



Junior Sport News

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INSIDE THIS ISSUE:

Welcome	1
Captain's Workshop	1
Workshop Dates	2
Youth Sport Participation Research	2
Feet First competition	3
Jump Rope for Heart	3
Building Kids Rich in Character	4
Run, Jump, Throw	5
Foundation Swimming Skills	5
ActiveMark	6
Facebook	6
Active Schools	6

Is it Summer Yet?

It was great to see some Physical Education teachers from Waitakere schools give up a few days of their school holidays to attend the Physical Education New Zealand (PENZ) conference. The conference now caters for Primary through to Secondary Physical Education teachers and offers workshops in the latest trends such as Raccoon Circles and Pogo Sticks. Sport Waitakere are once again offering workshops in "Active Tools for Active Schools" and "Growing Leaders". Active Tools for Active Schools is aimed at Primary School teachers who just want that little bit extra to add to their teaching tool kit.

It offers practical ideas that can be taught within different areas of the curriculum. Growing Leaders is aimed at PE teachers and Sport Coordinators from Primary through to Secondary Schools. This is an amazing new SPARC resource but numbers are limited so please register quick. Remember to join the Sport Waitakere Facebook group to be updated on new workshops as they are set. We wish you all the best for Term Three and if you have any questions or feedback please do not hesitate to email: gabrielle.gofton@sportwaitakere.co.nz



Captain's Workshop

The Sport Waitakere Captain's Workshop was held on Friday 12th June at The Trusts Stadium. This workshop was designed for Captains of Secondary School sports teams to gain some more ideas on what it takes to become a good leader within their sports teams.

Unitec School of Sport delivered workshop to the 43 students that attended. The workshop was based around the new Growing Leaders Framework and incorporated theory and practical activities to challenge the students about leadership.

Students commented about how they

recognised they needed to manage their time better and identified ways in which they could ensure others within their team could take greater ownership over their teams goals.





Workshop Dates Term 3

PRIMARY/INTERMEDIATE SCHOOLS SECONDARY SCHOOLS

Active Tools For Active Schools Workshop Part one

Date: Thursday 3 September
Time: 12noon-3pm
Venue: The Trusts Stadium
Cost: \$40

Growing Leaders for Sport Coordinators and PE Teachers

Date: Friday 31 July
Time: 9am-3pm
Venue: The Trusts Stadium
Cost: \$45 + \$50 for resource (optional)

Active Tools For Active Schools Workshop Part Two

Date: Thursday 10 September
Time: 12 noon-3pm
Venue: The Trusts Stadium
Cost: \$40

Sport Coordinator Meeting

Date: Thursday 20 August
Time: 9am-10.30am
Venue: The Trusts Stadium

Youth Sport Participation Research

In 2008 the NZ Secondary Schools Sport Council (NZSSSC) survey identified that only 37% of students in Waitakere Secondary Schools participated in inter collegiate sport. This was one of the lowest participation rates in the country. However, Sport Waitakere recognised that the data collected in the NZSSSC survey is only reflective of the sports that students participate in for their school. It is not an accurate account of sport being participated in outside of the school setting whether for a club, church, or family social team.

Due to this, Sport Waitakere conducted their own research to try and get an accurate record of how many students participated in sport both in and out of the Secondary School settings. Sport Waitakere also wanted to capture the reasons why some students didn't participate in sport. Using simple survey methods, 3255 students from eight secondary schools across Waitakere expressed their views on their sporting environments. The final report indicates that a slightly higher percentage is involved in sport across diverse environments (42%), however the percentage is still below the national average

of 51%.

Challenges and barriers that limit the participation of youth in sport the following:

- Health and fitness issues – asthma, the perception of not being fit enough, afraid of getting hurt/injured
- Poor Coaches
- Other commitments – ongoing academic pressures including homework and exams
- Lack of confidence – having perceived poor coordination, letting others down
- Lack of transport and distances needed to travel to play
- Cost associated with playing sport
- Unfair play – bullying, cheating and fighting
- Racism and discrimination.

Sport Waitakere are now working alongside Secondary Schools, RSO's and interested clubs to come up with project to try and minimise these barriers.

Further information contact:

gabrielle.gofton@sportwaitakere.co.nz

Run, Jump, Throw Workshop

Athletics New Zealand is promoting an initiative to primary schools and athletic clubs which focuses on the delivery of basic fundamental movement patterns. Run, Jump, Throw is the foundation programme of the Athletics NZ Coach Education Programme and is part of the Sport Education Programme promoted by Regional Sports Trusts. The course is aimed at teachers, parents and coaches who will be organising and teaching Run, Jump, Throw lessons and athletics sports events.

Run, Jump, Throw is based on the philosophy that the development of skills, in a fun environment, is the key to participation. Sports skills and other physical activities should be modified to suit the physical,

intellectual and emotional development of athletes.

Emphasis is on the development of fundamental movement patterns, and is the foundation to correct movement techniques. This course is delivered by an Athletics New Zealand trained instructor.

It offers a chance to explore a traditional physical activity setting with a clear focus on quality experiences for all athletes. This course relates closely to the current thinking as represented through the Active Schools initiatives.



Foundation Swimming Skills Workshops for Teachers

The objectives of SwimEd are to raise the awareness of aquatic education within the school curriculum, develop understanding and application of Foundation Swimming Skills and develop awareness of basic water safety in and around water.

SwimEd offer workshops that take into account that the teachers are professionals with limited time available. Teachers require effective and direct teaching applications with the topics covered being relevant to their needs and the needs of the schools.

The workshops provided by SwimEd offer onsite training opportunities, sound knowledge and accepted best practice methods and standards. The professional development is tailored to your specific needs and involves consultation on Aquatic Education and implementation of the programme.

Suggested topics that can be covered in

workshops include:

- Class management and formations
- Dealing with different abilities and levels
- Progressions of learn to Swim with key teaching points for effective learning
- Teaching aquatics on land
- Practical ideas for teaching Foundation Swimming Skills.

Cost:

- \$10 per teacher per hour (workshop provided at school premises, min of 10 teachers)
- \$15 per teacher per hour (workshop held at offsite location, min 10 teachers)

For further information please contact:

Sharon Burger
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Email: sharon@swimed.co.nz
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ActiveMark

ActiveMark is a development tool that aims to help Primary and Intermediate school communities evaluate components of school community planning with a focus on providing quality physical activity experiences for children.

There are five components of the ActiveMark development tool:

- School ethos and organisation
- Curriculum programmes
- Co-curricular physical activity opportunities
- School and community environment
- School and community partnerships

The ActiveMark development tool can be used as a self review tool for schools and/or as a guide for schools that want to receive an ActiveMark award. To receive an award, your school needs to submit samples of evidence to Sport Waitakere to show that you have achieved the ActiveMark criteria in all five components.

Staff at Sport Waitakere can assist Primary and Intermediate Schools to complete the ActiveMark process. The school does not have to be an "Active School" as this process can be supported at a local needs level.

Currently Konini Primary are beginning to undertake the ActiveMark process and Sport Waitakere are excited to be working alongside the school community throughout this process.

The ActiveMark document can be downloaded for free from the SPARC website:
www.sparc.org.nz/education/active-schools-toolkit/activemark

If you would like any further information about ActiveMark awards please email:
gabrielle.gofton@sportwaitakere.co.nz

FACEBOOK

Sport Waitakere has now added Facebook as one of the many options you can choose to keep in contact with us. You can now join our Sport Waitakere "group" or become friends with us to keep informed of all upcoming events and latest news.

BE IN QUICK

We currently have spaces available for primary/intermediate schools to become an Active School. Active Schools is a process focused on assisting school communities to develop a culture where children choose and enjoy sport and recreation. This is achieved through engaging schools, community providers and parents, raising awareness of the benefits of physical activity for young people and providing quality training and resources. Some of the current Active Schools, with the support from their facilitator, are focusing on engaging their parents to assist with the delivering of sport, providing quality PA opportunities for students and receiving professional development on their current physical education overview and writing units from Team Solutions.

If you think that your school would like to become an Active School, please contact Hollie Evans - she

is more than happy to arrange a time to talk to your school staff about the programme.

For further information please contact:
Hollie Evans
hollie.evans@sportwaitakere.co.nz
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