

## FOOTBALL PROGRAMME INFORMATION:

The 5 + A Day Football in Schools Programme is part of New Zealand Football's nationwide Whole of Football Plan, delivered by the Wellington RSO, Capital Football. The approach Football in Schools takes offers our children new opportunities to get active through football. Football Literacy has been developed to integrate several aspects of the National Curriculum as recommended by the Ministry of Education.

The programme provides children with a fun experience, using football-based challenges and the joy of playing football as motivation for participation. The Football programme covers the manipulative skills part of our fundamental movement skills project and uses football to develop these skills, as well as agility, spatial awareness and team work.

### The programme provided through KiwiSport offers the following:

- 8 week programme (1 session per week, per class, for 8 weeks)
- Designed for years 1-6 - coached in class groups
- 45 minutes per session
- Minimum of 2 coaches per session
- Includes an assessment tool that looks at students progress over the 8 weeks
- Delivered by local clubs overseen by Capital Football.
- A free professional coaching course is offered to teachers as part of the programme including DVD, coaching booklet and access to a coaching website

Capital Football will again be teaming up with the Wellington Phoenix and will look to provide programme participants with more exciting opportunities in 2019.

### Commitment from schools:

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#### Prior to the programme

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- Confirm number of students and day of programme. This is required **4 weeks before the programme starts**
- Confirm timetable
- 1 class per session unless less than 17 in which case two classes should be joined together
- Identify specific needs students and ensure teacher aides are assisting with those students

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#### During the programme

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- Be present throughout the coaching session and be involved in the delivery of the 'Football Literacy' session
- Complete attendance for each child and assist coaches with the pre and post assessment.
- Ensure that all students are ready on time so that the programme can keep to schedule.

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For more information or to book onto the programme please contact Zsofi Szamosi on 04 560 0308 or 027 706 7390 or email [kiwisport@huttcity.govt.nz](mailto:kiwisport@huttcity.govt.nz), or book online at <http://www.kiwisportfundamentals.co.nz/booking.html>



