

Beginner Gymnastics & Tumbling

Ages 6–12 · 30–45 min · Small group

Learning intention

This experience supports children to develop body control and confidence, and to persist as they master new movements.

You'll need

- Tumbling mats
- Clear floor space
- An educator to supervise each child closely

How to do it

1. Lay mats across the floor for cushioning.
2. Demonstrate basic moves: forward roll, log roll, and balance poses.
3. Children practise one move at a time with an educator spotting them.
4. Finish with a simple sequence the children put together themselves.

Framework links

MTOP

- **3.2** Children and young people become strong in their physical learning and wellbeing
- **1.2** Children and young people develop their autonomy, interdependence, resilience and agency

NQS

- **2.2.1** Supervision - At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.

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