



Under 5's

September 2011

Welcome to the Fundamental Skills newsletter

A big welcome to centres in the Avondale region who have now moved under Sport Waitakere with the alteration in boundaries to incorporate ECE and Schools from the Whau region. With the inclusion of these new centres into our region it is a good time to remind centres of the levels of service that we can provide:

In-depth work: We currently work in-depth with 11 centres in targeted regions to align with some of the other work that our organisation is currently doing. In-depth means that a coordinator can visit your centre each week delivering a fundamental movement skills programme to the children. As part of this in-depth work centre staff members are provided with workshops to ensure that they understand how FMS contribute to learning and development. Staff members are required to be present during the delivery so that they learn activities and can then implement them at other times when the coordinator is not present. Ongoing review of the centres equipment and practises is also part of the indepth model

Cluster work: Centres can combine together and host a workshop on the Fundamental Movement Skills. We encourage centres in close proximity to take this option up or for centres that are part of one of the larger "chain" ECE providers. These workshops are generally 2 hours in length and are a mixture of theory and practical. Ongoing workshops for the cluster can be developed if the need arises. As part of this model Sport Waitakere will provide ongoing support as their capacity allows. This will generally involve telephone or email information and phone calls.

Other work: Unfortunately we do not have the capacity to work with all centres but will provide information and twice yearly newsletters to all centres. We are also happy to take calls or email questions and will endeavour to help you as much as we can. Staff members from centres are welcome to attend workshops at the stadium on FMS when they are provided. We also have Active Movement resources available in the form of booklets and DVD's that you can order from Sport Waitakere free of charge. These offer plenty of easy activities to try with your children both at home and at the centre. The Active Movement activities cover the whole range of Fundamental Movement Skills and are easily adapted for different ages and abilities.



Movement Opportunities for Children

Rugby World Cup

The waiting is over!!!! RWC is here and what a perfect opportunity to engage all our children and get behind our teams! No doubt in your centres there is friendly rivalry amongst your various cultures. Ask yourself: "What fundamental skills do the children require to play rugby?"

High on the list should be running, jumping, balance, throwing, catching, kicking, and spatial awareness. The list is endless and it doesn't matter what sport we play the fundamental skills are still the same! Use the RWC to encourage the children to develop these skills. Try these activities:



Scarf tag – In pairs children attach a scarf to their trousers and then chase each other around. Once they have captured their partners scarf they drop the scarf then turn around and run from their partner

Peg tag – Each child starts with 5 pegs and they have to run around a confined area and try and place their peg onto the clothes of another child.

Cone step – this can be played in teams or free range. Place cones around the confined area and each time the child comes to a cone they have to change direction

Balloon jump – In this activity you can use a balloon or other object hung just above a child's height. Children have to jump up and touch the balloon or object.

Balloon volleyball – children have to keep the balloon up and pat it to another person

Give these activities a go and make sure that children have plenty of opportunities to play with lots of different balls over the next few weeks.

Engage the families

Whilst we may manage to encourage movement in our centres we also need to encourage families to participate. Make sure you include movement activities in children's learning stories as these are a vital link with the home and community. Let the families know that through movement activities you are actually helping children to develop the building blocks that are required to sit still in the classroom, to learn to read and write!



Success in the Puataunofu Aoga Amata Early Childhood Centre

Puataunofu has been involved in the in-depth fundamental movement skills (FMS) programme that Sport Waitakere is implementing within selected Early Childhood Centres. This programme involves an FMS coordinator visiting the centre once a week to deliver FMS activities to the children. During the weekly visits, teachers observe the coordinator role-modelling activities so they can run their own FMS sessions throughout the rest of the week.



The teachers at Puataunofu are highly motivated and have worked hard to ensure the programme works. For example, when we came to teaching throwing skills the centre had no suitable small balls. We suggested that they make balls out of rolled up newspaper. The next week when we visited, every child had a small ball made up of rolled up newspaper enclosed in a sock!

It is inspiring to see the progress the children have made with their fundamental skills and the effect on their behaviour overall. Children's listening and social skills and self-esteem have improved dramatically meaning these children are now ready to learn new things. This would not have been possible without the optimistic involvement from teachers and volunteers at the centre. Their ability to use their initiative and find ways to implement the fundamental skills in many different ways in their centre on a regular basis has been a huge contributor to the changes seen in this centre. So well done to Puataunofu for embracing the FMS programme!

Pictured: Children and teachers at Puataunofu with their new Push Play balls.

Easy Breakfast Ideas

Breakfast-eaters have it better!

Some of the lowest-cost breakfasts – like wheat biscuits and porridge are great for kids; great value and give kids a real head-start for the day.

Try these fast, easy and yummy ideas:

- ▼ Wheat biscuits and milk = energetic kids
- ▼ Baked beans on toast = fuelled for school
- ▼ Peanut butter on toast = ready to learn
- ▼ Porridge and milk = a read head start
- ▼ Fruit Smoothie = unstoppable on the sport's field

Research shows:

- ▼ Breakfast-eaters have more focus to learn and more energy for sport
- ▼ Eating a good breakfast can improve school performance.
- ▼ Go to breakfast-eaters.org.nz for easy, yummy breakfast ideas.

  

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Ma te mahi whakapakari tinana, Ka ora te tangata

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The Importance of Waterplay in Children's Development

During play with water children learn some very important concepts about water. Team this up with some important safety messages and you will be helping your children to keep themselves safe in and around water.

When playing with water children learn:

- That water can be fast moving, powerful and dangerous
- That some things float and some things sink in water
- How to breathe in air and blow bubbles out

Some of the activities that you can do in ECE are:

- Using a hose to wash things down shows children how powerful water can be
- Pulling the plug out of the water trough or sink and allowing children to sense the power of the water going down teaches them that water can pull them in directions
- Placing objects that can float or sink in the water trough teaches children that things that are light or full of air can float but things that are heavy will sink. This means that if you are in the water you need to be able to float or to grab something that can float
- Blowing bubbles through a straw teaches children that we breathe air in and we blow out to make the bubbles.
- Splashing in water helps to build confidence in children
- Teach your children to kick or float in water if you have the opportunity to take them to a pool
- Make sure that you do take them on trips to the beach & rivers where they can play in water in the natural environment.

Water play will NOT give children a cold – viruses cause colds!!!



For more information about any of the information in this newsletter, please contact:

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