



Developing  
**Mind, Body & Character!**

A children's physical development programme developed by dedicated specialists who have worked with pre-school children since 1986.



# ALL ABOUT



**GymKidz** is a physical development programme for children from as young as **9 months to 9 years old**. We develop children in **MIND, BODY and CHARACTER** so it is not just solely about physical development and motor skills development per se, but also looking at **Social Emotional Learning** and **Character Education**.

This programme was lovingly developed by dedicated specialists with more than 30 years of experience in pre-school physical development programmes. **GymKidz** has been in Singapore for **10 years** and we believe in the benefits that this programme brings to children from all races, nationalities and backgrounds. **GymKidz** is specifically designed to help successfully meet the **Physical, Intellectual, Emotional** and **Social (P.I.E.S.)** needs and aspirations of pre-school children.

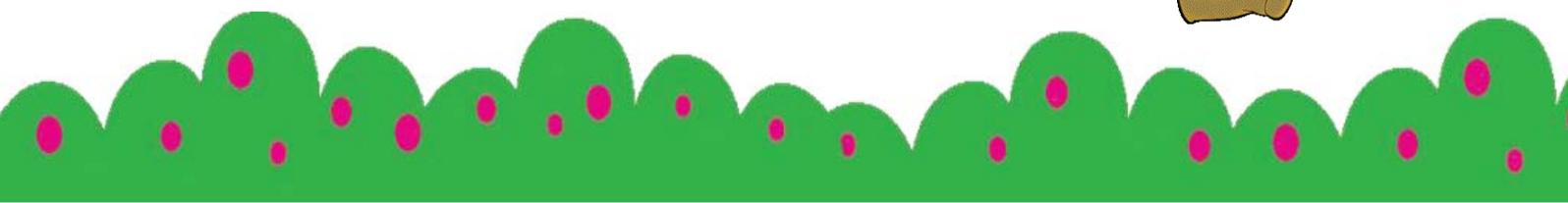


**GymKidz** aims to equip all children in their journey of exploring and interacting with the world around them by enhancing positive personality traits of:

- **Self-Confidence**
- **Self-Discipline**
- **Self-Awareness**
- **Self-Esteem**

**GymKidz** provides an environment of quality activities which offer opportunities for children to use their mind, strength and energy in a positive and purposeful way. We have **more than 60 different types** of purposefully designed equipment numbering **more than 200 pieces** used to develop the following skills in children:

- **AXIAL**
- **LOCOMOTOR**
- **BALANCE**
- **COORDINATION**
- **MANIPULATIVE**
- **POSTURAL**
- **STRENGTH**





# AGE GROUPS

- **Infants** — Early developmental exercises are introduced for strengthening of babies' lower, middle and upper bodies necessary for sitting, standing and walking. Baby massages are infused to improve babies' blood circulation as well as activities to encourage early language development. Then it's off to the gym for other locomotive, balance, postural, strength and coordination activities.
- **Walking to 2 years old** — Being able to walk now opens up a whole new world to the toddlers. They are ready to explore and discover everything they see, touch and even taste. They begin to learn from their mistakes when they make choices and decisions whilst tackling the various exciting equipment laid out in a circuit. This allows them to explore at their own pace yet in an orderly manner. Music plays an important role with early language development activities, encouraging the toddlers to make their first language attempts in communicating with others.
- **2 to 3 years old** — Structured play is now introduced to the young children to promote Self-Discipline. They now learn to work in small groups called "trains" as they tackle the various tasks set out for them at the Axial, Locomotor and Coordination gym stations. Getting into trains allows the children to listen, respond to instructions and take turns whilst activities at the various gym stations develop their motor skills.
- **3 to 4 years old** — Independence is now the key word in this programme. Children are encouraged to recall and make decisions as they tackle tasks set out for them at the various gym stations under the close supervision of **GymKidz** staff. This helps the children in memory recall, analytical and critical thinking and deciding between what is safe and unsafe.
- **4 to 5 years old** — The children are now ready to work and function as a team as they tackle the different activities such as team games, team exercises and the more challenging tasks set out by **GymKidz** staff. This not only enhances their Self-Confidence, Self-Awareness, Self-Discipline and Self-Esteem, it also helps them to learn to be part of a team. Team activities help children to understand that a team can achieve more than an individual, learn to accept that everyone has their strengths and weaknesses and the importance of caring and supporting those who are not as able.
- **5 to 7 years old** — The older children are more than ready to function as a team under a child Team Leader as well as to tackle individual and team activities set out for them. Assuming the role of Team Leader helps to develop leadership qualities in the children whilst team relays help them to cope with failure and the determination to try again. This helps to instil a "Can Do" attitude in the children.

\*\*We also have programmes for children from 7—9 years old.





# can move!



## Circle time



Warm-up and stretching exercises: getting the muscles up & ready to move!



Activities that involve interaction with peers and adults such as games, exercises, & songs during circle time develop social skills as well as self-expression and self-confidence.

## music & movement



Action songs and rhymes are fun ways of learning rhythm; develop language skills & creative movement.

## Coordination

bean bags

hoops

balls

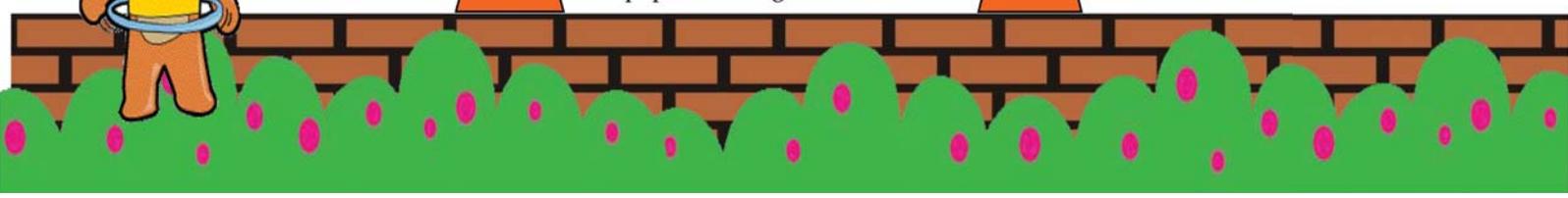
sticks

& more



Well-developed fine motor skills will help the child manipulate a variety of equipment using hands and feet.

Hand-eye coordination tasks take a lot of focus & concentration.





# in action!



Balancing on tummy while pulling body upwards strengthens shoulder and arm muscles.



Balancing on the shapes of the stepping stone plank develops eye-foot coordination.



Spreading arms on the side like aeroplane wings helps keep the balance.



Body coordination is the main key to achieve skills needed for climbing and balancing tasks.

Activities that strengthen muscles and enhance hand-eye & eye-foot coordination are essential for children as they face and carry out various everyday activities and tasks.



Penguin and Reverse lines are equipment that will not only enhance the child's balancing skills, but also prevents feet and legs from developing scissoring gait when children walk.

## Height exploration



Exploring different heights helps overcome fear. Judgment and perception are also enhanced with this activity.

## Climbing



Proper placement of feet and hands on rungs takes body coordination as well as using sense of touch for texture and sight for distance perception.

## Distance & height perception



The rounded shape of the rungs of each ladder helps develop the arch in the child's feet for better balance and coordination in walking running or climbing tasks.





# can roll!



## ...on Wedges

Rolls on wedges helps children become aware of what their bodies can do and how it can move and travel in various ways. Doing different variety of rolls is a good exercise in articulating and strengthening the spine.



Activities on barrels develop **KINESTHETIC AWARENESS**. It enhances fitness, strength and power as well as develops flexibility, mobility and grace. The child will be learning concepts of distance, direction and location as his body moves or positioned both in space and on the foams.



## ...on Barrels



Going in and out of tunnels puts upper and lower muscles into action as the child crawls and pulls self out of the small space. It also helps overcome fear of enclosed places.

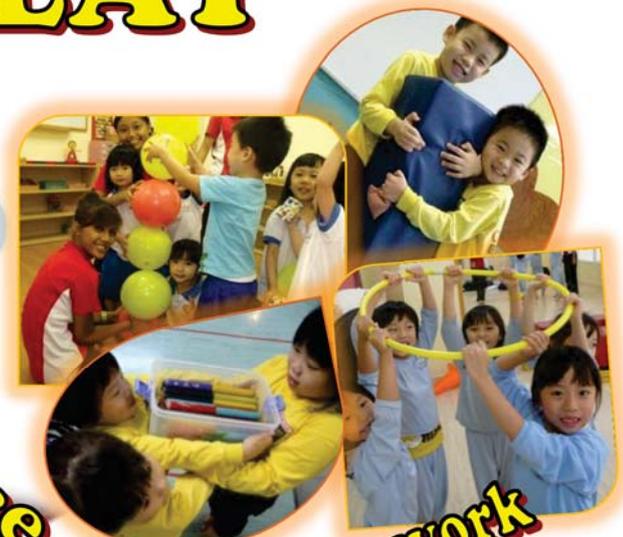
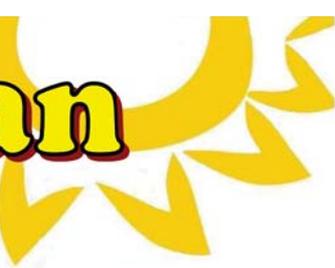
Handstands increases upper and lower muscle strength. It allows the child to properly and safely support natural human movements.

## ...in Tunnels





# More than PLAY



**Leadership**

**Confidence**

**Teamwork**

The GymKidz Programme is designed to build an environment that provides a positive stimulus, boosting up the child's social, emotional and even intellectual domains, in addition to the physical skills.

Because the child matters, GymKidz provide tasks & activities that enrich the child and hone him to be the best in MIND, BODY and CHARACTER.



**Friendship**



**Love**

# Programme Features



- **Full Programme** – This is a **weekly 45 minute to 1 hour session** of a complete layout of equipment in the form of Axial, Locomotor and Coordination Activity Stations. Layouts are changed progressively **every 2 weeks** to meet the children's improving skills and capabilities.

**GymKidz** strives to meet the different needs of each school in terms of time and space by also offering a 30 minutes **Modified Plus Programme**.

- **Merit Stickers** – These stickers are given so as to acknowledge the effort shown by the children and to affirm their achievements after every **GymKidz** session. This helps to instil **Self-Confidence**, **Self-Achievement** and to reinforce the **"I Can" mentality** in every child.



- **Structured, Thematic, Evaluative**— The **GymKidz** programme is a **structured curriculum**, with **thematic-based lesson plans** carefully written for the various age groups. Hence, the **GymKidz** programme can be integrated seamlessly into the school's core curriculum. Parents will receive monthly **Programme Objectives** which will inform them of what their child is learning during **GymKidz** sessions. **Termly Progress Reports** are also provided for every child, so that parents know how their child has progressed through the programme.
- **GymKidz goes to School!** – If you are a school principal and would like to find out more about how **GymKidz** can complement your school's curriculum, please feel free to contact Bernissa at 9487 1771 or via email: [bernissa\\_loh@gymkidzsin.com](mailto:bernissa_loh@gymkidzsin.com)
- **GymKidz goes International!** – The **GymKidz** programme is now not just present in Singapore, it is also in **Vietnam**, **Malaysia** as well as in **China**. If you are interested to find out more about how you can be a licensee of **GymKidz** and introduce this programme to your country, please contact Bernissa at 9487 1771 or via email: [bernissa\\_loh@gymkidzsin.com](mailto:bernissa_loh@gymkidzsin.com) or visit our website at:

[www.gymkidzsin.com](http://www.gymkidzsin.com)

The GymKidz Trademark is owned and operated by:  
Kids @ Play Pte Ltd RCB 200609964W

