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21 June 2007

Mr Duncan Murray
Manager Kelly Sports Northern Zone
PO Box 51-377
Tawa

Dear Duncan

It is with pleasure that I write a letter of reference endorsing the Kelly Sports Keep Fit Programme.

Titahi Bay School is a Decile 3 school with a range of children at differing fitness levels. We have never had a fitness test in the school and the children have never known what their level of fitness was. This was usually judged by the best sports people in Rugby and Netball.

The initial testing of our children was a very positive experience – the children were given their results and they set goals for themselves. A big part of this process was on children setting targets that were achievable and not against another child's score. We asked Kelly Sports to give us the average scores in the four tests – Beep, flexibility, jumping and core tests. From this the children looked at realistic goals.

After the second fitness test we started having parents contact us for results. We knew at this stage that the children were motivated as they were informing parents.

We used the results from the first and second tests in our report to parents and the children set new goals at the interview sessions with parents. Parents asked us to make sure we let children and them know when the third test would take place as they wanted to ensure their children wore appropriate clothing and shoes.

Third testing happened today and many children cried when they saw how far they had come. The children cheered each other on, as it's not now about 'who is the fastest' but rather 'who has beaten their score more than the last time'.

The impact on our school has been:

1. Children push and moan at teachers if they don't get outside for fitness daily.
2. All the planning for fitness is done for us.
3. One class sets up all the gear and we leave it altogether for 1 week – less time arranging equipment now.
4. 7/7 classes have fitness daily now.
5. Teachers are motivated by the children's enthusiasm.

6. For the first time that I have been at Titahi Bay School we have fitness information in our profiles.
7. We had the most children ever at our school come 1st, 2nd, or 3rd in the Inter School Cross Country.

Duncan Murray from Kelly Sports has been great to work with, all the paperwork re planning or assessment has been of a high quality.

Titahi Bay School will continue next term in this programme and move onto other areas, but still keep data on fitness levels.

Yours sincerely

Kerry Delaney
Deputy Principal

QUOTES FROM CHILDREN WHO PARTICIPATED

<p>ETHAN</p> <p>I knew after I weighed in for Rugby that I needed to get fitter. This programme has helped my fitness but also my confidence in my own ability. I have continued to get fitter and I have done it with lots of support at school</p>	<p>DANIELLE GRENNELL Year 6 – 10 years</p> <p>Finding out what my fitness level was has encouraged me to push myself. I had a beep test of 4.1 and now its 5.3. My mum and dad are proud of my achievement.</p>
<p>DARCY – Year 6 – 10 years</p> <p>My fitness levels have got better at school but this has helped my rugby fitness also.</p>	<p>ZAC – Year 6 – 10 years</p> <p>I'm asthmatic and was scared to run too far in case I stopped breathing. My teacher encouraged me to reach for the sky. This time when I was tested I had improved so much that everyone was shocked.</p>
<p>MACKENZIE – Year 6 – 10 years</p> <p>The part I have enjoyed the most is the Beep test and trying to beat my personal best. I have set goals to achieve all term.</p>	<p>SARAH – Year 6 – 10 years</p> <p>I have bet my personal best each time I have been tested. I feel very happy.</p>