



Kelly Sports CONNECTION

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KELLY SPORTS Giving Kids a Sporting Chance

THE KEEP FIT PROGRAMME INVOLVES:

- Going into a local school and fitness testing all the students at the start of a term.
- Giving the school an eight-week fitness programme for teachers to follow based on the *National Curriculum Achievement Objectives*, with an emphasis on fitness for fun.
- Training staff in regard to the strategies involved in motivating children.
- The programme being utilised as a sustainable resource.
- Retesting the students midway through the term.
- Final testing at the end of the term.

THE KEEP FIT PROGRAMME ALSO:

- Encourages parents to promote fitness with their children.
- Challenges children to set goals for improvement.
- Encourages students to support each other.



'KEEP FIT' LINKS TO THE NZ CURRICULUM:

Physical Education and Health

Achievement Objectives: Levels 2 and 3

Strand A - 2. Regular Physical Activity

- *Students will maintain regular, enjoyable physical activity with an increasing understanding of its role in self-care and well being.*

Strand B - 1. Movement Skills

- *Students will develop movement sequences in a range of situations such as athletic activities.*

Strand C - 1. Relationships

- *Students will identify and compare ways of establishing relationships and managing changing relationships, for example supporting others during games.*

KEEP FIT STUDENT AWARDS:

- During the fitness testing it's fantastic to see students showing enjoyment and determination to reach their individual fitness goals.
- The programme concludes with a *Keep Fit Assembly*. Prizes are given to children in each class in the following three categories:
 - A super-fit award to the fittest student
 - A trophy for the most improved fitness level
 - A trophy for the most supportive and encouraging student

FOR A QUOTE OR MORE INFORMATION:

Contact your local Kelly Sports Manager by going to our website www.kellysports.co.nz or contact Robbie Kerr or Johanna Murray, Kelly Sports New Zealand Head Office on (04) 232 9409 or jo@kellysports.co.nz

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