

ACTIVE MOVEMENT NEWSLETTER

August Koranga Hihiko
ACTIVE
MOVEMENT

Hi everyone,

We are half way through the cold winter and not long before we can head out and enjoy the sunshine of this region. I hope that you have all been going along with the suggested activities we have been providing.

Currently Sport Wanganui is looking for ECE's and Kohanga Reo that are interested in getting involved with our Active movement programme. If you are interested in your ECE or Kohanga Reo to be part of a great learning programme please contact me at Sport Wanganui. I am more than happy to talk with you and to set up a meeting date.

There are some positive changes happening with Active Movement this year. There is now a new and improved 'Getting Started Questionnaire' for those Centre's starting Active Movement. This questionnaire will provide a starting point which will enable us to find out which areas will be most beneficial to concentrate on, as well as helping to measure any progress over a period of time.



We are also making this programme a easy 6 month programme with me coming into the centers once every two weeks for 6 months to work with teachers, educators and the children. After the 6 months are complete the ECE's and Kohanga Reo will have the knowledge, experience and confidence to run these active movement classes with the kids every week on their own.

We hope these changes will make life a bit easier for Centre's and provide them with a format that will cover all of the main areas as well as those areas specific to the Centre.

I am looking forward to hearing from you

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Parent Information & Activity Update

Gross & Fine Motor Skills

Children love to hang, swing and climb and it's great for them!

Children's bodies develop from head to foot and from the centre of the body to the tips of the limbs. Their fingers and fine motor skills (used in writing, threading, etc) are the last to develop.

Gross motor skills need to develop before fine motor skills can develop.

Trying activities that involve using the large muscles in the body are excellent for helping with this progression.

Activity Ideas

- Encourage children to hang, swing and climb in the playground.
- Play with a large ball. Encourage the children to kick the ball, using one foot and then the other. Throw and catch it too.
- Encourage the children to ride a bike, a push bike or pedal bike with or without side-wheels, according to the child's ability.
- Ask children to imitate the movement of different animals: creep like a snake, waddle like a duck, hop like a rabbit etc.
- Wheelbarrow Walk - support the child by the thighs as they walk on their hands.
- Use an old sheet or a soft rope to play tug of war.



Remember, Active Movement resources are available from Sport Wanganui free of charge!

