



Healthy Development

Increasingly, research indicates the importance of physical activity for children in the early years. Physical activity in a supportive environment helps a child learn how to maneuver their body and be creative while developing social skills and self-esteem. Being active also enhances healthy development by:

- Building strong bones
- Strengthening muscles and the heart
- Managing healthy weight (with healthy eating)
- Improving coordination and balance

Helping a child in the early years be physically active throughout the day increases the likelihood of being active as they age. Such healthy behaviour reduces the risk of developing chronic diseases such as type-2 diabetes.

While unstructured active play is necessary, the **Tumblebugs** program offers an option for guided activity with learning outcomes. These activities strengthen the range of foundational motor skills that children need to enhance daily living and participate in play, recreation and sport.

Contact Us:

To learn more about **Tumblebugs** and to locate a workshop near you:



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*Gymnastics Nova Scotia
acknowledges the support of:*

Active Kids,
Healthy Kids



Local Information:



**Fun and
safe Basic
Movement
Activities
for Children
in their
Early Years**



“The children are joyful when the Tumblebugs bag comes out!”

Early childhood educator

Joy of Movement

Tumblebugs is an introductory program for basic movement and modified gymnastics that is fun, safe and appropriate for 3½ to 5 year-old children in early childhood settings.

Tumblebugs teaches fundamental movement skills that support healthy growth and development, and improves physical literacy.

Tumblebugs includes a half-day of instruction, adaptable activity plans, basic equipment and mentoring.

It Happens Here!

Tumblebugs was developed purposely for educators and leaders from early childhood settings and programs. Practitioners like you have been trained and use the program in child care centres, pre-primary programs, family resource centres, municipal recreation programs, and sport or recreation clubs. You do not need previous training in fitness, physical education, sport or coaching.

Becoming a Leader

The **Tumblebugs** program is fun, safe, inclusive and developmentally appropriate for young children. The consistent and progressive activity plans include both active and quiet segments with directed and exploratory learning.

Tumblebugs was developed and assessed over several years in Nova Scotia. Qualified trainers are experienced with basic movement activities for young children. In a workshop you will learn how to:

- Ensure safety and reduce risk
- Set-up space and use equipment
- Demonstrate and safely teach all movements
- Lead the activities
- Understand how to flexibly use activity plans
- Keep it playful and fun

“Since I’ve lead movement activities and allowed more free time for active play, the children behave better throughout the day.”

Early childhood educator

Tumblebugs Near You

You can participate in a **Tumblebugs** workshop in your area. Training is offered through authorized organizations and some early childhood education training institutions. For details, contact Gymnastics Nova Scotia (see back of brochure).

An affordable program fee includes the workshop, workbook and the activity plan book. A specially assembled bag of equipment is reasonably priced.

“The children are now incorporating what they learn from Tumblebugs into their free play.”

Early childhood educator

