



## 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:

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