

# Children's Gymnastics

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Deutscher Turner-Bund (DTB)  
German Gymnastic Federation

Deutsche Turnerjugend (DTJ)  
self-governed youth department  
within the DTB

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# Children's Gymnastics

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*various studies have shown that children*

- *have physical disorders*
- *are overweight*
- *have motor skill deficits*

*mainly a social phenomenon; families with low income  
and poor education*

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 **children's health in public focus**

 **children's gymnastics -  
a great opportunity**

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- **Eltern-Kind-Turnen**  
**children with parents gymnastics**  
(2-4 years) helps to gain moving experience
- **Kleinkinderturnen**  
**small children's gymnastics**  
(4-6 years) promotes action and motor function
- **Kinderturnen**  
**children's gymnastics**  
(6-10 years) development of basic motor skills

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# Children's Gymnastics



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## **Kinderturnen**

- focuses on the education of basic motor skills
- provides possibilities to gain experience for a healthy development
- offers a great variety of movements and covers all different kinds of sports
- is seen as a „preschool“ for other sports

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## ***six main brand messages***



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- ***Motion:*** development of motor skills
  - ***Exercise:*** development of the body
  - ***Playing:*** enjoying exercises and games
  - ***Participation:*** development of social skills
  - ***Experience:*** using motor skills to reach goals
  - ***Competence:*** application of all skills

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# Kinderturn-Kampagne

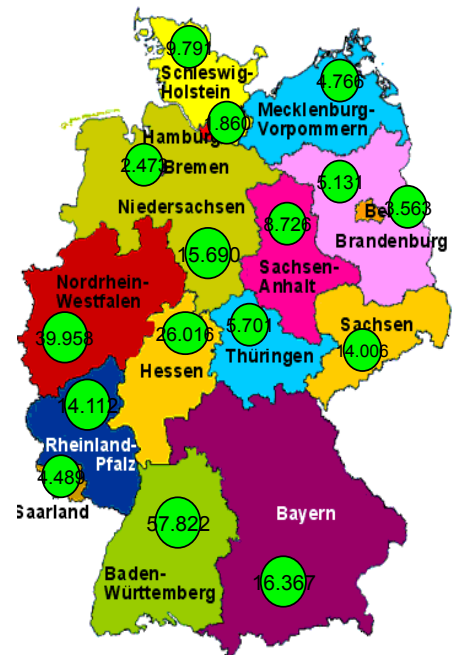
*focuses on building public awareness as well as within the federal system*



- BMI and motor skill test developed by Prof. Dr. Bös
- a tool to inform and advise

## Oktober 2006 – August 2008

activities:	<b>3.042</b>
club:	<b>2.031</b>
school:	<b>330</b>
kinder garden:	<b>627</b>
other organisation:	<b>54</b>
test:	<b>250.434</b>



Finale results end of December 2008

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# Kinderturn-Club

*a tool for quality and club development*



- a certified Kinderturn-Club has to meet certain quality standards have to be met and club managers receive special education
- a tool for quality assurance and marketing in (local) sports clubs
- an exclusive brand and mascot („Taffi“)
- an exclusive Taffi song
- offer various Taffi merchandising
- a special journal („Kinderturn-Heft“)
- cooperation, marketing and promotion examples for sports clubs



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# Certificates Kinderturn-Abzeichen

a test for motor skills

- development and testing of basic motor skills
- children aged 6-10 years
- 60 exercises from 10 different areas
- material provided by DTB



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# Certificates "Fit wie ein Turnschuh"

fitness program and test

- special program and test for fitness and co-ordination
- children age 7-12 years
- 48 exercises (single-, partner- and group-exercises)
- material provided by DTB



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# Specials

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## *KI.KA LIVE Turn-Cup*

- a media covered competition open to children in sport clubs and schools
- gaining public awareness; building networks between schools and clubs

## *Kinderturn-Show – Schalt ab – Turn los!*

- a climate musical in motion (90 minutes) plus 1 hour pre activities for visitors
- up to 350 children participate in a musical
- 7 fix key actors
- enabling clubs or schools to perform a high quality musical show
- integration DTB education system in the future

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# Education

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- Group assistant education (30 lessons)
- Trainer education (Y-Modell):  
Basic course (60 lessons) + either advanced course for children aged 2-6 years (60 lessons) or advanced course for children aged 6-10 years (60 lessons)
- Advanced courses for health promotion in children's gymnastics (60 lessons)
- One-day specials on different topics

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# Contact

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