

GET SET GO PROGRAMME INFORMATION

Get Set Go is an exciting initiative to help our Kiwi Kids develop the skills they need so that they can enjoy being more active through play and sport. It is designed for young children between years 1 and 3, and helps them to master the skills that will make participation in games, sport and recreation activities more enjoyable and successful.

These include

- The physical movement skills
- The knowledge and cognitive skills
- The emotional and social skills they need

Get Set Go encourages the development of these skills through play, games and fun activities supported by quality resources around assessment, teaching and learning.

There is also more information available on the website: www.gsg.org.nz

How the programme works

- eight week programme (one session per week, per class, for eight weeks)
- Designed for **years 1 - 3** and delivered in class groups
- 45 minutes per session
- Delivered by qualified coaches overseen by Athletics New Zealand
- Includes PD sessions with teachers to assist in assessment, planning and development of foundation skills

RUN JUMP THROW PROGRAMME INFORMATION

*Athletics NZ believes that maximising participation is the key to enjoyment and success in Kids Athletics
"Run Jump Throw: More Kids, More Active, More Often"*

Run Jump Throw is Athletics New Zealand foundation programme for teaching athletics specific skills to kids aged 5-11. It's based on the philosophy that the development of skills, in a fun environment, is the key to participation. The emphasis is on the development of fundamental movement patterns, and is the foundation to correct movement techniques. We understand that every school is different so we have created a programme that is flexible and can easily fit into every school throughout New Zealand.

The programme is broken down into 3 areas and includes the following skills:

RUN	JUMP	THROW
Sprints	Long Jump	Discus
Starts	Triple Jump	Shot Put
Hurdles	High Jump	Javelin
Distance	Pole Vault	Hammer
Relays		



For more information please contact Cat O'Sullivan at Athletics New Zealand.

Cat O'Sullivan

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Commitment from schools:

Prior to the programme

- Confirm number of students, classes and day of programme and whether the school has a hall that can be used in case of bad weather
- Send your school roll to the FMS Project Leader for naming certificates
- Confirm timetable with Kelly Sports
- 1 class per session unless less than 15 in which case two classes should be joined together
- Identify specific needs students and ensure teacher aides are assisting with those students

During the programme

- Be involved in the programme, taking a hands-on approach by assisting students and helping with activities
- Ensure that all students are ready on time so that the programme can keep to schedule

Feedback

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

