



**Gymnastics**  
New South Wales

# 2012 Cookbook of Ideas

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*Favorite Things*

## FROGS, FROGS, FROGS!!

**Submitted by:** Honnie Coffee

**Club:** Kiama Gymnastics

### Warm Up

Da Glump -Playschool Favourites CD

Could use hand puppets, start down low Da Glump spring jump up high

### Guided Discovery

Lily Pads into circuit

Down low and stretch jump from lily pad to lily pad, add a low beam and (bunny hop) frog hop over log

To make – Cut out plastic/felt backed table clothes in shape of lily pads, it sticks great to gym flooring ( use for colours and any shapes your heart desires :)



### Cool Down

#### **Parachute being pond**

Use hand puppets and Mr Frog song (Playschool – Favourites CD)

#### **Frogs on pegs**

Laminated frogs glued onto pegs have bowl or tin and use 3 Speckled Frogs Song (Playschool – Favourites CD) drop pegs into bowl” keeeeerplunk” using pincer grip fine motor skills



## Dice Play

**Submitted by:** Honnie Coffee

**Club:** Kiama Gymnastics

### Dice Game

Use a box to make some large Dice.

Sides covered in primary colours which are on most parachutes.

Play Statues: when the music stops freeze on the colour the dice rolls.

For Older pre schoolers balance on body parts on that colour.

Other sides are reverse so you would dance around the parachute the other way and roll the dice again

**Music-** Hi 5 "It's a party"

**Also cover dice with:**

- Numbers
- Kindercrew characters
- Static positions

What do you do?







## How to make a Rhythem Stick

**Submitted by:** Christine Coleman

**Club:** Sutherland PCYC

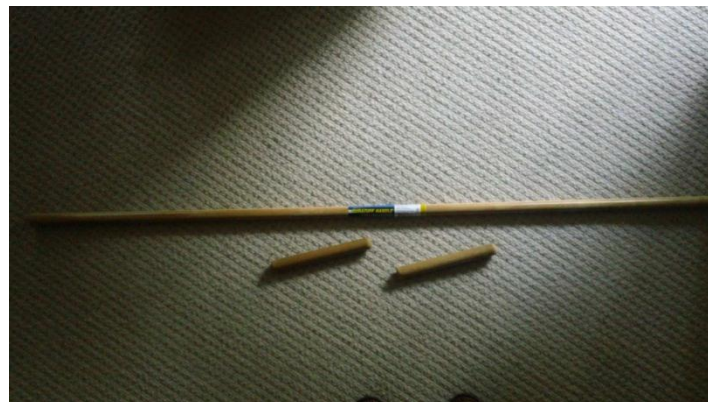
Buy some 20mm diameter wood dowel from a Hardware Store; the ideal is available from Bunning's in their broom aisle.

They sell a brand, OATES "Duratuff Handle" 1.35m x 22mm Lacquered.

It is a composite of wood inner and Bamboo outer and is therefore quite strong.

Best of all is the sound this composite makes; it is crisp and clear, like Aboriginal tapping sticks. The 1.35m Lengths cost \$6.00 - \$6.50 each and this yields six (6) Rhythm Sticks each 225mm long.

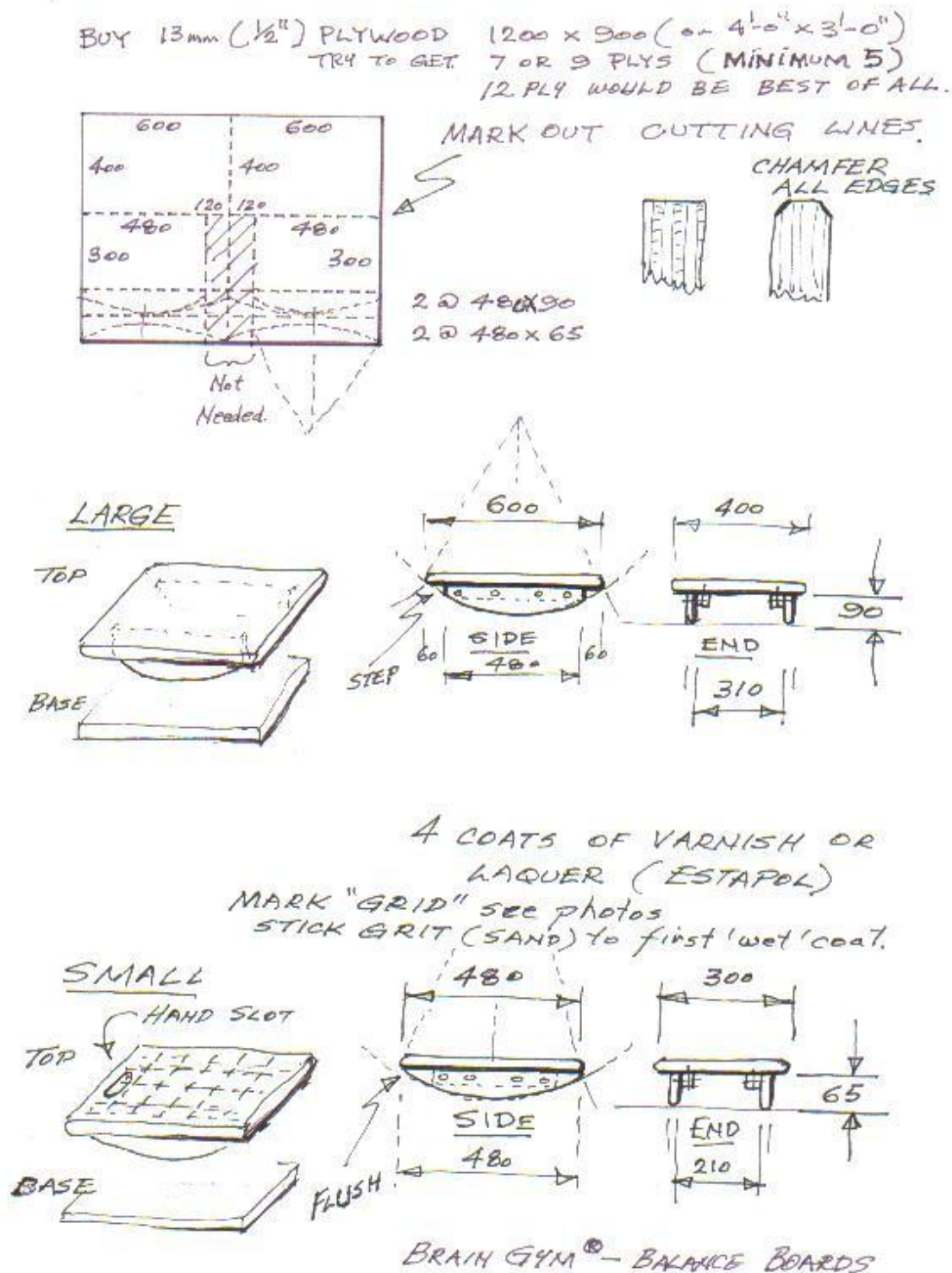
Ends need to be rounded with glasspaper, a Rasp (file) or an electric Grinder. The photos below show the idea



## How to make a Wobble Board

Submitted by: Christine Coleman

Club: Sutherland PCYC

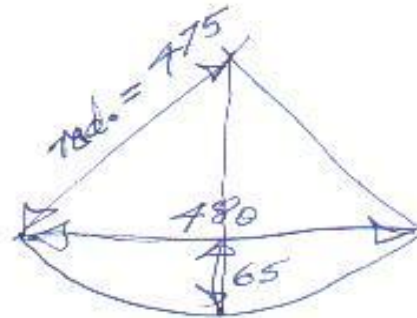


Date: 17, February, 2007  
Time: 12:19 PM

### ARC PROPERTY CALCULATIONS

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Chord,  $s = 480\text{mm}$   
Rise,  $b = 65\text{mm}$



#### **Calculated Geometry Properties:**

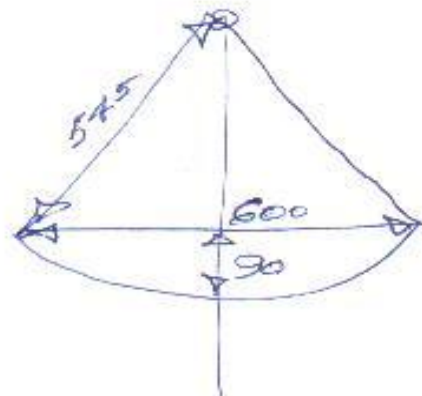
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Segment npo,  $A_{\text{seg}} = 21102.020\text{mm}^2$

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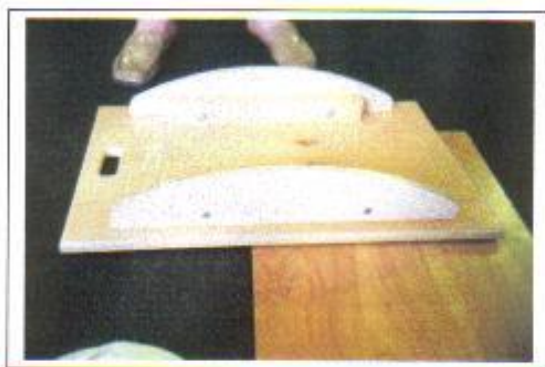


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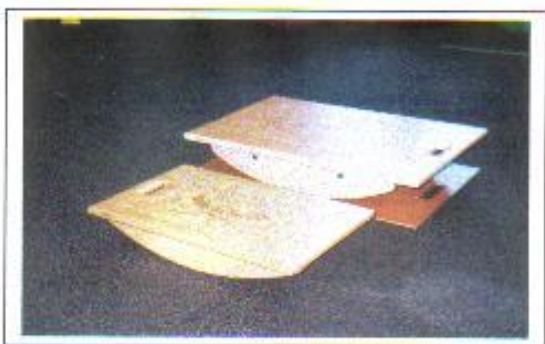
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Radius,  $r = 545.000\text{mm}$   
Sector ncpo,  $A_{\text{sec}} = 173139.900\text{mm}^2$   
Segment npo,  $A_{\text{seg}} = 36639.900\text{mm}^2$



## BRAIN GYM – Balance Boards and Base Boards



**Large Balance Board & Base, 600 x 400 x 108mm**  
with hand slot, 13mm Plywood, 4 coats of Lacquer.



**Both Balance Boards & Bases, have hand slot,**  
90 x 20mm.



**Small Balance Board & Base, 480 x 300 x 78mm**  
with hand slot, 13mm Plywood, 4 coats of Lacquer.



## Pandotime Concepts

**Submitted by:** Teresa Knight

**Club:** Pandotime

Some of the of concepts we use in kindergym programs.

**Balance** – the ability to maintain or in some cases, regain body position.

**Bilaterality** – using both sides of the body together in the same motion.

**Body awareness** - a child's awareness of their body with respect to the identification and movement of various bodily parts.

**Cross pattern** – movement of opposite arm and leg simultaneously.

**Depth perception** – the visual perception of the distance between an object and its observer.

**Directionality** - spatial awareness of up, down, front, back, sideways, etc.

**Eye-hand co-ordination** - the ability of the eye and hand to work together to produce a manual task.

**Fine motor** – the use of small muscles of the body particularly eyes and hands to do academic tasks.

**Fixation**- the eye's ability to focus on an object.

**Gross-motor** – the use of the large muscles of the body , particularly the arms and legs in co-ordination movement to accomplish certain motor skills.

**Kinesthetic** – internal neuro-muscular sense of recalling from past experiences where the body parts are and how to move them

**Laterality** – internal sense of one side of the body is different from the other particularly left and right concepts.

**Listening skills** – the ability to hear sounds and to interpret those sounds into a physical or motor action.

**Midline** – moving the eyes, hands, arms, feet or legs across the midline of the body without the use of other bodily parts such as the head, the trunk or the opposite limb.

**Spatial relationships** – one's position in space and the relationship of other people, objects in that space with respect to size, shape etc.

**Unilateral** – the unison movement of the arm and leg on one side of the body.

**Visual-motor co-ordination** – the combining of the body and visual processes into co-ordinated movement .





## African Theme

**Submitted by:** Teresa Knight

**Club:** Pandatime

### Song list

Track number	Song Title	Album Name	Artist	used for
3	Conga Line Conga	Super Dooper	Hooley Dooleys	Warm-up Dance with pom pom Dance with elastic Cord
14	African Safari	celebrate	Hi 5	warm up hand drumming Rain Makers
19	Music of the Earth	Celebrate	Hi 5	Group time Sticks moving grass on the savanna
20	Sawubona	It's a party	Hi 5	Group time shakers or rain sticks
15	elephant Trunk	Holiday	Hi 5	Group time children feed coloured poms to the elephants trunks
12	The circle of Life	the Lion King	Disney	Cool down Parachute activity
4	Akuna Mahatma	the Lion King	Disney	Hi 5 hands
11	I just can't wait to be King	The lion King	Disney	Group time tapping sticks
10	Tigers Roaring	The Afternoon	Monica's Tea Party	Group time children jumping through hoops
6	Snap Snap Mr. Crocodile	Let's go to the zoo	ABC	General play
7	happy Happy Hippo	Let's go to the zoo	ABC	General play
14	Jerry the Giraffe	Let's go to the zoo	ABC	General play
15	I'm a Zebra	Let's go to the zoo	ABC	General play
21	Spots, spots, spots	Hip Hip Hooray	Playschool ABC	General play
11	Leo the Lion	Bumping & Jumping	Bananas in Pajamas	General play



## Ball Feeder

**Submitted by:** Trish Yancey

**Club:** Pandatime



## Scooter Board

**Submitted by:** Sue Whitford

**Club:** Ulludulla Gymnastics



Use an old Skateboard, wrap in a towel and secure with Duct tape

## The Black Hole

**Submitted by:** Sarah Ratcliffe & Patrick Connell

**Club:** Oatley Gymnastics



1. Cut 3 strips of fabric
2. For the black hole use a hoop, sew around the outside and inside
3. Cut slits in the centre of the hole
4. To attach – sew elastic with touch tape on the ends so that if a child falls in the whole the fabric releases easy.

## Bean Bag Covers

**Submitted by:** Sarah Ratcliffe & Patrick Connell

**Club:** Oatley Gymnastics



Using glitter fabric, cut into long strips wide enough to fit a bean bag in it.

Fold in half and make a pillow slip to slide the bean bag in.

Sew the sides down.



## Find it at Bunning's

**Submitted by:** Sarah Ratcliffe & Patrick Connell

**Club:** Oatley Gymnastics



Jelly fish Frisbee

Flower swing

Rings swing

## Space Ship

**Submitted by:** sheryl Faulkner

**Club:** Gymtastic Kids

Use an old wooden disc shape swing

Wrap a Pool noodle around the outside using duct tape to make it safe.

Using a silver car sun shield, cut to create the space ship shape and use duct tape to seal it down



## Bee activity

**Submitted by:** sheryl Faulkner

**Club:** Gymtastic Kids

You will need:

- An oval plastic plate
- Clip art of a small bee and a flower
- 2 magnets (1 rounded edge)
- 2 laminate sheets

Method

1. Find a picture of a flower, a bee and add start and end on the word document, print it out.
2. Laminate the picture and stick it to the it to the plate
3. Cut out a single bee and laminate, tape the rounded edge magnet to the back of the bee.
4. Place small bee (with magnet) on the plate and take the larger magnet under the plate.
5. Using your skill, move the bee from start to finish.



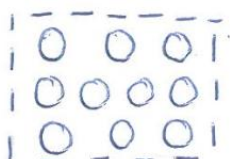
## Fun stuff!

**Submitted by:** Rachel Borrow

**Club:** Maitland PCYC

❖ Here are some of our children's favourite activities for circuit time.

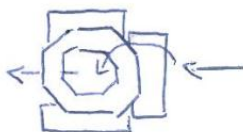
**Wobble mat** – We use a  $\frac{1}{2}$  crash mat, which is  $\frac{1}{2}$  the thickness and length of a regular crash mat. Then place about 10 basket balls spread out underneath (flat or soft balls don't work well). 1 child is recommended at a time.



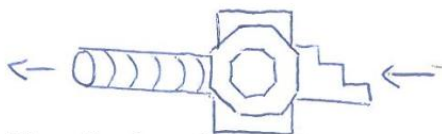
- Children can relax by laying on their tummy or back (great for littlies tummy time) while the mat is wobbled by a grown up.
- Children can be challenged by trying to stand on their feet and balance while it is wobbled.
- Strength, shapes and control can be enhanced by balancing in any of these positions while it is wobbled – tuck sit, egg, angry cat, L-sit, front support, back drop shape etc. this is recommended for the older kindergym children or junior gymnastics ( however there's no reason why this wouldn't be great for older children just harder to wobble.

**Donut cubby hole** cross patterning through crawling — I set this up 3 different ways.

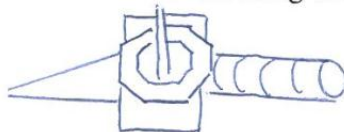
1. Low, children climb into then commando crawl out of . Use 3 small boxes to make a u shape and place the donut on top.



2. Higher, place the donut onto 2 spotting boxes, place a small soft box or wedge inside to soften the landing as it's quite high for littlies, have stairs/wedge leading up to donut and a tunnel at the exit. Children climb up the stairs jump into the donut and crawl out through the tunnel.



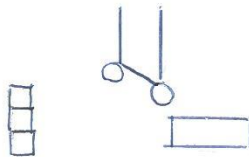
3. For the older ones. Place the donut balanced on 2 spotting boxes underneath a hanging rope so that it is inside the donut, have a tunnel at the entry and stairs or wedge at the exit. Children crawl through the tunnel into the cubby house then climb out using the rope and climb over and down the stairs/wedge.



**Trapeze tower** develop strength, timing and swing extension.

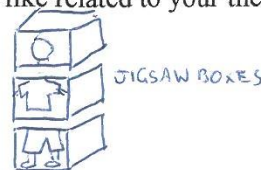
We have a trapeze that we purchased from bunnings that we attached to a bar. We then build a tower out of our foam blocks in front of the trapeze.





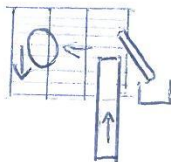
- Children swing on the trapeze from a box to knock over the tower with their feet, encourage the children to put the tower back together when finished, our blocks are covered in coloured materials so we can add in colour recognition ( can you kick the blue one eg. Or how about bottom, top or middle.

You can adjust this with a theme, for Christmas instead of blocks we stacked presents, you could make 3 jigsaw boxes of what ever picture you like related to your theme to put on there, which they then have to put back together when finished.



- For the older children start to develop the glide swing action, children starting from a box and glide swing their legs to catch a block with their feet, to further challenge, swing again to place the block back onto the tower.

**Posting** we have a plank leading up to our climbing wall bar and tie a tube to it leading into a bucket to post balls into.



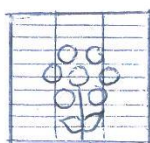
- The children carry a ball up the plank then post it into the tube to land in the bucket, you could post anything related to your theme. Then they could either walk/slide etc back down the plank or we encourage them to climb sideways across the bar to prevent a line up and keep the circuit flowing, try adding a hoop tied to the bar to climb through or another plank at the other end.

## A great way to use the grip pads from the grip ball game

Using several grip pads, attach the velcro part that your hand is supposed to go into around a rung on the climbing wall bar, place them at different heights all over the wall bar (not too high). Find or make something out of felt material that will stick to the grip pads ( we have some McDonalds teddies that do the job well, these stick better and are safer then the balls from the game).



- Children can hold onto the teddy and climb to stick it onto the grip pads.
- Have the teddies already stuck to the pads and the children have to rip them off and throw them down.
- Have the children standing on the ground and throw the teddy to land on a grip pad, for this activity have the grip pads closer together to make it more achievable.



## Fine Motor Action

**Submitted by:** Bernie Spedding

**Club:** Engadine Gymnastics



### Method

1. Cut out shapes/animals to suit the theme
2. Laminate and cut to size
3. Stick a self adhesive velcro dot to the laminated shape
4. Stick both to cardboard
5. One side will be stuck to the card board and one to the shape.

### Aim:

Climb the ladder and take the shape/object and stick it to one of the the sticky dots on the cardboard.