



BUNTER



BEWEGUNG SZIRKUS

englisch



INTRODUCTION

Dear parents,

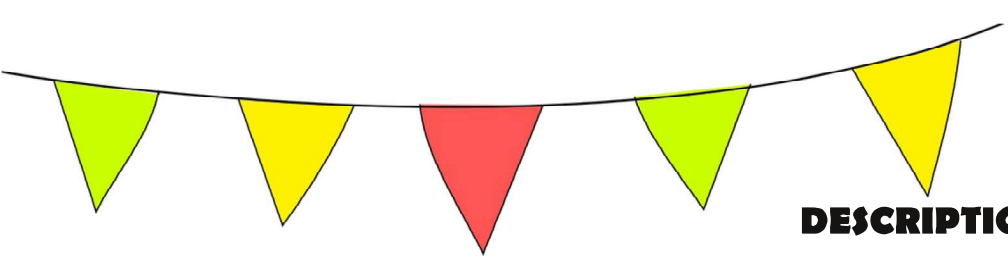
Unfortunately, your children have had little opportunity to exercise during the coronavirus pandemic, which could negatively impact both their motor and psychological development. As everyday life starts to get back to normal, it's especially important now to satisfy your children's urge to move in order to make up for potential motor deficits or health effects caused by the pandemic. That's why the Kreissportbund (sports association) wants to motivate your kids to do sport with a new range of physical activities as part of its 'Colourful Circus of Movement' campaign. Many sports clubs are involved in this campaign and are offering free sports activities for kids for several months. Embrace the opportunity to get your kids moving and ensure their healthy development by getting involved in our campaign with your kids for their well-being.

Maria Bergmann
KSB-Chair



COLOURING PAGE





DESCRIPTION

The story

of the “Colourful Circus of Movement” is about a child in kindergarten who secretly watches the rehearsals for a circus performance. Watching it makes the child want to move about himself and see what he’s capable of in a sports club. The movement story, which contains six stages with exercises for basic motor skills, is intended to offer kindergarten children the opportunity to exercise in a playful way at home.

The implementation

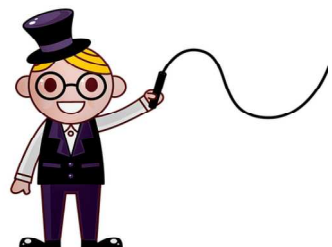
your child performs the exercises at home with your support. The child completes the six stages using the description of the exercises and you tick off each stage on the sheet as they go. You then send the completed sheet back to us..

By Post: Kreissportbund Hameln-Pyrmont e.V.,
Mühlenstraße 8, 31785 Hameln
By email: info@ksbhameln-pyrmont.de
(as a photo)

The deadline is 23.07.2021

In recognition of your achievements, we’ll send you a certificate with your name and also a sports voucher. You’ll receive more information on the sports voucher when it’s sent out at the end of July 2021.

We hope you have fun and good luck!



EXERCISES

1

The lion - Crawling



How to do it:

- a) Crawl under something
- b) Crawl over something

2

The clown - Throwing



How to do it:

- a) Throw one or more balls in the air
- b) Throw a ball into a box

3

The bear - Balancing and hopping



How to do it:

- a) Stand on one leg
- b) Hop on one foot

4

The clown - walking



How to do it:

- a) Just walk
- b) Walk a certain distance

5

The seal - Balancing a ball



How to do it:

- a) Balance a ball on your hands
- b) Throw a ball in the air and clap

6

The dog - Rolling



How to do it:

- a) Roll a ball
- b) Forwards roll

Yesterday, I walked home from kindergarten and saw lots of caravans, lorries and a huge tent in the meadow. CIRCUS was written in big bright letters and there was a picture of different animals and clowns.



When I looked into the tent, I could see a lion jumping through a hoop. He kept taking a run-up and jumped over the box, through the hoop and landed on the other side.



A clown comes running into the ring and says: "To the side, now it's my turn." The clown starts juggling the balls and finishes by throwing them into a box.



And now a bear is being driven into the ring on a platform. He stands perfectly still and lifts up a leg. Then he starts hopping and shows that he can do it on the other leg too.



Just as I was about to turn around and leave, loud music starts playing and lots of bright lights light up the ring.



Another clown comes running in. He keeps running from one side to the other and then eventually stops in the middle. The clown pretends to be dizzy.





The clown invites the seal into the ring. The seal can balance a ball on the end of his nose and claps his flippers when he's done it.



And a dog comes rolling in on a ball. He rolls once into the circle, through the whole ring and disappears behind a curtain.



The music stops and the many bright lights go out: A man with a cylinder shouts loudly: "The preparations for the performance have finished. Now the audience can come". My mummy says you have to practise a lot to be able to do such cool tricks.

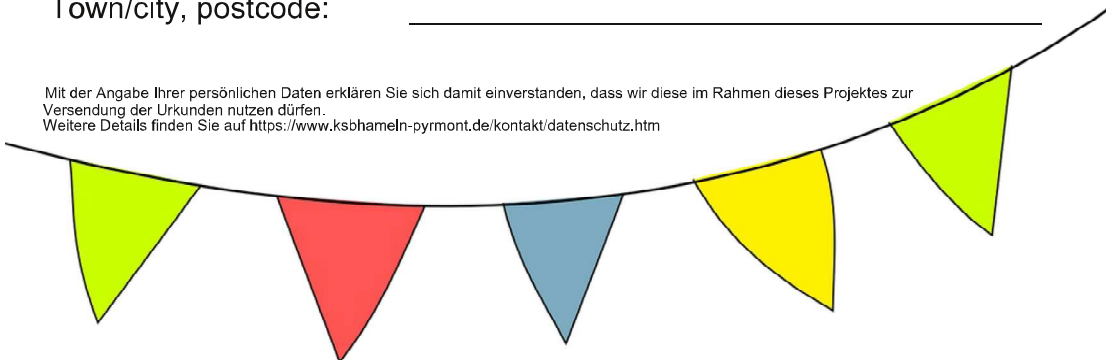
If I want to learn more great moves, I should join a sports club . That's a great idea. I'll do it tomorrow.

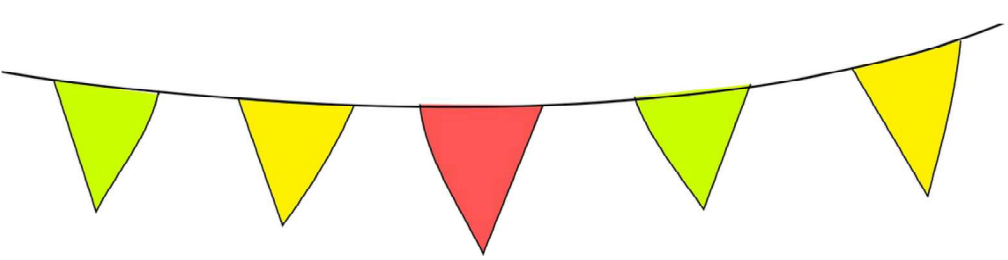
Surname, first name: _____

Street, house number: _____

Town/city, postcode: _____

Mit der Angabe Ihrer persönlichen Daten erklären Sie sich damit einverstanden, dass wir diese im Rahmen dieses Projektes zur Versendung der Urkunden nutzen dürfen.
Weitere Details finden Sie auf <https://www.ksbhameln-pyrmont.de/kontakt/datenschutz.htm>





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