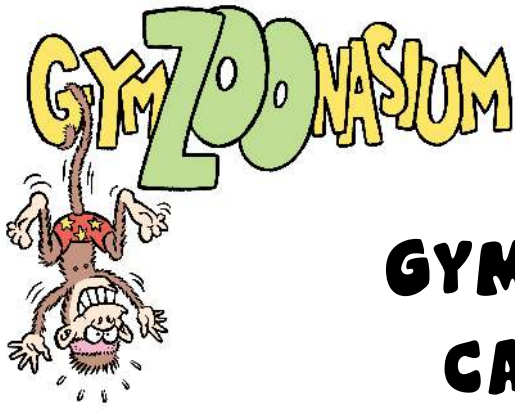




GYMZOO NASIUM CATEGORIES

Use this document as a simple guide to:

- Understand how we have categorised the GymZOO Nasium movements, to assist you in quickly finding appropriate movements and videos within the platform
- Choose exercises specifically to match children's needs and your desired outcomes

Balance

These exercises improve our ability to remain steady and controlled during a range of activities. Static balance is the ability to hold a stationary position with control (e.g. balancing on tippy toes). Dynamic balance is the ability to maintain balance while completing a movement activity (e.g. while bike riding). Balance is crucial for many everyday tasks, such as sitting on a chair, walking on uneven surfaces and negotiating stairs.

- Alligator snap
- Ant nest dance
- Brachiosaurus reach
- Crocodile roll
- Cross country
- Dragonfly zoom
- Eagle twist
- Elephant balance
- Fish freeze
- Flamingo balance
- Giraffe reach
- Horse kick
- Kangaroo jump
- Koala balance
- Llama stretch
- Lion lunge
- Meerkat mission
- Mozzie clap
- Penguin waddle
- Pterodactyl take-off



- Seagull hop
- Starfish superstar
- Swan glide
- Turtle swim

Ball skills

These exercises develop the skills and balance needed in order to be able to bounce, throw, catch or kick a ball.

- Alligator snap
- Ant nest dance
- Banana rama
- Crab crawl
- Cross country
- Dolphin arch
- Echidna curl
- Fish freeze
- Flamingo balance
- Frog squat
- Gorilla squat
- Jungle jog
- Koala balance
- Mountain climber
- Mozzie clap
- Praying mantis plank
- Seagull hop

The following exercises in the GymZOOnasium program include optional ball activities (such as bouncing, catching, throwing and kicking a ball) to perform while completing the exercise.

- Alligator snap
- Crab crawl
- Dolphin arch
- Flamingo balance
- Giraffe reach
- Gorilla squat
- Koala balance

Bilateral coordination

Exercises in this category improve the ability to use both sides of the body at the same time, in a controlled and organised manner. This can mean using both sides to do the same thing (e.g. push a rolling pin), alternative movements (e.g. walking/running) or different movements on each side (e.g. using a pencil while stabilising the paper with the other hand). The use of bilateral coordination activities are effective for improving children's focus and performance in the classroom.

- Ant nest dance
- Banana rama
- Bunny hop
- Caterpillar crawl
- Caterpillar kisses
- Clam close
- Cross country
- Desert lizard dance
- Dog on duty
- Dung beetle roll
- Eagle twist
- Elephant balance
- Elephant trunk swing
- Gecko creep
- Goanna climb
- Jungle jog
- Monkey hug
- Mozzie clap
- Orangutan stretch
- Puppy play
- Seagull hop
- Spider spin
- Spider stretch
- Star jump safari
- Sticky starfish
- Worm wave

Breathing exercises

Breathing exercises help us to switch from shallow rapid breathing to deeper slower breathing. Breathing exercises improve the functioning and capacity of our cardiovascular system, and help us feel calm.

- Bee buzz
- Butterfly breathing
- Dragon breath
- Lion roar
- Pufferfish puff

Calming

These exercises assist with relaxing, calming or down-regulating children. These exercises tend to automatically promote deep breathing, which is an important factor in regulation and relaxation.

- Armadillo curl
- Bat hang
- Bee buzz
- Brachiosaurus reach
- Butterfly bliss
- Butterfly breathing
- Cat stretch
- Cobra lift
- Downward dog
- Dragon breath
- Dragonfly zoom
- Eagle twist
- Elephant trunk swing
- Emu explore
- Flamingo balance
- Leopard stretch
- Lion roar
- Llama stretch
- Meerkat mission
- Monkey hug
- Orangutan stretch
- Panda sit
- Peacock pose
- Pigeon pose

- Pterodactyl take-off
- Pufferfish puff
- Sloth snooze
- Snail curl
- Squished cockroach
- Toad sit
- Turtle swim
- Wolf tilt

Crossing the midline

Exercises in this category improve children's ability to bring the hands, feet and eyes together and/or across their body to perform a task on the opposite side of their body. Crossing the midline is important for developing a dominant hand and fine motor skills. Crossing the midline involves many skills, including body awareness, hand-eye coordination, muscular strength and brain communication. Crossing the midline is an important developmental skill, which is required for many everyday tasks such as reading, writing, putting on shoes/socks, sitting cross-legged on the floor, tracking moving objects with the eyes and hitting a ball with a bat/racquet.

Crossing the midline of the body with both the arms and legs promotes the coordination and communication of the left and right hemispheres of the brain and encourages bilateral coordination. Coordination activities such as these prepare the brain for complex tasks and learning.

- Ant nest dance
- Clam close
- Cross country
- Eagle twist
- Elephant trunk swing
- Forest floss
- Monkey ear squeeze
- Monkey hug
- Monkey twist
- Orangutan stretch
- Pigeon pose
- Spider stretch
- Squished cockroach

Emotional regulation

Exercises in this category provide intense sensory input (proprioception and/or vestibular input), which can assist children with regulation.

Proprioceptive sensory input refers to deep pressure input to muscles and joints. This is very useful to assist children to achieve a “calm alert” state ready for learning.

Proprioception is a universal regulator (meaning is it excellent for regulating a wide population of children). Proprioceptive sensations rarely overload the nervous system, and some sensations can have both calming and alerting abilities, depending upon the individual nervous system. **Vestibular input** refers to sensory information that is delivered when we move our body against gravity or typical postures (e.g. turning head upside down) and can be useful to “energise” children as it is a very alerting sensory input. Vestibular can be alerting but can also over-regulate some children.

Providing children with targeted sensory input throughout the day can help them to achieve a ‘calm, alert’ state, which is optimal for learning. The following exercises can be useful to trial with children who have difficulty concentrating or sitting still, prior to certain tasks (e.g. before writing activities) or at regular points throughout the day.

- Armadillo curl
- Bat hang
- Bunny hop
- Caterpillar crawl
- Chimpanzee swing
- Crab crawl
- Downward dog
- Dragon breath
- Dragonfly zoom
- Echidna curl
- Fish freeze
- Frog squat
- Gecko creep
- Goanna climb
- Gorilla squat
- Grasshopper groove
- Kangaroo jump
- Koala balance
- Lion roar
- Lizard push-up
- Mountain climber
- Sloth snooze
- Star jump safari

Fine motor skills

Fine motor skills improve children's ability to hold a pencil, write, do up buttons and zippers, use cutlery and many other activities involving the fingers, hands and wrists. GymZoonasium includes the following hand and finger exercises, to specifically strengthen children's fine motor skills.

- Bilby ears
- Caterpillar kisses
- Clam close
- Crayfish claws
- Dog on duty
- Dung beetle roll
- Mozzie clap
- Snail spy
- Snake swallow
- Spider spin
- Spider stretch
- Sticky Starfish
- Worm wave

GymZoonasium also includes optional fine motor activities while doing these exercises.

- Alligator snap
- Dolphin arch
- Fish freeze
- Flamingo balance
- Giraffe reach
- Gorilla squat
- Koala balance
- Penguin waddle
- Puppy play
- Snake strike

Fitness (high energy)

Cardiovascular fitness is the ability of our heart, lungs and blood vessels to deliver oxygen-rich blood to exercising muscles, and the ability of the muscles to use oxygen to produce energy for movement. The following high energy exercises can improve our fitness, and 'use up' excess energy (which can support children to sit and concentrate on the next tasks). Doing fitness exercise for at least 10 minutes positively affects impulsivity, mood, unproductive and disruptive behaviour, attention span, work performance and on-task behaviour.

- Ant nest dance
- Banana rama
- Bunny hop
- Caterpillar crawl
- Cross country
- Forest floss
- Frog squat
- Goanna climb
- Grasshopper groove
- Jungle jog
- Kangaroo jump
- Lion lunge
- Lizard push-up
- Monkey twist
- Mountain climber
- Mozzie clap
- Seagull hop
- Star jump safari

Flexibility

Exercises in this category promote increased range of movement in joints and muscles, so we can move our body freely without restriction. Flexibility is important for reducing injury risk and muscle soreness, and improves mobility, posture, balance and athletic performance.

- Armadillo curl
- Bat hang
- Brachiosaurus reach
- Butterfly bliss
- Cat stretch

- Cobra lift
- Downward dog
- Dragonfly zoom
- Eagle twist
- Elephant trunk swing
- Emu explore
- Leopard stretch
- Llama stretch
- Meerkat mission
- Orangutan stretch
- Panda sit
- Peacock pose
- Pigeon pose
- Pterodactyl take-off
- Shark scare
- Sloth snooze
- Snail curl
- Squished cockroach
- Toad sit
- Turtle swim
- Wolf tilt

Lower limb

Exercises in this category target the lower limb, and improve pelvic stability and/or lower body strength.

- Alligator snap
- Ant nest dance
- Armadillo curl
- Banana rama
- Bat hang
- Brachiosaurus reach
- Butterfly bliss
- Caterpillar crawl
- Crab crawl
- Cross country
- Desert lizard dance
- Dolphin arch
- Downward dog
- Dragonfly zoom
- Eagle twist
- Elephant balance



- Flamingo balance
- Frog squat
- Giraffe reach
- Gorilla squat
- Grasshopper groove
- Horse kick
- Jungle jog
- Kangaroo jump
- Lion lunge
- Llama stretch
- Meerkat mission
- Monkey twist
- Mountain climber
- Mozzie clap
- Orangutan stretch
- Panda sit
- Penguin waddle
- Pigeon pose
- Pterodactyl take-off
- Puppy play
- Seagull hop
- Shark scare
- Sloth snooze
- Snake strike
- Toad sit
- Turtle swim

Motor planning and sequencing

Motor planning and sequencing involves generating an idea of what you want to do (ideation), figuring out how you are going to do it (motor planning) and then doing it (execution). Motor planning and sequencing involves muscular strength, motor planning, motor learning, postural control, sensory processing, body awareness, balance, coordination and executive functioning. Motor planning and sequencing is essential for coordination and for performing many everyday tasks such as walking, running, getting dressed, eating, playing on a playground, playing sports, organising themselves and learning new routines. The following exercises improve motor planning and sequencing ability.

- Ant nest dance
- Banana rama
- Caterpillar crawl
- Caterpillar kisses

- Cross country
- Desert lizard dance
- Dung beetle roll
- Eagle twist
- Elephant balance
- Forest floss
- Gecko creep
- Goanna climb
- Lion lunge
- Mozzie clap
- Puppy play
- Seagull hop
- Spider spin
- Star jump safari

Pelvic stability

These exercises improve our ability to support and stabilise the pelvis and base of the spine. Pelvic stability is important for balance, good posture, hopping, kicking, climbing and providing a steady base for fine motor skill development.

- Ant nest dance
- Banana rama
- Caterpillar crawl
- Crab crawl
- Cross country
- Desert lizard dance
- Dragonfly zoom
- Eagle twist
- Elephant balance
- Flamingo balance
- Gecko creep
- Horse kick
- Jungle Jog
- Lion lunge
- Meerkat mission
- Mountain climber
- Mozzie clap
- Seagull Hop
- Snake strike
- Swan glide
- Turtle swim

Postural strength and control

These exercises target the muscles of the torso, which help children to sit and stand upright. Postural strength and control is vital in order for any movements of the body or limbs to be controlled.

- Alligator snap
- Banana rama
- Brachiosaurus reach
- Bunny hop
- Butterfly bliss
- Chimpanzee swing
- Crab crawl
- Crocodile roll
- Desert lizard dance
- Echidna curl
- Fish freeze
- Forest floss
- Frog squat
- Gecko creep
- Goanna climb
- Grasshopper groove
- Kangaroo jump
- Koala balance
- Leopard stretch
- Lizard push-up
- Monkey twist
- Mountain climber
- Peacock pose
- Praying mantis plank
- Pterodactyl take-off
- Shark scare
- Starfish superstar
- Swan glide
- Toad sit
- Turtle swim

Pre-writing and handwriting

These exercises strengthen the upper limb (shoulder, elbow, wrist, hand, thumb and fingers) and/or support development of fundamental skills children need to develop before they are able to hold/use a pencil, draw, write, copy and colour. Doing these exercises just before handwriting (or other fine motor activities) helps improve writing and fine motor performance by priming the upper limb muscles.

- Bilby ears
- Bunny hop
- Cat stretch
- Caterpillar crawl
- Caterpillar kisses
- Chimpanzee swing
- Clam close
- Cobra lift
- Crab crawl
- Crayfish claws
- Dog on duty
- Downward dog
- Dung beetle roll
- Elephant balance
- Elephant trunk swing
- Fish freeze
- Gecko creep
- Goanna climb
- Grasshopper groove
- Horse kick
- Lizard push-up
- Mountain climber
- Praying mantis plank
- Snail spy
- Snake swallow
- Spider spin
- Spider stretch
- Starfish superstar
- Sticky starfish
- Worm wave

Small Space

These movements are suitable to do in small spaces.

- Ant nest dance
- Armadillo curl
- Banana rama
- Bat hang
- Bee buzz
- Bilby ears
- Bunny hop
- Butterfly bliss
- Butterfly breathing
- Cat stretch
- Caterpillar kisses
- Chimpanzee swing
- Clam close
- Crab crawl
- Crayfish claws
- Cross country
- Dog on duty
- Downward dog
- Dragon breath
- Dung beetle roll
- Eagle twist
- Emu explore
- Flamingo balance
- Forest floss
- Frog squat
- Giraffe reach
- Gorilla squat
- Jungle jog
- Kangaroo jump
- Koala balance
- Lion lunge
- Lion roar
- Llama stretch
- Meerkat mission
- Monkey hug
- Monkey ear squeeze
- Monkey twist
- Mozzie clap
- Orangutan stretch

- Peacock pose
- Penguin waddle
- Pigeon pose
- Pterodactyl take-off
- Pufferfish puff
- Seagull hop
- Snail curl
- Snail spy
- Snake swallow
- Spider stretch
- Star jump safari
- Sticky starfish
- Swan glide
- Toad sit
- Wolf tilt
- Worm wave

Strength

These exercises strengthen muscles and bones. Muscle strength and endurance is important for enabling children to perform everyday activities like writing, cleaning teeth, carrying school bags, walking and running. Strong bones are important for reducing the risk of bone fractures and osteoporosis.

- Alligator snap
- Bunny hop
- Caterpillar crawl
- Chimpanzee swing
- Cobra lift
- Crab crawl
- Crocodile roll
- Desert lizard dance
- Dolphin arch
- Dragonfly zoom
- Echidna curl
- Fish freeze
- Frog squat
- Gecko creep
- Giraffe reach
- Goanna climb
- Gorilla squat
- Grasshopper groove
- Horse kick



- Kangaroo jump
- Koala balance
- Lion lunge
- Lizard push-up
- Mountain climber
- Penguin waddle
- Praying mantis plank
- Puppy play
- Seagull hop
- Shark scare
- Snake strike
- Starfish superstar
- Swan glide
- Turtle swim

Transition Activities

The following movements are ideal to use for 'on the move' brain breaks when transitioning between rooms or activities.

- Ant nest dance
- Banana rama (at walking pace)
- Bunny hop
- Caterpillar crawl
- Chimpanzee swing (moving feet forward then swinging bottom forward)
- Crab crawl
- Eagle twist (eagle twist stretch with arms while walking)
- Flamingo balance (balancing for 3 seconds then taking a step forward)
- Frog squat (jumping forwards)
- Gecko creep (creeping forwards instead of on the spot)
- Giraffe reach (walking on toes)
- Jungle jog (high knee walking)
- Kangaroo jump (jumping forwards)
- Lion lunge (walking lunges)
- Mozzie clap
- Peacock pose (while walking)
- Penguin waddle (walking on heels)
- Seagull hop (hopping forwards)

Upper limb

These movements target the muscles around the shoulders, elbows and wrists, to improve shoulder stability and/or upper body strength.

- Banana rama
- Brachiosaurus reach
- Bunny hop
- Caterpillar crawl
- Chimpanzee swing
- Cobra lift
- Crab crawl
- Desert lizard dance
- Downward dog
- Eagle twist
- Elephant balance
- Elephant trunk swing
- Fish freeze
- Gecko creep
- Goanna climb
- Grasshopper groove
- Lizard push-up
- Mountain climber
- Peacock pose
- Praying mantis plank
- Pterodactyl take-off
- Shark scare
- Starfish superstar
- Swan glide
- Turtle swim

Yoga

Yoga involves a combination of strengthening, stretching and breathing exercises. Yoga can improve our flexibility, strength, balance, coordination, posture, focus and mental wellbeing.

- Armadillo curl
- Bat hang
- Bee Buzz
- Brachiosaurus reach
- Butterfly bliss
- Butterfly breathing
- Cat stretch
- Cobra lift
- Downward dog
- Dragon breath
- Dragonfly zoom
- Eagle twist
- Elephant trunk swing
- Emu explore
- Leopard stretch
- Lion roar
- Llama stretch
- Meerkat mission
- Orangutan stretch
- Panda sit
- Peacock pose
- Pigeon pose
- Pterodactyl take-off
- Pufferfish puff
- Shark scare
- Sloth snooze
- Snail curl
- Squished cockroach
- Toad sit
- Turtle swim
- Wolf tilt