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ECE 236

3/3/2015

Reflection on Field Trip to Kid’s Body Shop

I got the opportunity to go and observe children in interactive gymnastic activity at Kid’s Body Shop. The age range of the children that I observed was 3 to 5 years. The ratio was about 5 or 6 children to one instructor. There were different activities going on at each station. The children practiced moves that all needed the same proper beginning, follow through, and ending techniques.

First, I wanted to address how the environment was at the center. The gym consisted of all equipment needed to make each activity/drill possible. The walls were decorated with kid friendly pictures (although the graphics had nothing to do with gymnastics). Another thing that came to the forefront of my mind was that not all the equipment being used had kid friendly protection. There was a little girl who had fallen and she hurt her back. If she would have hit the corner of the wooden board she fell on top of her injury could have probably have been worse. Other than that particular scenario the environment was usable and equipment was always accessible.

Second, I want to address some of the management that was used by the instructors. Each instructor used short and simple instruction that was understandable to their gymnasts. The instructors also gave quick feedback that was positive, and they recapped all the proper technique reminding the gymnasts constantly of using correct form. Some recapped words that were used were: Starting Position and Finishing Position. The instructor made themselves available to help with start position. The gymnasts all did finish position poses on their own. Other management used was transition position. This is when the gymnasts were getting ready to rotate to a new station for the next drill. Each child lined up in a straight line, one behind the other, in the position stance that the instructor told them to use when walking to the next station. Some hade their arms in ready position, another line walked on their tiptoes for balance, and the third line walked backwards. The gymnasts all seemed to follow their directions really well.

One last part that I want to address is adaptation. The age range of the gymnasts was 3 to 5. Although, form reading in class, I have knowledge that each child learns at their own pace/level. Each of the instructors were aware of every one of the gymnast’s levels. They adjusted their drills so that the more advanced students had more of a challenge, and they also made adjustments for those gymnasts who didn’t quite have the right technique to move on to a more advanced move. Each instructor did a great job at making themselves available during drills so that each child was being monitored and praised for their moves.

Overall, I had a great time observing Kid’s Body Shop. I thought that the program was great for children to come in and be able to move and strengthen their large motor skills. The young gymnasts seemed to be having a great time learning and being able to do hands-on motions to better their techniques. I would say that the facility itself was a great area that enhanced the learning of physical development.