



TEACHER TIPS

A CURRICULUM GUIDE

By Doreen Bolhuis, creator
of GYMTRIX programs

- The GYMTR!X DVD curriculum is progressive from Babies to Toddlers, Pre-school and Kids. Challenge your students from year to year as they move through the curriculum designed for each age group.
- Caregivers of babies and toddlers should view the GYMTR!X programs and then teach the activities to the children in their care. Young children need physical exploration to learn how their bodies work and to maximize brain development.
- A minimum of 60 minutes per day of physical activity is recommended. Teachers should provide a minimum of 60 minutes per day of physical literacy learning with GYMTR!X. Learning can be divided into 10-15 minute segments throughout the day; starting with a warm-up in the morning to engage the brain and prepare children for cognitive learning and continuing with mid-morning and afternoon activities with GYMTR!X to re-boot their brains while learning new physical skills.
- Pre-school and school age children may watch the GYMTR!X programs and then practice the activities with the guidance of their teacher.
- Children fidget and lose concentration when they do not have adequate movement opportunities. Reduce fidgeting and behavior problems by providing GYMTR!X activities as a regular part of your curriculum. Choose a variety of activities throughout the week to provide an interesting and complete physical education for children.
- GYMTR!X activities can be used at lunch time, or for indoor recess.
- Core body temperature drops between 1:00-3:00 pm. Students may appear tired and have difficulty with focus. Use the warm-up activity during this time to energize and engage students. GYMTR!X activities are like a “coffee break” or “activity snack” for kids, producing adrenaline, dopamine, serotonin and endorphins (the feel good brain chemicals). A 10-15 minute GYMTR!X activity releases brain chemicals to prepare the brain for focused attention and academic learning.
- Have a theme for the week, such as hand-eye coordination and choose activities from that program each day throughout the week.
- Administrators or Lead Teachers can use GYMTR!X as an easy and complete physical education curriculum for multiple classrooms and locations. The GYMTR!X activities provide the expertise of Physical Education professionals for your entire staff. Lead Teachers can request 2 eye-hand coordination activities on Monday, 2 eye-foot coordination activities on Tuesday, and 2 balance activities on Wednesday, and so on throughout the week. Teachers may choose activities from the DVD programs, making professional planning easy and providing consistency for children in all classrooms.
- GYMTR!X is ideal for children with developmental delays. For example, a teacher may choose toddler activities for a pre-school child who is functioning at a two or three year old level cognitively or physically.

Get Active. Get Sweaty. Get in the Game.

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