resources and References

- I'm a little teapot lyrics
- Lyrics Video
- Action Video

Group Time Activity

1. Feeding Monsters

- Fine Motor for kids, Hand strength and Arthritis for Seniors
- Each Grander has a tennis ball with a split cut in it. You can add eyes to make it look like a face. When the Grander squeezes the ball with fingers the mouth opens and the Kinder can feed the monster small objects.

2. Musical Hoops

- Place hoops on the ground
- Grander and Kinder move around the in various locomotion eg walk, skip, doing the twist.
- When the music stops, find the nearest hoop and do matching statics ie stork stand.

3. Bean Bag Balance

- Make a circle and walk with a bean bag on your head, stop and balance on one leg.
- Then, walk again but this time with arms out and the bean bag balanced on the back of hand. Repeat on the other hand

4. Floating Scarf

- Grander scrunches the scarf using one hand only into a ball (good for arthritis) then throws up high for the Kinder to catch (Hand -eye)
- Then repeat with the opposite hand.

Equipment Required

1. 1x Tennis ball per pair with a slit in it, beads or a like to feed the monster.
2. 1 x hoop per pair, floor Space and music.
3. 1 x bean bag each, room to move around.
4. 1 x scarf per pair. can be done seated or standing

Circuit Activities

Balance

1. Side by Side

Place a flat pool noodle and a connector beam side by side.

- Walk along side by side together - Forward, backward, sideways
- can you balance on one foot?
- Can you pass a bean bag to each other as you walk

2. Foam Balance

Standing side by side using a piece of foam:

- Step on and balance with 2 feet for 3 seconds
- Step on and balance on 1 leg for 3 seconds
- using a chair, try and balance on 1 foot leaning forward arabesque style!

3. Beam Balance

Using cones and a straight line:

- Walk the line and touch the cones with your toes, try forwards and backwards.
- When achieved take the activity to a height using a soft or low beam or bench.
- Try stepping up onto the low beam and jumping off together.

4. Guided Balance

Using hoops and a straight line:

- With the child holding the hoop from the inside and adult holding the hoop on the outside, walk along the straight line or elevated surface. Swap over.
- Try waking side by side with one person on the floor and one one the elevated surface.
- swap over

5. Exercise Ball Balance

Using an exercise ball and a big box line:

- Adult sit on the box and assist the child to balance on their knees on the ball
- Then try standing on the ball assisted .
- Take the box away, hold the ball and assist child to stand, sit or kneel on the ball

Circuit Activities

Coordination

6. Co-oridination Kick

Tie 2 balloons to a bar

- holding onto the bar, kick the balloon.
- Try standing on own and kick the balloon.
- Sit on your bottom and kick the balloon with 2 feet or 1 at a time (like riding a bike)

7. Striking (hand & eye)

Using a bat and T-ball stand (or a box or beam)

- Athlete 1 Sticks the ball with the bat out to the other athletes to catch or gather

8 . Balloon chase (hand & eye)

Using a balloon and pool noodles

- Pass the balloon along the ground to one another, grand person can be sitting or standing
- Try striking the balloon whilst standing.
- This can also been done with a ball

9 . Ball Skills

Using a light ball

- Pass the ball using your feet to each other
- With grand person sitting, kick the ball under the legs, grand person to lift the legs
- Dribble the ball around your grand person
- Swap over
- Grand person sitting in a chair, grab the ball by your ankles and throw to your partner
- Tap one foot on the ball then try the other, try not to go off balance!

10. Rainbow Pathway

Using a variety or flat, raised and textured shapes in various Colours:

- Set up a pathway where Colours cross over to create a unique pathway.
- Pick a colour and follow it
- Use a chart with various colour charts to direct your pathway

Circuit Activities

Coordination

11. Rainbow Freeze Game
Using a Parachute

- Using various locomotion movements around the outside of the parachute, pick a colour and move to the colour wedge on the parachute.
- This can be done with grand person sitting in the middle or moving around the outside.

12. Cone touches
Using cones, chairs or box

- Touch one foot at a time to your cone
- Try 2 feet at a time
- Try with no hand support
- Try lifting leg to the side to tap

Crossing the Midline

13 . Toe Pincer
Using a beam, cone and pom poms

- Place pom poms in an upside down cone, using a beam for support, use your toes to pick the poms off the ground and place in the cone.
- Try the reverse, from cone to floor or add an addition object.

Spatial Awareness

14. Human Tunnel
Grander to make an angry cat or high front support

- Kinder to crawl under the Grander

Add your own

Cool Down Activities

All come together in a large circle – Kinder can lead the Grander by the hand. Grander to sit or kneel to come down to the Kinder's level for:

Hand Clapping

15 Awesome Hand Clapping Games with VIDEO

- Sit across from your clapping partner.
- Choose your handclapping rhyme.
- Begin by clapping your hands together at the same time, then reach out with your right hand to clap your partner's right hand.
- Next, clap your hands again.
- Now reach out with your left hand and clap your partner's left hand.
- Repeat.
- Clap on each beat of the rhyme.

1.Patty Cake Song
2.Double, Double
3.ABC
4.Miss Mary Mack
5.Miss Sussie
6.Say, Say , Oh Playmate
7.Long Legged Sailor
8. Apples on a stick
9. A Sailor Went to Sea
10. Lemonade Crunch Ice 11. Charlie Brown
12. Nobody Likes me

Equipment Required

- Speaker
- Audio Device
- Floor Space - Room to sit or stand opposite each other

Parachute

- Adults holding the edges/handles and as they lift the 'chute high (like a big wave), the children can run underneath and lie on the floor.
- The 'chute comes down and then immediately is raised up again, then repeated and on the second raising, the children scramble out.
- Repeat.

The adults breathe in as they raise the 'chute and out as they lower it – slowing heart rate. The children scramble in, lie still for two mushroom type lifts (if that is possible after al the excitement) then scramble out to be with their Grandie.

Equipment Required

- Parachute
- Audio Device & speaker with calm music
- Floor Space

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