



IKILapsi gymnastics – the result of cooperation between Ikiliike and children's gymnastics

Among several other things, IKILapsi gymnastics takes you to a tour around the world through underground tunnels and by flying in the air. During the trip you can try both bull fighting and sumo wrestling, speed up on Formula One tracks and immerse yourself in the world of animals. Two types of gymnastics are available, one suited to outdoors and the other e.g. to children's gymnastics classes. Gymnastics clubs can utilize the ready-made model classes in their exercise for the elderly, family gymnastics as well as in children's gymnastics classes. The gymnastics are also suitable for home and provide grandparents and children with common activities all year round!

You can find video clips on the movements to support the ready-made model classes at VoimisteluWiki – a site maintained by the Finnish Gymnastics Federation for trainers, instructors, parents and gymnasts alike. It hosts videos, theses and support material for gymnastics enthusiasts. To read more, go to VoimisteluWiki at <http://voimisteluwiki.svoli.fi/>, and to find video material for IKILapsi gymnastics on the site, type in the search word "ikilapsi".

Enjoy and have fun with gymnastics!



Image: Jari Mönkkönen



Enjoy the movement
with IKILapsi gymnastics!

A Trip Around The World 2

IKILapsi outdoor gymnastics

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The design of IKILapsi outdoor gymnastics focused especially on the movements developing the elderly people's balance and physical ability to function, but it is also aimed at inspiring children to move and play together with their grandparents. You can find examples of the movements in video clips at VoimisteluWiki.

“ I am traveling around the world,
with bread and milk in my bag.
If I get a little lucky,
I will make a new friend.
Here I come in a country called...
with bread and milk in my bag.
I don't have to be alone,
now I make a new friend
When I say "hello",
they'll say "...".
When I say "...",
they'll say "...".

Prior to starting the adventure, grannies, grandpas and kids can discuss other countries and parts of the world. What countries are there in the world? What countries have you perhaps visited? Maybe the travellers can even sing the Travel song by Petter Ohls:

Hello!
Russia: Traštui!
Japan: Konnichi wa!
The USA: How are you?
Spain: Buenos días!
France: Bonjour!
Italy: Buon giorno!
Germany: Guten tag!
England: How do you do?
Sweden: God dag!
Finland: Hyvää päivää!

Once the song has been sung and the greetings learnt, the trip can start. Let us first go to Russia, the former state of the emperors! To find our way there, we have to take the right point in the compass:



1. Compass point game

The IKI gymnast stands with the left leg as the support. The child shouts out points of compass and the adult reacts by stepping to the direction in question with his right leg.

North = step to the front
East = side step to the right
South = step back
West = step to the left with right leg crossing the left leg

If the compass points are too difficult for the child, you can simplify the game by using other words (such as colours) or concrete objects (such as stones, sticks, cones, gloves). The compass point game is then played using the other leg and by changing roles. The child can also move in jumps either with both legs or one leg!

And so we come to Russia! In Russia they dance trepak, so let's join in:



2. Trepak

Traštui!

In this dance, the adult and child stand opposite one another and snap their toes together with alternating feet. Trepak starts off slowly, but moves on with accelerating speed. Next you can already snap your toes together in air, and children can also snap the toes in a squat position – and adults, too, if they feel like it! The pace of trepak keeps accelerating and changes into toe tag where both try to touch each other's foot lightly with theirs while trying to avoid hits.

Oops, the speedy trepak has suddenly taken us all the way to Japan. They do not dance trepak there, but we meet sumo wrestlers instead:



Konnichi wa!

3. Sumo wrestler

The adult stands with his legs apart and the child stands on the adult's feet facing the same direction the adult. Then they take steps together from one leg to another. Sumo wrestlers can also compete in a sumo-wrestling bout that starts with both participants standing a small distance apart. The wrestlers move towards each other in movements of squatting and stretching a straight leg to the side, and when coming close, they lightly bump each other with their stomachs. If you make the other one stagger slightly, you have earned a point.

But now we suddenly find ourselves in another corner of the world! This country is the USA, and you will not see sumo wrestlers here. Instead we arrive in a big stadium where a game of American football is on:

How are you?

4. American football

The child places a glove, cone or other suitable object on the adult's instep. The adult kicks the object as far as he or she can, and the child runs to get it and rushes back through the adult's legs. Then the adult kicks with the other foot and kicks backwards for which the adult tries to make a horizontal stand.

Hola hola! We see red and hear cheers. The game is now bullfight, so we are in Spain! Let us join the performance:

5. Bullfight

The adult holds a scarf or other object and moves it while the child tries to hit the object or catch it. Then you change roles and the adult becomes the bull, the child the bullfighter. You get a great dance, when you move the scarf in different levels and turn around as in a dance.

But before you know it, the swirl of dance has transported the travellers to the neighbouring country, France, the country of baguettes, where they also enjoy fencing. I wonder whether the Frenchmen ever fence with baguettes? This time we fence like this



Bonjour!

6. Fencing

Draw a line on the ground and step on it in a starting position, the adult and child facing one another and with their both feet on the line so that the toes of the back leg touch the heel of the front leg. Take a grip as in shaking hands, and the fencing can start! Both try to unbalance the other one off the line. The very graceful fencers get additional challenge by fencing on a beam instead of a line.

Phew, fencing is a tough job. Would anybody like to admire and photograph beautiful statues? We are in Italy where they have plenty of statues, even ones that the travellers have certainly not seen before. Let us take a peek:

Buon giorno!

7. Statues

Again, take a similar grip as in shaking hands. The adult turns the child around by turning around himself. After a few turns the hands are let go in speed and the child is thrown to some position staying in it as a statue. Also the adults get to turn into statues!

The last turn throws the travellers to Germany. A Formula One race is underway there:

Guten tag!

8. The Formula One race

Using a stick or foot, the child draws a line on the ground representing a formula track that the adult follows in tandem steps, i.e. moving one foot in front of the other so that the front heel always touches the toes of the back foot. When the track is completed it is time to start the competition! The child starts running on the track and the adult tries to reach the child before the finish line. Then take turns.

Well well, the Formula track is so long that it has taken the race drivers all the way to England! It is a country where they admire the royalty and play football, the king of sports. They play it so much that visitors get to participate, too:



How do you do?

9. Football

The adult is the goalkeeper and the child tries to kick the ball (it can also be e.g. a cone) into a goal. Then change roles.

You may have heard that Sweden has a royal family, too? But how familiar are you with the king gymnastics using the lyrics of Hannele Huovi? Dance and pump up the king gymnastics, lift your legs up in the air and cross your hoofs. Swish your mane, and get into the whirl of the tournament. Let us try:



God dag!

10. King gymnastics

The adult and child stand hand in hand facing one another and crouch down and then rise up to their toes either simultaneously or in turns.

From the neighbouring country Sweden, we return to Finland by boat. On crossing the sea, the boat swings and the fish rhymes ring: Let us seine, catch a lot of fish. We'll give the ruff to the cat, the smelt to the dog. We'll put the big fish in the salt, the small fish in the pot...I shake the water off the nets!

Hyvää päivää!

11. The fish rhyme

The adult and child stand hand in hand facing each other, the legs in a position where one leg is in the front and the other in the back, but on their own "tracks", and swing back and forth while citing the rhyme. When the rhyme goes "I shake the water off the nets", the adult grabs the child under the arms spinning or bouncing him. Bigger children can already jump up themselves, but the IKI gymnast helps them to get higher up.

And so the fish rhyme has taken the boat back home. Do we still have all the clothes with us? Let us check:



Add joy with gymnastics

The movements of the Trip Around the World gymnastics can also be done on a run or walk – they bring joy to the run and motivate the child to a longer trip almost unnoticed. You can invent new forms of moving from one country to another (walking, running, hopping, leaping, spinning...) and you can agree on a particular leg for the distance between the countries (e.g. "from this birch to that spruce").

Enjoy your gymnastics!



12. More rhymes

The adult and child cite the following rhyme together:

– **I went to Germany, I got boots**

Lift the legs up and pull on imaginary boots.

– **I went to Sweden, I got gloves**

Raise your hands straight up in the air taking turns and pull on imaginary gloves.

– **I came to Finland, I got socks**

Lift one leg on top of the other thigh and pull socks up.

– **I washed, I mended**

Reach down towards the toes.

– **I put them on the fence to dry**

Reach up to the left and right.

– **A thief took them!**

The child runs away and the adult tries to catch him. And then the adult runs away and the child tries to catch him.

Gymnastics moves!

www.voimistelu.fi

