

MEDIMURJE COUNTY

# ON THE MOVE

4 years

SUBJECTS: GYMNASTICS, ATHLETICS, SWIMMING



on the  
move

WEEKLY SCHEDULE: 3 hours per week / 45 minutes duration

TOTAL NUMBER OF UNITS: 3

TOTAL NUMBER OF TOPICS: 73

## 1. GYMNASTICS

Ord.no.	TOPICS
1.	Rolling sideways on level ground (horizontal) in extended position on one side
2.	Rolling sideways on level ground (horizontal) in extended position on one side and on the other side with extended hands above head
3.	Rolling sideways on level ground (horizontal) in a contracted position on one side and then the other side
4.	Rolling on the back
5.	Somersault forward down the slope from a squat (crouching position)
6.	Small body bridge
7.	Men's gymnastics splits
8.	Scale on a knee - with a leg behind the body
9.	Different positions of heights and grips
10.	Various mixed uprisings at one place and in movement – both on the ground and equipment (utensil)
11.	Climbing to elevations both with hands and legs
12.	Climbing to Swedish ladders or Swedish bench
13.	Climbing and crossing from one utensil to the other (utensils are one next to the other)
14.	Free climbing up and down the utensil
15.	Free crawling
16.	Crawling by laying down on a stomach, with the help of hands and legs
17.	Crawling on back, with the help of hands and legs
18.	Crawling forward and back, under obstacles
19.	Crawling and pushing objects in front of the child; carrying the object in one or two hands
20.	Broaching in half-crouch, on all fours, by laying on stomach and back, under and between obstacles and objects - individually and in pairs
21.	Broaching with and without carrying an object
22.	Crawling and broaching through hoops – free crawling to the hoops and broaching through hoops
23.	Crawling and broaching beneath other gymnast (through legs), below the crate...
24.	Swinging on rings
25.	Walking on a low beam - freely, sideways, by crawling, on all four,...
26.	Beam - uprise from kneeling
27.	Jumping on a mini trampoline – with both feet coupled, spread feet,...
28.	Jumping to elevation - into a kneeling position
29.	Jumping from elevation - into a spread position
30.	Gymnastic rings - swinging forward
31.	Elementary games

## 2. ATHLETICS

Ord.no.	TOPICS
32.	School of running: on toes, outer foot edge, inner foot edge, high skip, low skip, all four, in resistance for hands with stomach towards up, squat-jump...
33.	Walking in circle, in column,...
34.	Walking with imitating animals: bear (slowly and heavily), roe deer (lively), horse (clatter), stork (with high held knees) etc.
35.	Walking over obstacles, around and between obstacles
36.	Walking in various positions: upright, in squat and half-squat
37.	Walking with changes of velocity and changes of pace length
38.	Alternate walking and running
39.	Running „silent“ - „loud“
40.	Running gently, moderately, fast
41.	Running around obstacles, between obstacles, over obstacles
42.	Running with object in hands (ball, small ball)
43.	Running „in a place“, forward, backwards
44.	Speed running 15 meters - from high start
45.	Running over groin max 20 cm high
46.	Jumping on a flat surface forward - backward, left - right
47.	Jumping from one circle to another (from one space to the other)
48.	Jumping over low obstacles
49.	Jumping as a rabbit, sparrow, frog and similar
50.	Standing long jump from a standing position
51.	Vortex tossing
52.	Tossing of various objects – into the distance, hights, over obstacles
53.	Elementary games

### 3. SWIMMING

Ord.no.	TOPICS	
54.	Stretching on a dry place	
55.	Exercises at the pool edge	
56.	Games in water	
57.	Breathing exercises	
58.	Diving exercises	
59.	Breathing in water exercises	
60.	Navigability exercises	
61.	Slide exercises	
62.	Exercises with buoys	
63.	Watching in water exercise	
64.	Orientation in water exercise	
65.	Exercise legs - front crawl	
66.	Exercise hands - front crawl	
67.	Legs and hands exercises for front crawl, and breathing exercises	
68.	Exercises for legs - breaststroke	
69.	Exercises for hands - breaststroke	
70.	Exercises for hands and legs - breaststroke, and breathing exercises	
71.	Exercises for legs - backstroke	
72.	Exercises for hands - backstroke	
73.	Exercises for hands and legs - backstroke, and breathing exercises	

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MEDIMURJE COUNTY

# ON THE MOVE

5 and 6 years

SUBJECTS: GYMNASTICS, ATHLETICS, SWIMMING



on the  
move

WEEKLY SCHEDULE: 3 hours per week / 45 minutes duration

TOTAL NUMBER OF UNITS: 3

TOTAL NUMBER OF TOPICS: 81

## 1. GYMNASTICS

Ord.no.	TOPICS
1.	Rolling sideways on level ground (horizontal) in extended position on one side
2.	Rolling sideways on level ground (horizontal) in extended position on one side and on the other side with extended hands above head
3.	Rolling sideways on level ground (horizontal) in a contracted position on one side and then the other side
4.	Rolling on the back - up from squat into squat
5.	Somersault forward down the slope from squat (crouching position)
6.	Somersault forward down the slope from standing position
7.	Somersault forward on the mat from squat and from standing position
8.	Small body bridge
9.	Men's gymnastics rope
10.	Scale on a knee - with a leg behind the body
11.	Scale on a knee
12.	Different positions of heights and grips
13.	Various mixed uprisings at one place and in movement – both on the ground and equipment (utensil)
14.	Climbing to elevations both with hands and legs
15.	Climbing to Swedish ladders or Swedish bench
16.	Climbing and crossing from one utensil to the other (utensils are one next to the other)
17.	Free climbing up and down the utensil
18.	Free crawling
19.	Crawling by laying down on a stomach, with the help of hands and legs
20.	Crawling on back, with the help of hands and legs
21.	Crawling forward and back, under obstacles
22.	Crawling and pushing objects in front of the child; carrying the object in one or two hands
23.	Broaching in half-crouch, on all fours, by laying on stomach and back, under and between obstacles and objects - individually and in pairs
24.	Broaching with and without carrying an object
25.	Crawling and broaching through hoops – free crawling to the hoops and broaching through hoops
26.	Crawling and broaching beneath other gymnast (through legs), below the crate...
27.	Swinging on rings
28.	Walking on a low beam - freely, sideways, by crawling, on all four,...
29.	Beam - uprise with one leg behind, uprise from kneeling
30.	Jumping on a mini trampoline - with both feet coupled, spread feet,...
31.	Jumping onto elevation - into a kneeling position and into a squat
32.	Jumping down from elevation - into a spread position, contracted position,

	spread legs position	
33.	Gymnastic rings - swinging forward	
34.	Elementary games	
35.	Baton games with or without objects	

## 2. ATHLETICS

Ord.no	TOPICS	
36.	School of running: on toes, outer foot edge, inner foot edge, high skip, low skip, all four, in resistance for hands with stomach towards up, squat-jump...	
37.	Walking in circle, in column,...	
38.	Walking with imitating animals: bear (slowly and heavily), roe deer (lively), horse (clatter), stork (with high held knees) etc.	
39.	Walking over obstacles, around and between obstacles	
40.	Walking in various positions: upright, in squat and half-squat	
41.	Walking with changes of velocity and changes of pace length	
42.	Alternate walking and running	
43.	Cyclical moving with a different pace up to 1 minute	
44.	Running „silent“ - „loud“	
45.	Running gently, moderately, fast	
46.	Running around obstacles, between obstacles, over obstacles	
47.	Running with object in hands (ball, small ball)	
48.	Running in pairs or threesome holding each others hands and without holding hands	
49.	Running „in a place“, forward, backwards	
50.	Speed running 20 meters - from high start	
51.	Running over groin max 20 cm high	
52.	Jumping on a flat surface forward - backward, left - right	
53.	Jumping from one circle to another (from one space to the other)	
54.	Jumping over low obstacles	
55.	Jumping as a rabbit, sparrow, frog and similar	
56.	Long jump from place or in movement	
57.	Vortex tossing	
58.	Tossing of various objects – into the distance, hights, over obstacles	
59.	High jump in „scissors“ technique	
60.	Elementary games	
61.	Baton games with or without toll	

### 3. SWIMMING

Ord.no.	TOPICS	
62.	Stretching on a dry place	
63.	Exercises at the pool edge	
64.	Games in water	
65.	Breathing exercises	
66.	Diving exercises	
67.	Breathing in water exercises	
68.	Navigability exercises	
69.	Slide exercises	
70.	Exercises with buoys	
71.	Watching in water exercise	
72.	Orientation in water exercise	
73.	Exercise legs - front crawl	
74.	Exercise hands - front crawl	
75.	Legs and hands exercises for front crawl, and breathing exercises	
76.	Exercises for legs - breaststroke	
77.	Exercises for hands - breaststroke	
78.	Exercises for hands and legs - breaststroke, and breathing exercises	
79.	Exercises for legs - backstroke	
80.	Exercises for hands - backstroke	
81.	Exercises for hands and legs - backstroke, and breathing exercises	

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## Tests

**MEDIMURJE COUNTY, CROATIA**

# **ON THE MOVE**

- Variables for assessment of morphological characteristics of preschool children, and their motoric and functional features

Initial,  
transitive  
and final  
testing

## **a/ VARIABLES FOR CHILDREN'S MORPHOLOGICAL CHARACTERISTICS ASSESSMENT**

- Body height (AVIS),
- Body weight (ATTE),
- Waist volume (AOTB),
- Upper arm volume - arm stretched (AONO),
- Forearm volume (AOPD),
- Upper leg volume (AONK),
- Lower leg volume (AOPK),

### **1. Body height (AVIS)**

Body height is measured with anthropometer. A child is shoeless, and stands on a flat ground with heels together, head in position of „frankfurter horizontal“. Distance between the ground and scalp is being measured. Result is stated in value from 0,1 cm.

### **2. Body weight (ATTE)**

Body weight is measured with digital scale. A child stands on a scale, dressed only in underwear. Result is stated in value from 0,1 kg.

### **3. Waist volume (AOTB)**

It is measured with centimeter band. A child stands and a band has to be put in the middle, between lower rib and hip bone, and also the fattest part of the abdomen (do not care about navel because it is variously positioned on some). Result is stated in value 0,1 cm. It is measured once.

### **4. Upper arm volume - arm stretched (AONO)**

It is measured with centimeter band. A child stands with arms loose down the body. Volume of the widest part of left upper arm is being measured. Result is stated in 0,1 cm. It is measured once.

#### **5. Forearm volume (AOPD)**

It is measured with centimeter band. A child stands with arms loose down the body. Volume of the widest part of forearm (in upper half) is measured. Result is stated in 0,1 cm.

#### **6. Upper leg volume (AONK)**

It is measured with centimeter band. A child stands in parallel position, burdening both legs equally. Centimeter band is positioned horizontally around leg in gluteus crease level. Result is stated in 0,1 cm.

#### **7. Lower leg volume (AOPK)**

It is measured with centimeter band. A child stands in parallel position. Lower leg has to be enveloped with centimeter band around the widest part in the upper third. Result is stated in 0,1 cm.

## **b/ VARIABLES FOR CHILDREN'S MOTORIC CHARACTERISTICS ASSESSMENT**

Coordination:

1. Walking backwards on all fours (MKHN).

Flexibility:

2. Turn with baton using both hands (MFIP),
3. Bend forward in sitting position (MFSR),

Strength:

4. Long jump from standing position (MSSD),
5. Lifting the body (MSPT).

Agility:

6. Steps aside (MAKS),

### **1. MKHN - Walking backwards on all fours**

1. Duration: Estimation of a whole task duration, together with giving instructions to examinee (a child), is about 5 minutes.
2. Examiners: 1 examiner.
3. Equipement: Stopwatch, Swedish vaulting box cover.
4. Performance site description: Measuring is performed in sports hall or outdoors; on a flat, hard court of minimum dimesions 8 x 3 meters. Lenght of track on which the measuring is performed is 6 meters. Within 3 meters from start line, cover of Swedish vaulting box is set towards court. Marked are: start line, distance 3 meters from the start line, a place on which Swedish vaulting box cover will be placed, and finish line 6 meters away from start line.

## 5. Test description

5.1 Starting position: Examinee stands on all fours leaned on hands and feet, turned backwards to an obstacle. Feet are on the start line.

5.2 Test performance: On starting signal „now“, a child starts to walk backwards, on all fours, and walks for 6 meters coping with obstacle (overcoming it). Swedist vaulting box cover has to be overcome by climbing. During test, examinee should not turn his head over his shoulder.

5.3 End of performance: Task is finished when a child comes threw the finish line with both hands. Test is performed once.

5.4 Examiner's position: He/she walks beside the child with stopwatch in hands, and takes care not to disturb examinee while watching the regularity of test performance.

6. Evaluation: Time is measured in tenths of one second from starting signal „now“ until the moment when examinee passes the finish line with both hands.

7. Test is performed once. The result is written in.

8. Guidelines for examiner: Task has to be explained to a child (examinee) thoroughly, taking care of his/her ability to understand the instructions. Explanation has to be adapted to child's age. When examiner is completely sure that the children understood everything, the test has to be demonstrated.

Training: Examinees have a trial run.

## **MFIP - Turn with baton using both hands**

1. Duration: Estimation of a whole task duration, together with giving instructions to a child, is about 3 minutes.
2. Examiners: 1 examiner.

3. Equipment: Wooden baton with 2 cm diameter, 150 cm length. On one side of the baton there is a holder attached, which is 10 cm away from the baton's end. Beyond the holder there are signs of distance measured in centimeters, starting with 0 0 (zero).

4. Performance site description: Measuring is performed in a hall or outdoors, on flat and hard court of minimum 2x2 meters dimensions.

5. Test description

5.1 Examinee starting position: Examinee stands in parallel, with legs spread in hip-width, hands outstretched in front, with baton in hands. He/she holds the baton with both hands: left fist has to be beside the mark „0 cm“.

5.2 Test performance: Examinee has to slide down the baton with his right hand until the moment when he/she can transfer the baton on the back, taking care that he/she does not bent arms at any time.

5.3 End of performance: Task is finished when examinee transfers both hands on the back, and does not drop the baton out of his/her hands or bent arms.

5.4 Examiner's position: Stands behind examinee's back. Controls if examinee transferred arms to the back without swinging.

6. Evaluation: Result in this test is the distance between inner ends of both fists. Result is written in centimeters.

7. Test is performed once. The result is written in.

8. Guidelines for examiner: Task has to be explained to a child (examinee) thoroughly, taking care of his/her ability to understand the instructions. Explanation has to be adapted to child's age. When examiner is completely sure that the children understood everything, the test has to be demonstrated.

Training: Examinees have a trial run.

## 2. MFSR - Bend forward in sitting position (MFSR)

1. Duration: Estimation of a whole taks duration, together with giving instructions to a child, is about 3 minutes.

2. Examiners: 1 examiner.

3. Equipement: One measuring band.

4. Performance site description: Room, hall or outdoor space with flat, hard court of minimum size 2 x 2 meters.

5. Test description

5.1 Examinee's starting position: Examinee takes a seat with outstretched legs and heels on a base line. Legs are spread in a way which allows examinee to touch his/her feet with big toes. Arms are outstretched and examinee puts the right palm on a back of the left hand so middle fingers are each covered.

5.2 Test performance: Examinee's taks is to slowly bend forward, pulling with hands down the measuring line until the moment when he/she can not bend any more. After three swings, examinee tries to touch the furthest point with his/her fingertips, and stay in that position for a few moments. Place of touching the point is on measuring line - set vertically to base line. During performing this task, legs have to be stretched out.

5.3 End of performance: Task is finished when examinee reaches his/her maximum bend forward, and keeps still for a few moments on the furthest point.

5.4 Examiners position: He/she stands beside examinee's feet, controles outstretch of legs and position of fingers, and reads the result.

6. Evaluation: Distance between the point where examinee ended his/her bending forward and put down outstrected arms on a measuring band, and 0 (zero) value od measuring line which is in level with heels - is being measured. If examinee passes over the measuring line with his/her hands, the

result is positive. Also, the result is negative if examinee does not pass over the measuring line with hands.

7. Test is performed once. The result is written in.

8. Guidelines for examiner: Task has to be explained to a child (examinee) thoroughly, taking care of his/her ability to understand the instructions. Explanation has to be adapted to child's age. When examiner is completely sure that the children understood everything, the test has to be demonstrated.

Training: Examinees have a trial run.

### **3. MSSD - Long jump from a standing position**

1. Duration: Estimation of a whole task duration for one examinee is 2 minutes.

2. Examiners: 1 examiner

3. Equipement: Two thin mats, chalk, meter, vertical surface.

4. Performace site description: Hall or outdoor space of minimum size 5 x 2 meters and vertical surface. Place the mat towards vertical surface, and another mat on the other side of vertical surface (below). Vertical surface is used for consolidating the mats. Within 1 meter from the wall you draw the line for take-off. On both sides of the mat you have to draw two parallel lines, 2 meter length. After 30 cm you draw more lines on each 5 cm. Specifically are marked lines on every 10 cm, 50 cm and 1 meter. Result is measured in centimeters.

5. Test description

5.1 Examinee's starting position: Examinee stands with feet in parallel position, behind the mark at the end of the running „bridge“.

5.2 Test performance: Examinee has to do a long jump with both feet together, without small jumps between.



5.3 End of performance: Task is finished when examinee jumps on a mat. Examinee does the test 3 times with short rest between each jump.

5.4 Examiner's position: Examiner stands behind the take-off line and controls if examinee made correct jump, not stepping over the take-off line. After jump performance, result is measured.

6. Evaluation: Correct jump length is measured in centimeters. It is measured from the place of jumping to the last footprint on a mat.

7. Test is repeated 3 times. Results of all 3 measurements is written in.

8. Guidelines for examiner: Task has to be explained to a child (examinee) thoroughly, taking care of his/her ability to understand the instructions. Explanation has to be adapted to child's age. When examiner is completely sure that the children understood everything, the test has to be demonstrated. Afterwards examinees have a trial jump.

*Remark:* Examinees jump barefooted. Long jump is not correct in following cases:

- If examinee makes a double take-off on a place/line of taking off,
- If crosses take-off line with toes,
- If take-off is not with both legs together,
- If examinee comes to a both feet position by making a step,
- If examinee makes a contact with mat with any part of the body except feet,
- Every incorrect jump is repeated.

Training: Examinees have a trial jump.

#### **4. MSPT - Lifting the body**

1. Duration: Estimation of a whole task duration for one examinee is 5 minutes.

2. Examiners: 1 examiner, 1 assistant examiner.

3. Equipment: Thin mat, stopwatch.

4. Performance site description: Room or outdoor space 4 x 2m size. Mat 2 x 2m size.

5. Test description

5.1 Examinee's starting position: Examinee lies on his back, with legs bent under 90° angle. Palms of both hands are on his/her belly. Assistant examiner is in kneeling position in front of the examinee, holding his feet.

5.2 Test performance: Examinee has to pull up from lying to a sitting position, without helping with hands, and trying to touch his/her knees with shoulders. After successful lifting of whole body, examinee has to go back to a starting position by touching mat with upper part of his/her back.

5.3 End of performance: Task is finished when examinee performs maximum number of lift ups in 15 seconds. If time elapses and examinee in his/her last lift does not touch the knees, that try does not count.

5.4 Examiner's position: Assistant examiner holds examinee's feet strongly with hands, and presses down. Examiner is on the side of examinee, and monitors if body lifting is correct, and counts correct lift ups.

6. Evaluation: Bilježi se broj uspješnih podizanja tijekom petnaest sekundi.

7. Test is performed once. Result is written in.

8. Guideline for examiner: Task has to be explained to a child (examinee) thoroughly, taking care of his/her ability to understand the instructions.. Explanation has to be adapted to child's age. When examiner is completely sure that the children understood everything, the test has to be demonstrated.

Training: Examinees have a trial run.

## 5. MAKS - Steps aside

1. Duration: Estimation of a whole task duration for one examinee is 3 minutes.

2. Examiners: 1 examiner.

3. Equipement: Stopwatch, whistle, two marks (marking).

4. Performance site description: Measuring is conducted in a sports hall or outdoors, on flat, hard ground, size 8x3 meters. On the ground are marks - parallel lines, each 1 meter length. Distance between lines is 6 meters.

5. Test description

5.1 Examinee's starting position: Examinee stands outside the left starting line, touching the line with his/her right foot, turned sideways towards movement direction.

5.2 Test performance: On a whistle sign, examinee is moving sideways making steps without crossing legs, getting to the other line. When examinee touches the line with right foot, or crosses over the line, he/she stops and without changing body position goes back towards starting line. He/she has to touch the line with left foot or cross it over.

5.3 End of test performance: When examinee passes the distance of 6 meters, and touches the starting line with his/her left foot or crosses over it, the task is finished. Test is performed once.

5.4 Examiner's position: Examiner stands vis-a-vis examinee and checks out validity of the test performance.

6. Evaluation: Time is measured in tenths of seconds from when the whistle goes until the moment when examinee stands on starting line with his/her left foot or crosses it.

7. Test is performed once. Result is written in.

8. Guideline for examiner: Task has to be explained to a child (examinee) thoroughly, taking care of his/her ability to understand the instructions. Explanation has to be adapted to child's age. When examiner is completely sure that the children understood everything, the test has to be demonstrated.

Training: Examinees have a trial run.



## **c/ VARIABLES FOR CHILDREN'S FUNCTIONAL CHARACTERISTICS ASSESSMENT**

1. Polygon 3 minutes.

### **1. Polygon 3 minutes**

1. Duration: Estimation of a task duration for one examinee is 5 minutes.

2. Number of examiners: 1 examiner.

3. Equipement: Stopwatch, 4 stands (easels), hurdle 10 cm height, 4 mallets, 3 hoops.

4. Performance site description: Mesaring is carried out in a sports hall or outdoors, on flat, hard ground, size 10 x 10 meteres. On the ground are 4 marks in the form of a rectangle, and the distance between them is 10 meters.

5. Test description

5.1 Examinee's starting position: Examinee is standing on a starting line, turned with his/her face towards movement direction.

5.2 Test performance: On applauded sign examinee runs thre the polygon which is set up in this way: he/she runs around 4 stands in slalom, then runs and jumps over a hurdle, runs over 4 mallets and 3 hoops. Every obstacle is on other side oft he polygon. Examinee has a task to run for 3 minutes continously, going threw the polygon by running or walking, where examiner records passed laps and recalculate them in meters.

5.3 End of test performance: When examiner marks the end of 3 minutes period (with a whistle), examinee has to stop and stay in place.

5.4 Examiner's position: Examiner is on a start line and checks out validity of examinee's test performance.

6. Evaluation: Passed meters in 3 minutes time are being measured.
7. Test is performed once. Result is written in.
8. Guideline for examiner: Task has to be explained to a child (examinee) thoroughly, taking care of his/her ability to understand the instructions. Explanation has to be adapted to child's age. When examiner is completely sure that the children understood everything, the test has to be demonstrated.

Training: Examinees do not have a trial run.



on the  
move

## THE SWIMMING TEST

### *Nonswimmer*

- 0 - is affraid to enter water independently
- 1 - enters the water independently but is affraid to put head in the water

### *Floating*

- 2 - dives, floats, swims for 13 meteres without stopping in a swimming pool for nonswimmers training

### *Semi swimmer*

- 3 - swims for 13 to 25 meters without stopping in a swimming pool for nonswimmers training
- 4 - swims for 25 meteres in one technique in a deep swimming pool, jumps on his/her feet

### *Swimmer beginner*

- 5 - jumps on feet into the swimming pool and swims for 50 meters in a deep swimming pool – swims for 25 meteres in one technique, turns without touching the edge oft he pool, continues to swim in other technique for 12,5 meters, vertical dive, swims in third technique till the pool end.

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