



moveMprove PROGRAMME INFORMATION

Children can learn foundation skills for life while having heaps of fun with GymSports New Zealand's moveMprove® programme! Hear what teachers and parents are saying about moveMprove® via the GymSports NZ YouTube channel <http://www.youtube.com/watch?v=uMNC-TVYchw&feature=plcp>.

moveMprove® is a nationwide foundation skills programme, not a gymnastics programme, that provides children with the opportunity to experience and participate in movement that will assist development in skills required to play all type of sports and recreational activities.

moveMprove® enables children to increase their confidence level and independence, and encourages collaboration within peer groups. It has also shown to have a positive impact on children's behaviour and performance within the school environment.

There is more information available on the website www.moveMprove.com.

How the programme works

- Eight week programme (one session per week, per class, for eight weeks)
- Designed for years 1-6 and delivered in class groups
- 45 minutes per session
- Minimum of two coaches per session
- Delivered by local GymSports clubs overseen by GymSports New Zealand
- Linked to the five Key Competencies of the NZ Curriculum

Commitment from schools:

Prior to the programme

- Confirm number of students and day of programme – **4 weeks before the programme starts**
- Confirm timetable
- One class per session unless less than 17, in which case two classes should be joined together
- Group students as per instruction from GymSports Club
- 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
- Fill out the names of their students (first, gender and any impairments are required) on the participation form
- Complete the attendance and assessment sheet for their respective students in consultation with the moveMprove instructors
- Ensure that all students are ready on time so that the programme can keep to schedule

Contact Information

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>