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Term of the World Cup

Kia ora and welcome to the Term 3 Active Download – this is the second of two print newsletters that are sent out each year, followed by smaller e-newsletters. If you have not been receiving our e-newsletters, please let us know at info@sportwellington.org.nz.

We hope you all had a great break and are set to go for Term 3.

In this newsletter you will find a variety of different workshops and professional development courses that are available for teachers on page 4. Make sure you have a look to see if there is anything of interest.

The FMS skill we are looking at this time is striking, we hope the article provides you with some added information and activity ideas to do with your children.

We trust you find this newsletter of value.



Georgina, Rachel and Dayle



Good luck to Otaki Primary school in the World Cup Year 6 Rippa Rugby Tournament

UPCOMING NEWSLETTER

Please send your contribution to:
info@sportwellington.org.nz
fax (04) 801 8976

PO Box 24148, Manners St, Wellington 6142

Fundamentals, Activities & Games

FMS - Striking

In this issue of the Active Download, we will be focusing on the manipulative skill of striking with an implement, such as a bat, racquet or club.

Motor skills in which an object is typically manipulated (usually by hands or feet) are known as manipulative skills. "For small muscles, this might mean a pencil or button. For large muscles, manipulative skills are those requiring equipment such as bats, balls, racquets, or jump ropes" (Catherine Holecko, About Family Fitness). Kicking and striking fall into this category.

Striking skills are necessary for:

- Developing hand eye co-ordination
- Developing foot eye co-ordination
- Development of Fundamental Movement Skills
- Rhythm and timing
- Sports skills

(SPARC, Reference Manual)

Foundation skills for striking need to be practised in the early years, starting from birth and continuing into the preschool and school years. When children are first learning these large-motor manipulative skills, it is important to remember that their goal isn't complete



accuracy. They need to start by mastering the action. It can be helpful to have them practice using imaginary or slow moving objects at first.

In developing striking skills you can utilise a large number of different objects/materials. You can use balloons, bean bags, koosh balls, bits of cardboard and wood (cut to the needed size), as well as a variety of traditional equipment such as bats, racquets or clubs and tennis, hockey and softballs.



Children need to master striking a stationary item before they can experience success in striking a moving object. This puts more focus on learning the skill of striking and minimises other challenges and distractions. A good activity for young children is to have a large ball on top of a cone or tee and children can hit it off with a large bat. Next challenge is - the object moves but the child stays stationary e.g. throwing a balloon or beach ball at a child to hit with a light weight bat or object. Finally when children are capable enough they can begin to develop their skills with a partner then consolidate by playing in groups or teams.



Fundamentals, Activities & Games

Activities:

Younger children:

- Tie a balloon to a door frame or ceiling with a piece of string, encourage children to hit the balloon with; cardboard bat, rolled up newspaper or fly swat.
- Once children are more confident in striking see if they can keep the balloon up (no string attached) with their bat.
- Set out an elevated net/rope and in pairs children can try and hit a balloon back and forth with their fly swats or bats.
- With a plastic ball or ping pong ball see if children can hit their ball around on the ground with their cardboard stick/rolled up newspaper or fly swat.
- Once children are confident in hitting their ball see if they can do it with control and more precision, dribble their ball around on the ground. Set out obstacles children have to try manoeuvre their ball around, over under etc
- On top of a cone or tee put a medium or large ball that children have to try and strike off. With older children you can make the target smaller and focus more on the skill of striking / swing etc.
- Use light balls and set up targets that children can kick their balls through / under .



Older Children:

Here are some simple ideas for developing striking skills:

- **Individual** - Use padder bats or table tennis racquets with a variety of objects to strike.

See if children can balance their object on the bat, walk around with it and then bounce their object up and down. Ask how many times can you bounce on your bat? Can you flip your bat over? Can you use your other hand to strike with?

- **With a partner** – seated, using padder bats, can you bounce a ball to each other?

Place a bench / skipping rope (something between each other) – can you bounce over the barrier? How many times can you bounce before missing?

Tip: the closer to the hand the striking implement, the easier it is for children to manage.

See the “Developing Fundamental Movement Skills Manual” pg 249 onwards for more ideas and activities.

Workshops 2011

Fundamental Movement Skills Series

So far this year Sport Wellington has facilitated 3 very successful fundamental movement skills workshops, aimed at developing and providing ideas on how to teach specific skills.

Our fourth and final fundamental skills workshop in this series will be run on Thursday 11th August. The focus will be on developing “striking” skills. To assist us with this we have the help of Cricket Wellington, Tennis Central and Softball NZ.

Libby Paterson, our fantastic Educational Advisor, will also be spending some time looking at ways to integrate Rugby World Cup activities into your planning. For more information see below.



Theory and Practical Workshop

Enhance your sports programme by hearing latest techniques and practices while at the same time reflect on the quality of teaching and learning in Physical Education.

Is your sports programme linked to quality outcomes for your students? This Fundamental Movement Skills (FMS) series, with clear links to New Zealand curriculum, is being offered for the last time this year.

Further develop your understanding of FMS, how they should be integrated into all your units and your sports programme as well.

- When:** Thursday 11th August 2011
Where: Petone Rugby Club, Udy Street, Petone
Time: 9.30am – 3.30pm
Presenters: Georgina Duindam (Sport Wellington). Guest Presenter Libby Paterson and Sport Providers

Cost:

	School or Organisation	Past Active School	Current Active School
Registration for one workshop	\$120 + GST per person	\$100 + GST	\$80 + GST
Registration for multiple workshops	\$100 + GST per person per workshop	\$80 + GST	\$60 + GST

NOTE:

Morning tea and lunch will be provided.

Book and pay now to secure your place in this workshop. For further information or to book please contact:

Sport Wellington
Ph (04) 380 2070
info@sportwellington.org.nz
www.sportwellington.org.nz



Workshops 2011

Brains Buzz & Bodies Bop

An interactive workshop for teachers of Pre-school & Junior School.

What goes on in the brains of young children? What is the best way to help children develop and learn?

Gill Connell & Janet Channon bring you this fun and informative workshop that looks at movement development through music.



Wellington Workshop:

- Date:** Saturday, 17th September, 2011
Venue: Kilbirnie School
72 Moxham Ave, Hataitai, Wellington
Cost: \$120 per person
Early bird registration \$100 per person (before Friday 19th August)
10% discount for 5 or more enrolling from same centre or school.
Time: 9.00 – 4.00pm
Contact: Ph: (09) 479 6741
Annemarie@kidsmusiccompany.com
www.kidsmusiccompany.co.nz

Workshops 2011

Free Early Childhood Nutrition & Physical Activity Workshop

The Heart Foundation, Sport Wellington and Regional Public Health are providing free workshops throughout the Wellington Region for educators, teachers and parents looking at:

Please contact Jane Wyllie at Regional Public Health on Jane.Wyllie@huttvalleydhb.org.nz or on (04) 570 9552 if you would like to take part in one of the following workshops.

Food to Thrive

- Setting the scene – facts and stats on children's eating habits
- Nutrition – lunchbox ideas
- Education – nutrition related activities for children and a chance to share ideas
- Food demonstration



Fundamental Movement Skills

- Education – looking at the development of fundamental movement skills in under 7's and how these contribute to active children and all round development.
- Practical – activities to use within your centre.



Wellington: Wednesday 10th August 2011
Sport Wellington, Newtown
2pm - 4pm

Porirua: Thursday 11th August 2011
Pataka Museum
2pm - 4pm

Hutt Valley: Tuesday 16th August 2011
Pelorus Trust Sports House, Seaview
2pm - 4pm

Kapiti: Thursday 18th August 2011
Kapiti Community Centre
2.00pm - 3.45pm



Regional Public Health
Better Health For The Greater Wellington Region



Staff Goodbyes

Bon Voyage Rachel

It is with great sadness that we farewell Rachel Spriggins from the Young Persons Team at Sport Wellington.

Rachel has been with Sport Wellington for three years. Initially in the position of Active Movement Advisor and more recently as a Young Persons Advisor.

She has worked predominantly with Early Childhood Centres as well as Plunket Groups, Nannies College and a wide variety of other organisations involved with children under 5.

Rachel is a familiar face in many centres, working tirelessly to provide professional development for teachers, family and whanau. She has done this in a very professional manner by providing workshops for adults and delivering activity sessions for the children.

Rachel is leaving us to begin another exciting adventure, exploring a range of countries on her OE. We wish her well and look forward to hearing about her overseas exploits. Rachel's last day with Sport Wellington is Thursday 25th August.

For assistance after this time please contact the Sport Wellington office on (04) 389 2070 or info@sportwellington.org.nz



School Zone & Interzone Sports Calendar 2011

TERM 3

Date	Ppt Date	Zone / Cluster	Sport	Venue	Organiser (School)
14-Sep	15-Sep	Waterman's Intermediate Tournament		Trentham Memorial Park	WRFU
22-Sep		Inter-regional	Cross Country	Blenheim	Blenheim
16-Aug	17-Aug	HRSA	Netball	Taita Netball Courts	Sts Peter & Paul School
27-Sep	29-Sep	HRSA	Soccer		Wellesley College
23-Aug	25-Aug	Hutt Valley	Yr 5/6 & 7/8 Tackle Rugby	Fraser Park	WRFU
9-Aug	11-Aug	Kapiti	Jnr Winter Tournament	Te Atiawa & Mazengarb Park	Sports Co-ordinator
30-Aug	15-Sep / 6-Sep	Kapiti	Snr Winter Tournament	Te Atiawa & Mazengarb Park	Sports Co-ordinator
5-Oct		Kapiti	Softball	Te Atiawa Park	Sports Co-ordinator
		Kapiti	Movement E		Kapanui
13-Sep	15-Sep	LHPSSA	Interzone Netball	Taita Netball Courts	Sts Peter & Paul School
9-Aug	10-Aug	Lower Hutt Central	Netball	Taita Netball Courts	Sts Peter & Paul School
6-Sep	8-Sep	Lower Hutt Central	Hockey	Fraser Park Turf	Wellesley College
10-Aug		Lower Hutt Eastern	Meeting	Pukeatua School	Pukeatua School
16-Aug	18-Aug	Lower Hutt Eastern	Soccer		Pukeatua School
30-Aug	1-Sep	Lower Hutt Eastern	Netball	Wainuiomata Primary School	Wainuiomata Primary School
7-Sep	9-Sep	Lower Hutt Eastern	Tennis	Wainiomata Tennis Club	
30-Aug	1-Sep	Lower Hutt Northern	Netball	Taita Netball Courts	St Michaels School
3-Aug		Lower Hutt Southern	Meeting	Pelorus Trust Sports House	Zone Convenor
6-Sep	8-Sep	Lower Hutt Southern	Netball	Taita Netball Courts	Sacred Heart (Petone) / OLR Schools
9-Aug	11-Aug	PSW	Yr 5/6 Netball	Hataitai Netball Courts	PSW
10-Aug	12-Aug	PSW	Yr 7/8 Netball	Hataitai Netball Courts	PSW
8-Sep		PSW - Event Managers	Meeting - Athletics	Sport Wellington	PSW
15-Sep		PSW	Interzone Swimming	WRAC	PSW
29-Sep		PSW Management	Meeting	Sport Wellington	PSW
10-Aug		Tawa	Zone Meeting	Greenacres School	Greenacres School
31-Aug		Tawa	Swimming	Tawa Pool	Greenacres School
23-Aug	25-Aug	UVPSSA	Rugby	Trentham Memorial Park	
13-Sep	15-Sep	UVPSSA	Soccer	Trentham Memorial Park	
4-Oct	6-Oct	UVPSSA	Rippa Rugby World Cup	Competition	
11-Aug		Wellington Central	Meeting	Sport Wellington	Zone Convenor
30-Aug		Wellington Central	Swimming	WRAC	Sacred Heart School
6-Sep		Wellington Central	Winter Festival Yr 5 / 6	Indoor Sports Centre	Clyde Quay School
13-Sep		Wellington Central	Winter Festival Yr 7 / 8	Indoor Sports Centre	Clyde Quay School
30-Aug	1-Sep	Wellington City	Yr 5/6 & 7/8 Tackle Rugby	Ian Galloway Park	WRFU
10-Aug	17-Aug	Wellington Eastern	Football	Miramar Park	Lyall Bay / Worsor Bay
11-Aug		Wellington Eastern	Meeting	Miramar Central School	Zone Convenor
1-Sep		Wellington Eastern	Swimming	WRAC	Scots College / Seatoun School
8-Sep		Wgtn Event Managers	Meeting - Athletics	Sport Wellington	PSW
10-Aug		Wellington Northern	Meeting	St Brigids School	Zone Convenor
25-Aug		Wellington Northern	Swimming	WRAC	Churton Park School
10-Aug		Wellington Southern	Meeting	Island Bay School	Zone Convenor
16-Aug		Wellington Southern	Swimming	WRAC	St Annes / Owhiro Bay Schools
10-Aug		Wellington Western	Meeting	Karori Normal School	Zone Convenor
23-Aug		Wellington Western	Swimming	WRAC	Queen Margaret College
6-Sep	8-Sep	Wellington Western	Netball	Hataitai Netball Courts	Kelburn School
6-Sep	8-Sep	Western Bays	Yr 5/6 & 7/8 Tackle Rugby	Ngatittoa Domain	WRFU

School Zone & Interzone Sports Calendar 2011

TERM 4

Date	Ppt Date	Zone / Cluster	Sport	Venue	Organiser (School)
3-Nov		EZSA	Meeting	Miramar North School	
2-Nov		HRSA	Touch		
		Kapiti	Basketball		Sports Co-ordinator
1-Nov	3-Nov	Kapiti	Athletics Yr 5/6		Sports Co-ordinator
15-Nov	17-Nov	Kapiti	Athletics Yr 7/8		Waikanae School
22-Nov	24-Nov	Kapiti	Cricket - Boys		HKCA
29-Nov	1-Dec	Kapiti	Cricket - Girls		HKCA
3-Nov		Kapiti	Golf		Paraparaumu College
1-Nov	3-Nov	LH Central	Cricket		
22-Nov	24-Nov	LH Central	Athletics		
1-Nov	2-Nov	LH Eastern	Softball		St Claudine Thevent School
22-Nov	24-Nov	LH Eastern	Athletics		Fernlea School
29-Nov	1-Dec	LH Interzone	Athletics		
3-Nov		LH Southern	Meeting	Pelorus Trust Sports House	Sports Co-ordinator
22-Nov	24-Nov	LH Southern	Athletics		Hutt Central School
22-Nov	24-Nov	PSW	Athletics		PSW
9-Dec		PSW Management	Meeting	Sport Wellington	PSW
6-Dec	8-Dec	Regional	Athletics		
2-Nov		Tawa	Meeting	Saint Francis Xavier School	
8-Nov	9/10/15 nov	Tawa	Athletics	Kura Street Park	Redwood / St Francis Xavier Schools
10-Nov		UVPSSA	Meeting		
15-Nov	17-Nov	UVPSSA	Athletics	Maidstone Park	Mangaroa / Trentham / Jim Blair
29-Nov	1-Dec	UVPSSA	Touch	Trentham Memorial Park	Birchville School
9 /11/ 16 nov		Wellington Eastern	Athletics	Newtown Park	Hataitai / Te Kura Kaupapa / Robin Boldarin
15-Nov	17-Nov	Wellington Region	Yr 5/6 & 7/8 Girls Only Rippa Rugby	Fraser Park	Wellington Rugby Union

Please note: The information provided is limited by what has been sent through by Zone Convenors prior to going to print. For events not in the calendar please contact your School Zone Convenor.



Pictures from the Hutt Interschool Cross Country

Ki-o-Rahi Tournament

Ki-o-Rahi Poneke Festival

Wellington City will host the first ever regional Ki-o-Rahi Festival. Ki-o-Rahi is a skilful, traditional Maori game, steeped in myth and legend. There will be social 'rippa rugby' style games and full contact 'test' matches played on a state of the art artificial turf, as well as food and cultural performances.

Ki-o-Rahi was taken to France and Italy by the Maori Battalion in World War II. It is still played in those countries today. It is undergoing a resurgence in Aotearoa, led by the organisations like Ki-o-Rahi Poneke, who train and teach the kaupapa and rules of this unique New Zealand taonga.

Ki-o-Rahi is much like rugby and netball, with players having to score points by touching a ball onto outlying 'pou' and then returning it in hand, rugby style, over a central try line. Each area in the circular

arena relates to a part of the myth of Ki-o-Rahi.

It can be played full contact or in touch or rippa flag style. The Ki-o-Rahi Poneke Festival will have a 'rippa' social grade as well as full contact test matches between some of the best exponents of Ki-o-Rahi in New Zealand.

It will also include skill demonstrations, food, fun and culture. It promises to be a great day out in Island Bay.

For more information about this event contact Craig Ireson below or check out www.r2r.org.nz.

Craig Ireson
Event Organiser
(04)389 0239
craigi@sportwellington.org.nz



YNZ Sailing - Have a Go



SAILING ... HAVE A GO!

Halberg Trust and Yachting NZ (YNZ) wish to invite disabled students to participate in the YNZ schools programme, "YNZ Sailing ... Have a Go!"

"Sailing...Have a Go!" is a nationwide programme designed to offer students from Years 4 to 8 the opportunity to experience the thrills and spills of sailing in a safe & well managed environment and most importantly, have fun!

We want to develop a registration of interest, from your school, for disabled students wishing to participate in the "Sailing...Have a Go!" programme in December 2011.

This is an extremely popular programme and numbers are limited so schools should register their interest early.

Age group (flexible): Y4 – Y8 (ages 8 – 13)

Impairment: Physical, sensory and intellectual

Date: Thursday 8th December 2011

Location: Evans Bay,

To register your interest please contact Marguerite Christophers below before Thursday 25th August:

Marguerite Christophers
Sport Opportunity Adviser
Sport Wellington
(04)389 0234

margueritec@sportwellington.org.nz



SPARC Sport Volunteer Awards

Do you know someone who gives a lot of time to your sport?

Volunteers are the “power supply” of our sporting community because they create more sporting opportunities and add value to the community that we live in.

SPARC in association with Sport Wellington would like to recognise those volunteers who add value to the sporting community. You can nominate any school, club or event volunteer (teachers, parents, grandparents, friends, young people). Nominations close midnight 23 August 2011.

3 Categories

- SPARC Sport Volunteer Award (19yrs+)
- Student Sport Volunteer Award (13—18yrs)
- Lifetime Achievement Award (for 25yrs+ service to community sport)

Nominate online now www.sparc.org.nz/volunteers



Coach & Volunteer Monthly Awards

Logan Brown Coach & Volunteer of the Month

Nominate someone you know for the Logan Brown Coach and Volunteer of the Month awards now.

Each month the winning coach and volunteer will receive a Logan Brown Bistro Lunch for two. Nominate now online.



www.sportwellington.org.nz/awards



KiwiSport Funding - \$892,000 is being distributed!



KiwiSport

Wellington
Community Trust
supporting community initiatives

The proportion of allocated KiwiSport funding for 2010/11 is 80% non-contestable (\$714,000) and 20% contestable (\$178,000). In total, Sport Wellington is responsible for distributing approximately \$892,000 to support projects that increase the number of school-aged children participating in organised sport.



In round five of the Wellington KiwiSport Regional Partnership Fund, Sport Wellington received 21 applications for contestable and non-contestable funding seeking a total of \$692,745. After careful consideration by the KiwiSport Assessment Panel and Sport Wellington Board of Trustees, three contestable and eleven non-contestable applications were approved in principle. The results will be available on our website once signed agreements are in place.

Closing Dates for KiwiSport Funding 2011

- Round Six - Monday 19th September 2011



In addition, appointment times are available to discuss your KiwiSport funding application or project prior to the each closing date. These 20 minute meetings provide an opportunity to gain clarity and insight regarding the expectations and quality of applications Sport Wellington are seeking. We highly recommend you make an appointment before submitting your application. Please call (04) 380 2070 to make an appointment today.

The Wellington Community Trust helps bring KiwiSport to the Wellington Region. For more information concerning KiwiSport, please see the website:

www.sportwellington.org.nz/kiwisport

Leadership Through League

After an incredible first term 'Leadership Through League' has been in three colleges, accredited 92 new Mini Mod coaches and the program has coached over 1,000 primary school kids for three or more sessions each.

The 'Leadership Through League' programme has Wellington Rugby League working in partnership with secondary and primary schools. The programme works with a NCEA PE class for five weeks. Students receive NCEA credits in coaching, leadership and event management while at the same time coaching year 5 and 6 primary school kids' in skills such as running and evasion, catching, passing and teamwork. The student coaches go onto hosting a "Flag



on my students, the primary school students and our community as a whole" Richard Anderton – PE Teacher, Aotea College.

League Festival" with all participating primary schools attending. The day is completely planned and managed by the college students. With the festival run over three hours and with 12 teams competing, it is quite an event for the primary school kids.

'Leadership Through League' has been successfully completed in Taita College, Aotea College and Wellington High School and their surrounding primary schools. The success of the programme been the partnership developed between Wellington Rugby League, schools and KiwiSport funding through Sport Wellington.

Contact Alex Smits alex@wrl.org.nz at Wellington Rugby League for more information.

"The program had a positive impact

Wellington Regional Primary & Intermediate School Cross Country Championships 2011



A new date, a new venue and over 700 runners made the sixth Wellington Regional Primary and Intermediate School Cross Country Championships a success. These champs are normally held in the last week of term but due to the changes in dates for the terms, were held a week earlier. The venue for 2011 was the picturesque Kaitoke Regional Park at the base of the Rimutakas. After several weeks of rain leading up to the event, the conditions were near perfect for running - sun shining, little wind and good ground conditions.

Nine sporting associations competed in the annual event, organised by Primary Sport Wellington in association with Athletics Wellington. Children from years 4 – 8 competed in what has now become a very important event in the cross country programme. A team of 80 runners from Years 5- 8 was selected to represent the Wellington Region in the inter-regional event to be held in September in Blenheim.

All runners represented their schools and associations with pride. All races were fiercely contested, with all runners giving their best to make this a very competitive event.

This event would not happen without the many volunteers who give so generously of their time. Our thanks must be extended to Geoff Henry, Athletics Wellington officials, Wellington Regional Council, Joseph Aoina, Heidi-Jane James, Juan McDonald, Bart Jones, Birchville School and all the officials from the various sporting organisations that made this day possible.



Photos courtesy of Gary Nesbit from NESPORT Photography



Date change for AMI Round the Bays 2012

Sport Wellington has changed the date for the 2012 AMI Round the Bays Fun Run/Walk.

It is now on **Sunday 26 February**. Stay tuned for event updates and registration information on our website or find us on Facebook.

amiroundthebays.co.nz

Buggy Walks

Sport Wellington Buggy Walk



Come and take part in the FREE Buggy Walks



Come and join Sport Wellington and Greater Wellington Regional Council at a Buggy Walk!

Buggy Walks are on the first Thursday of each month, held on buggy friendly tracks at a different location around Wellington each month. They are a **FREE** event for the family. No need to register, just turn up on the day and take part! Walks start at 10.30am, participants are encouraged to come along earlier and enjoy the free coffee supplied by our sponsors Caffe L'affare.



For all the details on the Buggy Walks and cancellation notices please check the website or find us on Facebook

www.buggywalk.co.nz

Up and Coming Buggy Walks:

Thursday 1 September - Petone Foreshore

Meet: Hikoikoi Park

Thursday 6 October - Botanic Gardens*

Meet: The Dell

* October is the Big Annual Walk. There will be entertainment, spot prizes and 'goodie' bags on completion of the walk. Get your centres, parents and caregivers involved.

Meet 10am for free Caffe L'affare Coffee and all walks start 10.30am.



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REGIONAL COUNCIL
Te Pane Matua Taiao



Supporters of Sport Wellington



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Hutt City Council
Kapiti Coast District Council
Masterton District Council
Porirua City Council
South Wairarapa District Council
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Wellington City Council

