

Korīngā Hihiko
ACTIVE
MOVEMENT

Visit us at: www.harbour sport.co.nz

Kia Ora Tatou,

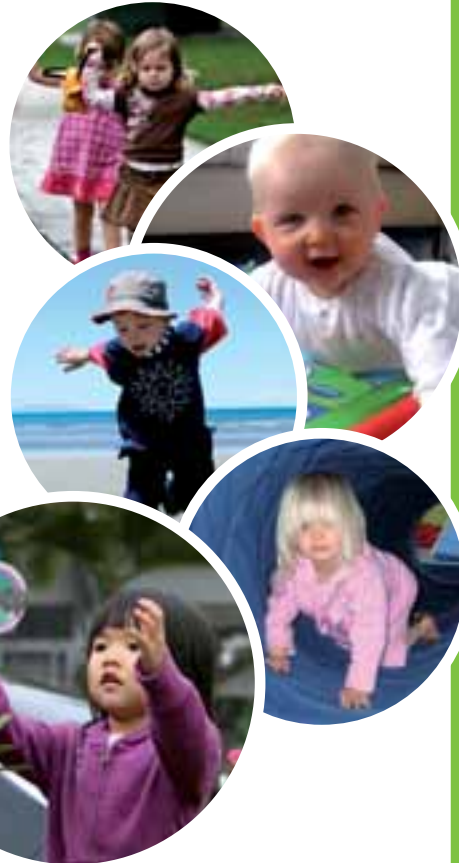
The new year has brought with it some great weather for allowing children the opportunity to get outside and do many different Active Movement experiences. In this edition you will see it is a back to basics, with a short article on why active movement experiences are important and what fundamental movement skills are. Both these articles are important to remember whenever we are setting up environments for our children to explore and practice different skills.

I would like to invite you all to attend our upcoming workshops, they are always a great night with the opportunity to share ideas with other people. Registrations for these are required so please email activemovement@harbour sport.co.nz if you would like to attend.

At Harbour Sport we are very lucky to be supported by Sports Distributors and have an equipment pool available for use. The best thing is most items are FREE!! For more information please see www.harbour sport.co.nz.

Ka Kite

Duncan



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ACTIVE MOVEMENT DVD

The active movement DVD is now available for distribution. This is a SPARC resource that breaks the first 5 years into age brackets. If you require one of these DVD's please contact Duncan on (09) 448 0301 or email: activemovement@harbour sport.co.nz



IDEAS...

I am always looking for fun stories on things you have been doing in your centre to be included in the newsletter. If you have any things to make or great ideas please let me know.

Harbour Sports major partners are:



Active Movement Activity Cards

Often there is a perception that Active Movement is the responsibility of early childhood centres to provide the experiences necessary to develop fundamental movement skills in young children, however it is just as important in the home and community.

At Harbour Sport we work with many community groups that have an interest in the well being of children by supporting their programmes, facilitating workshops for parents and staff and supporting them with resources and information. As part of this work we became aware that parents need a resource that is small, quick and easy to use but most importantly, full of practical and useful information. This has led to the development of 10 pocket sized activity cards. These cards have activities that can enhance the development of the vestibular system, fundamental movement skills and vision. They will be distributed through community groups.

For more information please contact Duncan on 09 448 0301 or email activemovement@harboursport.co.nz

5 Ideas to Enhance Locomotor Skills



1. Get children to "try" jumping over an obstacle (eg an old sock or piece of rope) many different ways; forwards, backwards and sideways.
2. Play Tail Tag with your crawlers and walkers.
3. Ask children to hop, jump, skip and/or crawl to different spots or areas within your centre and talk about how hard or easy it was to move that way.
4. Have "animal races", get your children to race like different animals.
5. Use playground surrounds or low raised surfaces as balance beams, remember to try different ways of moving. You can add challenge to this by putting an object on the beam to step over or pick up and throw at a target.

Useful website links ...



www.harboursport.co.nz/Education/Active+Movement.html
www.sparc.org.nz/education/active-movement/overview
www.netballnz.co.nz

Upcoming Workshops ...

Making equipment to create under 5 movement activity

Date Wednesday 18th March 2009
Venue Harbour Sport, Sports House,
Stadium Drive, Albany
Time 6.30pm to 8.30pm
Cost \$5.00 per person

Equipment doesn't need to cost a fortune. In this workshop we will cover what you can make or find to create interesting and stimulating movement activities. These activities will include musical, balancing, fine motor skills and maori activities and games. Remember that you will be up and active yourself so come Prepared!!!

Games for Under 5 year Olds

Date Wednesday 15th April 2009
Venue Harbour Sport, Sports House,
Stadium Drive, Albany
Time 6.30pm to 8.30pm
Cost \$5.00 per person

This workshop will cover many games that are suitable for toddlers to preschoolers. Games using limited equipment will be a focus with attention to them being inclusive. We will explore games from around the world along with modified games that help our little ones develop some of their fundamental movement skills.

Active Movement and Healthy Eating

Date Wednesday 27th May 2009
Venue TBC
Time 6.30pm to 8.30pm
Cost \$5.00 per person

Movement and nutrition help provide the platform for children to live healthy and active lifestyles. Astrid Moniaga will present many interesting and fun ways to incorporate nutrition into your curriculum and the benefits a healthy menu/lunchbox can bring. In this workshop we will cover the types of activities that will help enhance a child's Fundamental Movement Skills which provide the building blocks for lifelong participation in sport and recreation.

Introduction to Active Movement

Date Wednesday 17th June 2009
Venue Harbour Sport, Sports House,
Stadium Drive, Albany
Time 6.30pm to 8.30pm
Cost Free

This workshop is designed for people who have heard of active movement but want to know more. We will look at how active movement experiences assist with a child's development and provide some simple ideas of how to make these experiences happen. This workshop would be best suited to new staff members or parents who want to know more about making the connection between movement and learning to develop the whole child.

If you would like to attend any of these workshops please call (09) 448 0301 or email your interest to activemovement@harboursport.co.nz and book your place. Bookings are essential.

PLEASE NOTE: A Cancellation fee (\$5.00) will apply if cancellation made within 24 hours of workshop. Remember all Workshops are interactive so come dressed to move !!!!!

EQUIPMENT POOL ...

Harbour sport has some great equipment that can be used to enhance the physical activity and movement experiences for the children in your centre.

Most items are FREE. If you would like to hire any of the equipment or a list of the equipment available please call Harbour Sport Reception on 09 4154610 or email reception@harboursport.co.nz



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Why Active Movement Experiences

When considering the types of active movement experiences we are setting up it is important to have an understanding of why active movement experiences are critical for our children. It is widely acknowledged that movement contributes immensely to a child's holistic development. More specifically Active Movement experiences contribute to:

- The development of Fundamental Movement Skills which are the building blocks for lifelong participation in sport and recreation (see Fundamental Movement Skills in this newsletter)
- Enhances a child's brain development by assisting the process of myelination by providing similar but different movement experiences in positive settings (see www.brainwave.org.nz)
- Helps our children develop socially through the games and free play
- Helps our children build confidence as they experience, try and develop new skills
- Helps our children feel loved as a result of positive interactions with the important people in their lives whether parent/caregiver, sibling, educator or grandparent

Please see the diagram (at right) to see more ways that Active Movement experiences enhance a child's life.



Fundamental Movement Skills

Fundamental Movement Skills are the building blocks of lifelong participation in Sport and Recreation. It is critical that we provide the opportunity and environment for our children to fully explore these skills.

Active Movement generally groups Fundamental Movement Skills into the following four groups:

Locomotor Skills: These skills include moving from one location to another. This can include running, hopping, jumping, crawling, dodging and skipping.

Manipulative Skills: These include catching, throwing, kicking and hitting an object. These are the skills we need for moving balls and objects around on the sports field/court.

Stability Skills: These skills enable us to balance whilst moving or staying still, this set of skills also includes landing, rolling, rotation and spinning.

Movement and Body Awareness: Having knowledge of one's own body parts and their movement capabilities in combination with being able to effectively respond to sensory information so a specific motor task is able to be performed.

Children should be encouraged to try as many types of skills in many different ways for example; provided a wide variety of ball types when playing a game of "soccer".

If you would like to know more about fundamental movement skills please contact Duncan on 09 448 0301 or activemovement@harboursport.co.nz

