

Start Here, Go Anywhere!



**Fitter**   
**for Life**  
**Gymnastics**

## GRANDERGYM

Interactivity between Kindies and Grandies

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Gymnastics NSW acknowledges the expertise Frances Crampton in the development of this resource

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GNSW recommends that if information is needed for a specific matter, appropriate professional advice should be obtained that takes into account the particular set of circumstances.



## GRANDERGYM

### References:

Gymnastics Australia's -Fitter for Life Program Guide

Gymnastic Australia's Launchpad Kinder GymMix

[Inside Old People's Home for 4 Year Old's - ANMJ](#) (August 2019 on ABC)

[20 Fun Gym Games for Kids & Adults \[+Gymnastics Games\] \(icebreakerideas.com\)](#)

[Physical activity and exercise guidelines for all Australians | Australian Government](#)

[Department of Health](#)

[Fun Ways for Older Adults to Stay Physically Active | National Institute on Aging](#)

[\(nih.gov\)](#)

The synergies of physical activity for children under 5 (Kindies) and seniors over 60 (Grandies) are well documented – refer resources above. Both need stimulation, physical, social, emotional, and cognitive activity.

The gymnastics programs of KinderGym and Fitter for Life (Gentle Gym/Seniors exercise programs) are ideal to meet these needs.

Life is an inverted U – and the developing and ageing body have similar needs. **KinderGym coaches are well placed to conduct the Fitter for Life program. The physiological differences must be understood (e.g.: soft bones vs brittle bones)**

### Being active 1

All babies and young children benefit from a mix of physical activity, inactivity and sleep in each 24-hour period. Physical activity for young children mainly happens through unstructured, active play.

At that age, young children love moving around and exploring their world. The more active they are, the better, as it helps:

- achieve and maintain a healthy weight
- build strong bones and muscles
- improve balance, movement and coordination skills
- promote mental, emotional and social wellbeing
- promote better learning and thinking
- reduce injuries.

<sup>1</sup>  
excerpt from “exercise guidelines for all Australians”



## Start Here, Go Anywhere!

It is important that parents and carers support and encourage children to be active, to help them be healthier, happier, smarter and stronger. As young children grow and develop, they should work towards:

- spending more time in active play
- spending less time sitting
- getting enough sleep each day.

### Benefits of being active <sup>2</sup>

As you get older, it is important to do some form of physical activity every day.

What you do depends on your health and lifestyle. There are easy ways to [add activity to your day](#).

If you have health problems, it is a matter of finding what works for you. Talk to your doctor about what activity suits you. For example, if you have:

- heart problems, diabetes or asthma – you can start moderate walking or swimming
- arthritis – [you can try hydrotherapy or swimming in a warm pool](#)
- osteoporosis – you can try weight bearing and strength activities.

Read about [being active with a disability or chronic condition](#).

Just a slight increase in activity each day can ~~improve your health and wellbeing.~~

It can help:

- reduce the risk of health issues, like [high blood pressure](#), [high cholesterol](#), [type 2 diabetes](#), [bone and joint problems](#), [heart disease](#) and some [cancers](#)
- maintain a healthy weight
- reduce the risk of falls and injury
- give you more energy
- improve your sleep
- reduce stress and anxiety
- improve concentration
- improve your mental health.





## Start Here, Go Anywhere!

### Compare the benefits

#### KINDERGYM

Gross motor skill development  
Fine motor skill development  
Spatial awareness  
Vestibular system stimulation<sup>3</sup>  
Proprioception<sup>4</sup>  
Sensory Processing<sup>5</sup>  
Achieve and maintain a healthy weight  
Reduce injuries.  
Improve sleep  
Build strong bones and muscles  
Improve balance, movement & coordination  
Promote mental, emotional and social wellbeing  
Promote better learning and thinking  
Give you more energy Increases flexibility

#### FITTER for LIFE

Gross motor skill maintenance  
Fine motor skill maintenance  
Reduce stress and anxiety  
Increases aerobic fitness  
Increase joint mobility and function  
Decreases blood pressure  
Decreases excess weight  
Reduce the risk of falls and injury  
Improve sleep  
Improves muscular endurance and strength  
Improves posture, tone and balance  
Improve concentration & mental health  
Improves circulation  
Increases bone density, lowers cholesterol

### DMP's – Dominant Movement Patterns

#### *body management skills*

#### KINDERGYM

Statics  
Landing  
Spring  
Locomotion  
Rotation  
Swing

#### FITTER for LIFE

Balance  
Flexibility  
Agility/Coordination  
Mobility  
Spatial & body awareness  
Strength

<sup>3</sup>Vestibular stimulation is the input your body receives when you experience movement

<sup>4</sup> Proprioception is perception or awareness of the position and movement of the body

<sup>5</sup> Sensory processing describes the way the body receives and interprets incoming stimuli through our senses. Our sensory systems play a vital role in our ability to engage in the world around us. Each sensory system has its own unique role and together they inform our brain how to react and interact with our environment. This process helps us to maintain a sense of position, level of alertness in different surroundings and our ability to move.

Sensory Processing – or Integration as it is also known – is the effective registration (and accurate interpretation) of sensory input in the environment (including one's body). It is the way the brain receives, Organises and responds to sensory input in order to behave in a meaningful & consistent manner.



## Music

There is considerable research about the cognitive benefit of music to people's lives, particularly Kindies and Grandies.

[Music and movement: beneficial effects on the brain and physical activity \(technogym.com\)](http://technogym.com)

[Why Music and Movement Matter in Early Childhood | Petit Journey](#)

[The Benefits of Music for Elderly Adults \(griswoldhomecare.com\)](http://griswoldhomecare.com)

Music **encourages people to move, induces positive moods**, also increasing the excitement, the desire to **be active and do movement**.

Children love engaging with **music and movement in early childhood education**. It helps them express their feelings and emotions, learn to work in groups and develop their self-confidence and imagination.

Music for elderly people can help promote overall health and wellness while eliciting positive memories and reactions. An elderly person can benefit from music in the following ways:

- More exercise
  - o Increases coordination and mobility
  - o Provides motivation for walking, running, dancing, and stretching
- More social interaction
  - o Improves cognition and speech
  - o Encourages self-expression
  - o Increases self-esteem
  - o Dispels anxiety, tension, and fear
- Better overall health
  - o Reduces pain and recovery time
  - o Increases relaxation
  - o Allows a better night's sleep
  - o Enhances mood
- Improves memory
  - o Assists in memory recall
- o Provides a communicative structure
  - The KinderGym program encompasses adults assisting children in their learning experiences.
  - GranderGym seeks to encourage activity between Kindies and Grandies which will benefit both.
  - In many societies the grandparent becomes the primary carer in nurturing the grandchild's development and creativity.
  - GranderGym seeks to develop gym play between the kindie and grandie.

GranderGym Overview



## Benefits to the Club

- Programs can be run during club “down times”
- Employment for coaches
- Training and education opportunities for staff
- Membership growth
- Promote your club as a “Gymnastics for Life” entity
- Unique local/social media opportunities
- Funding opportunities
- Role models for younger members
- Community spirit is enhanced by a diversity of members
- Older adults bring local connections

- 1 Conduct a KinderGym class
- Conduct a Fitter for Life class
- 2 Conduct a GranderGym class

## Classes

The duration of the class can be determined by the age and capacity of the participants. Commence with 15 – 20 minutes at the end of a KinderGym class.

A series of short videos will be posted on the Gym NSW Fitter for Life Facebook page. This closed FB group is open to anyone who has done a Fitter for Life workshop.

The lesson should have a warmup, circuit or group/partner exercise and a cool down.

Conduct classes to music. Consider sing along.

e.g.: warm up activity might be the “Hokey Pokey”

music with a beat will encourage synergy<sup>6</sup>

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<sup>6</sup>Synergy- The combined power of a group of things when they are working together that is greater than the power achieved by each working separately: *Team work at its best results in a synergy that can be very productive.*