

Active Kid Programme **PlatinumPlay**

ENCOURAGE PLAY, BUILD FITNESS

"At PlatinumPlay, we build our playgrounds according to our philosophy of "encourage play, build fitness". Nationwide in schools and Council parks, thousands of kids have enjoyed our playgrounds for many years. We are pleased to be support Sport Waitakere's Active Kids programme which highlights physical activity role models in schools. It's great to visit schools where the Active Kids program is running, and to present the certificate and prizes to the those who have been recognised. Seeing the joy in the kids faces when they receive a certificate is just awesome!

The Active Kids programme, is something we want to see every school in the Waitakere area participate in. As playground suppliers, our goal is to get kids outside using our equipment so they can develop their strength, motor skills as well as having a great time. Active Kids is a way of recognising their effort and growing abilities as a result, and it's not all about being number one. Participation, effort and passion is what Active Kids is all about so c'mon to all the schools in Waitakere, support the Active Kids programme and recognise your own active kids!"

To talk to Brian about your school's playground needs, call 021 794 919 or email brian@platinumplay.co.nz



Active Kid Winner for September 2011 Jarrod Toia (Henderson Valley Primary) with Sponsor Brian Kirby

Coaching Kids Successfully

If you coach children or you want parents to better understand coaching philosophy, this article may assist. Over 100 years of motor development research can be summarised by four guiding principles:

1. Children are not miniature adults,
2. Boys and girls are more alike than different,
3. Good things are earned,
4. Nobody is perfect

This research gives many supportive examples into how we should coach children and the differences there are in comparison to coaching older adults.

To view the full article please visit www.sportwaitakere.co.nz/news/ and search for 'coaching kids successfully'.

Active Lifestyles Programme

Could your students benefit from being more physically active after school?

Active Lifestyles is a **FREE** programme that offers families an awesome opportunity to socialise and participate in fun physical activity and recreation. The programme offers something different each week, from modified sports, traditional Maori/cultural games to free swimming lessons and much much more!

The Active Lifestyles Programme runs on a Tuesday and Thursday evening. The programme is suited for children between ages 5-14years and the only requirement for the programme is to have at least one caregiver/whanau member with them who has to actively participate in the activities provided.

Please contact Corey Rasmussen to find out about a free programme in your area.

Corey Rasmussen

Active Lifestyles Coordinator

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E: corey.rasmussen@sportwaitakere.co.nz

Venues:

Henderson

Henderson Intermediate School

Lincoln Road, Henderson

Tuesday/Thursday 5.30pm - 6:30pm

Te Atatu Peninsula

Peninsula Primary (Swimming Pool)

22 Waipana Road

Tuesday/Thursday 5.30pm - 6.30pm



Swimsation

Lead. Enable. Strengthen. Making a difference through Sport and Recreation.
Ma te mahi whakapakari tinana, Ka ora te tangata

SPORT
WAITAKERE

Upcoming Workshops

Coach Development Workshops

- **Leading a Group**, Monday 14 November, 6pm - 8:30pm, \$10 per person.
- **Student Coaching**, Available for secondary schools and can be arranged at your school.

For further information about the Coach Development Workshops please contact Janelle Nee, 09 966 3119 or janelle.nee@sportwaitakere.co.nz

Club Development Workshops

- People Management & Leadership, Wednesday 16 November, 6:30pm - 8:30pm, \$25 per person.

For further information about the Coach Development Workshops please contact Steve Roberts, 09 966 3100 or steve.roberts@sportwaitakere.co.nz

All of our workshops are held at The Trusts Stadium, Level 1, Heron Coaches room and you can register online by visiting our 'events' section www.sportwaitakere.co.nz/events

Get Set Go - Athletics for Primary School Children

On Friday 28th October, at The Trusts Stadium, Athletics New Zealand will launch a new and exciting fundamental skill programme for kiwi kids, called 'Get Set Go'. The programme, sponsored by NZ Post, aims to give the child a fun and rewarding experience and to help them develop skills for an active lifestyle. The Get Set Go programme is a 10 week programme targeting Yr0 – Yr4 students. It also offers teacher training.



Fundamental Movement Skills for Kiwi kids

Athletics New Zealand decided to select the Waitakere area to launch this new programme because of the collaborative development work occurring amongst the seven athletic clubs, and the support provided by Sport Waitakere. Athletics NZ has also invested in this area by employing Nora Curtis as a 'Get Set Go' Regional Coordinator, who will implement the programme in schools and clubs. For further information on the Get Set Go programme or to book please contact Nora Curtis on nora@grapevine.org.nz or 027 286 1722.



Have a Go at Hockey

Waitakere Hockey provides an opportunity for your students to Have a Go at Hockey outside school hours, based at the new turf in Henderson. These sessions are an introduction to hockey with an emphasis on fun, while providing opportunities to develop skills and for the players to learn by self-exploring in a quality coaching environment. All equipment is provided however we encourage children wear a mouth guard.



- Start Date:** Monday 31 October, 4:45pm - 5:45pm (continues every Monday during the school term)
Cost: \$2 per session or prepay \$10 for the term (7 sessions)
Where: Waitakere Hockey Turf, at Henderson High School, 21 Henderson Valley Road
What to bring: Wear sports shoes and suitable clothes to be active

It would be great to see your students there. For more information please contact Waitakere Hockey Coordinator: hockey@sportwaitakere.co.nz or 027 282 7028.