



Name: Belinder Summers

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During the Commonwealth Games - the preschool children were invited by our local gymnastics club to take part in gymnastics. All the preschoolers were so excited to get started. When we arrived - the coach showed us all the different types of apparatuses used such as the vaults, balance beams and uneven bars. A few of the gymnasts that were there that day showed us how each piece of equipment is used. The Preschoolers were so excited that they wanted a turn as well! We were lucky enough that a fellow gymnast prepared a simple floor exercise routine that the preschools could follow. After all our stretching and warming up we learn a floor routine with ribbon sticks! We all had such a fantastic time!



Analysis Of Learning

Through this experience it is evident that the children take increasing responsibility for their own health and physical wellbeing. They engage in increasingly complex sensory motor skills and movement patterns and combine gross and fine motor movement and balance.

Linking To The Framework

EYLF Learning Outcome:

3.2

3.2.3

3.2.4

Practice - Holistic Approaches

