





## What is FunSkills?



**FunSkills** is an afterschool programme that aims to develop important fundamental movement skills in young children. These are essential movement skills that all children need the opportunity to learn before they can master more complicated activities, games and sports. Some students develop these skills easily (through natural ability and opportunities they are exposed to). They can then confidently transfer these to a wide range of games and sports. For other children this doesn't happen easily so creating opportunities for them to explore, learn and develop these skills is extremely important. **FunSkills** offers this opportunity on site at our school.



## What are the benefits of FunSkills?



**FunSkills** provides a fun, non-competitive and safe environment in which children can learn and develop these skills. This in turn will build their confidence and competence to participate in other physical activities alongside their friends and peers. Being physically active can assist students to achieve better at school, as well as improving their social and emotional skills.



## What is involved?



Each session will consist of a warm up activity; some fun games and activities that develop a specific skill, and a warm down. For example the focus of the session may be on landing safely, an essential skill for children to learn. The warm up would involve teaching the children how to land safely; the games would then incorporate activities that include landing; and the warm down would incorporate the learning that took place.



## Who is involved?



The programme will be delivered by a trained FunSkills coach who will be supported by volunteers. Each coach involved in the delivery of FunSkills will have received specific training from GymSports NZ to deliver this programme, and the school coach will be first aid certified.



## Want to become a FunSkills Volunteer?



We are seeking to recruit some parent volunteers who would be willing to receive two days training from GymSports NZ to assist the FunSkills coach one afternoon a week. This is an ideal opportunity for someone who is thinking about returning to the work force in the near future and would appreciate some upskilling. Volunteers will be accredited in the courses they complete.