



## TT Trampolining & Gymnastics Club

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# TotTastics - Baby & Pre-School Gymnastics & Movement

From research the World Health Organization estimated in 2010 that more than 42 million children under the age of 5 were overweight. Research in England specifically showed that 22.5% of pre-school children are overweight or obese. In light of this the Healthy Weight, Healthy Lives strategy is a cross-government initiative, which aims to make England the first major country to reverse the obesity epidemic. The pre-school period represents a critical time for interventions, which could prevent excess weight gain and its associated physical and psychological damage to health. Pre-schools, nurseries and other early years settings are therefore being placed at the forefront of strategies to address the problem.

As an established club for more than 8 years now, we offer **Baby Gymnastics** for babies after their 6-8 week check and **pre-school** sessions from walking and benefits include:

- ✚ Enhancing body and mind awareness
- ✚ Prevent future issues such as vertigo, claustrophobia etc
- ✚ Interaction both verbal and “body talk” between parents/carers and participants
- ✚ Encourage fine and gross motor skills inc developing and strengthening muscles
- ✚ Gaining mobility with gentle exercise
- ✚ Encourage manipulative skills with specially designed equipment and apparatus
- ✚ Encourage speech and communication using songs and rhymes
- ✚ Prepares the framework for all sports
- ✚ “A Joy and pleasure to all” including becoming part of a supporting network
- ✚ Suitable for mainstream and special needs, including premature babies
- ✚ Can support all 7 areas of the EYFS.



- Personal Social & Emotional Development
- Physical Development
- Communication & Language
- Literacy
- Mathematics
- Understanding the World
- Art & Design

We can offer tailored sessions to suit setting ages and abilities and arrive with our own mobile equipment. Sessions can be taken in a relatively small space if necessary. All coaches are CRB checked and sessions led by an age appropriate qualified coach. Regular sessions within your setting can be arranged or one off private bookings available, i.e. for a health week at additional cost to parents or for sponsored obstacle events etc. We can also do displays at open days and provide further information and advice to parents and a pathway through to competitive gymnastics if desired



Please contact Elise Filby, Head Coach for more details.

# What are the benefits of a gymnastics session?

Gymnastics and movement works on all areas of the EYFS to assist pre-school children to develop as a whole being through structured, fun activities. Extended participation in gymnastics or trampolining classes provides children with many physical, cognitive and psychological benefits. Skills children gain from participation in gymnastics or will continue benefiting them both immediately and continue throughout their lives.



## Personal, social and emotional benefits

- ✚ Interaction with other children and adults
- ✚ Learning to share and take turns
- ✚ Confidence and respect
- ✚ Managing feelings (i.e. elation, fun, trepidation or fear)
- ✚ Supporting and respecting difference in others

## Physical Benefits

- ✚ An increase in muscular strength, flexibility and endurance
- ✚ The ability to relax
- ✚ Correct body alignment while walking, standing, jumping etc.
- ✚ The knowledge of how to fall and roll safely
- ✚ Increased agility and coordination
- ✚ Develop fine motor skills

## Communication and Language

- ✚ Learning to pay attention, listen and take instruction
- ✚ Develops an understanding of environment and consequences
- ✚ Learning to communicate with others
- ✚ Developing a correct vocabulary
- ✚ Use music and songs to develop language and understanding

## Literacy

- ✚ Starts to develop phonics and sounds
- ✚ Read and re-create letters with materials including their bodies

## Mathematics

- ✚ Learns to recognize numbers and counting
- ✚ Cementing the foundation for adding and subtracting
- ✚ Learns about passing of time
- ✚ Explores shapes and colours, masses and measures
- ✚ Trust in one's own abilities: move from a world of "I can't" to "I can"

## Understanding the world

- ✚ Find out about how
- ✚ Problem solving
- ✚ Talk to different people and understanding differences
- ✚ Discuss their experiences within the session and stories from outside with others

## Art & Design

- ✚ Imaginative play and role play
- ✚ Creative learning through play and activities
- ✚ Using colour and sound to express themselves
- ✚ Building and creating activities using sports specific equipment and regular items

