



## **TAISO's GENERAL GYMNASTICS PROGRAM**

### **'Active Start'**

Active Start is a multi-movement approach developed by Gymnastics Canada and incorporated into TAISO's preschool program.

The building blocks for all Active Start programs are the 3 F's of Fun, Fitness and Fundamentals. Seven Fundamental Movement Patterns are included - Swing, Spring, Landing, Stationary positions, locomotion, Rotation and Object Manipulation. Games, dance and music will be used to develop and extend the qualities of these Fundamental Movement Patterns.

Elements of fitness are included in the Active Start program as well. The development of cognitive, social and motor attributes takes on a higher importance in these early years of rapid growth and development than training the physical attributes.

The Active Start approach is holistic considering the development of the whole child.

Social and emotional needs are satisfied through guided interaction with other children are included within the teachings of Parent & Tot and Gymkins.

Although growth and development are orderly processes, children grow at their own speed and progress according to their abilities and the opportunities afforded them.

The goal of all TAISO's programs is to provide participants with a multi-movement based program that encourages participation in activities that contribute to improved motor, cognitive, psycho-social and physical development.