

CanGym Program Information

Active Start (*First Involvement)

Introduction

CanGym's Active Start program is multi-disciplined and designed to introduce participants from ages 0-6 to the seven fundamental movement patterns (FMPs). Recognizing that not all clubs will have access to every apparatus, the Active Start program is not prescriptive, but rather an adaptable resource to allow everyone to enjoy the activity of gymnastics.

Active Start Standards of Delivery:

CanGym recognizes the need for flexibility in delivery to accommodate the dynamic nature of our gymnastics community across the country. The following recommendations are meant to guide clubs with program planning and inform parents of delivery standards. **Clubs must always check with their provincial/territorial gymnastics organization for additional program and NCCP guidelines and/or specifications.**

Active Start Program Recommendations	
Classes Per Week	1
Coach: Participant Ratio	Baby and Toddler classes , 1 coach: 8 – 12 participants*. <i>*Baby/Toddler classes will also include 1 accompanying adult per participant.</i> Independent classes , 1 coach: 6 – 8 participants.
Focus FMP	Include all FMPs but special focus on 1 to 2 per class (and stress importance of locomotion).
Coach vs Participant Directed	Coach directed lessons with guided instruction. Classes include various levels of unstructured and structured activities and guided discovery/adventurous play based on the developmental age of the participant. Baby: Safe exploration and discovery through unstructured imaginative play with an accompanying adult. Toddler: Combination of structured and unstructured activities to encourage imagination, exploration, and play-based learning with an accompanying adult. Independent: Independent socialization and participation in gymnastics without the guidance of an accompanying adult.
Gymnastics Disciplines	Include all Fundamental Movement Patterns. Include all gymnastics disciplines (Artistic, Rhythmic, Trampoline) using modified apparatus (delivery will vary depending on the facility and apparatus available).
Assessments & Reporting	No formal assessment or reporting process (i.e., no "pass/retry"). Include showcase opportunities for participants to perform and celebrate with their peers. Active Start Certificates include: <ul style="list-style-type: none"> • Overview of skills and progressions visited throughout the session. • Information about the benefits of the FMPs and developmental milestones addressed during the session.



NCCP	It is recommended that the Supervising Coach is Gymnastics Foundations Certified in Active Start OR Gymnastics Foundations Certified in any discipline plus Active Start Trained. It is recommended that any coach delivering the Active Start program, but not in the lead role, is Gymnastics Foundations Trained in any discipline, but ideally in Active Start.
Suggested Program Organization	Baby (>18m) Toddler (18m - 3 years) Independent (3 - 6 years)
CanGym Program Resources	<ul style="list-style-type: none"> • Skill charts and progressions with video examples • Sample lesson plans • Lesson plan templates • Participant certificates and stickers for end of session • Inventory of themes, songs, games • Printable skill cards/images • Active Start Safety Guidelines • Use of Bouncy Surfaces in Active Start Guide • And more...

Active Start Class Format Recommendations Baby (<18m) Class Duration: 30-45 mins (program times may vary from club to club)		
Warm-up	5 mins	Musical game/activity, action songs/rhymes
Main Part	20-35mins of circuits/events (at least 3 different circuits/events)	<ul style="list-style-type: none"> • Lesson planning is structured with safety as a priority (circuit set-up, props, textiles, environment, etc.). • Coach instructions are brief and not highly structured. • Transitions are efficient but interactive, fun, and imaginative. • Coach supports accompanying adult to encourage child exploration (guided discovery).
Cool-down	5 mins	Group activity, music, game/play
Active Start Class Format Recommendations Toddler (18m to 3 years) Class Duration: 30-60 range mins (program times may vary from club to club)		
Warm-up	5-10 mins	Musical game/activity, action songs/rhymes
Main Part	25-50 mins of circuits/events (at least 3-4 different circuits/events)	<ul style="list-style-type: none"> • Coach instructions are brief but include details on: <ul style="list-style-type: none"> ○ The benefits of the activities (i.e., squeezing the rubber duck can improve grip strength). ○ How the accompanying adult can support the child (i.e., safety, encouragement, etc.). Lessons Include: <ul style="list-style-type: none"> • Skill progressions and modifications • Continuous movement and action





		<ul style="list-style-type: none"> • Fun and interactive games • Object manipulation • Use of props and teaching aids
Cool-down	5-10 mins	Group activity, music, game/play
Active Start Class Format Recommendations Independent (3 to 6 years) Class Duration: 45-90 mins (program times may vary from club to club)		
Warm-up	5-10 mins	Musical game/activity, action songs/rhymes
Main Part	35-70 mins of circuits/events (at least 4 different circuits/events)	<ul style="list-style-type: none"> • Coach instructions are brief and easy for independent learners to follow. Lessons Include: <ul style="list-style-type: none"> • Exploration and adventure • Skill progressions and modifications • Continuous movement • Fun and interactive games • Object manipulation • Use of props and teaching aids
Cool-down	5-10 mins	Group activity, music, game/play

