



# Active Download **E-NEWSLETTER**

No. 3

## Kia ora from the Young Persons Team



[Click here for the Primary Sport Zone Calendars](#)

How the time flies - it is hard to believe we are almost half way through the 2011 teaching year. Here in Wellington we have been particularly fortunate with the weather. "Little wind" and many sunny days to allow children to get outside and be active.

This issue of the Active Download features information about the fundamentals of throwing and catching, with a number of activities you can use to develop these skills. Make sure you check out the activities from this newsletter and past newsletters this year as they provide easy fundamental movement activities that you can incorporate into your sessions.

We hope you find this newsletter useful.

*Georgina, Rachel and Dayle*

## FMS - Throwing and Catching

Throwing and catching skills are an important component of many games and activities played by people of all ages. It is important that children from an early age be given many opportunities to develop these skills to prepare them for the games and sports they may play in the future. While throwing and catching are complimentary skills, they are quite different in movement focus. Throwing is a target skill, while catching relies on the ability of the body to track and receive an object.

of the vision system to co-ordinate the information received and to direct the hands to the intended outcome – e.g. catching a ball. Our eyes see the object and track it sending information back to our brain and then on to other parts of body for an appropriate or planned reaction.

are great for this. With older children, accuracy isn't the first objective in teaching this skill. Rather, a child must initially become familiar with the throwing action itself. Add targets that children can throw into – start with larger targets for children learning this skill – as children become more capable decrease the size of the targets.

[Follow this link to our website for some great activity ideas](#)



Developing the ability to use the hand and eye together is an important part in a child's development. This skill is necessary for many of our daily activities such as; crossing the road, going up and down stairs, reading and writing. It is the crucial skill involved in learning to catch and throw.

Hand eye co-ordination begins developing in the early years; young children begin using their eyes to slowly track things. Using slow moving objects gives the eyes an opportunity to track and enough time to have a reaction and attempt to catch the object. Often using fast balls or sports balls is unfair on a child that is still gaining the basic skills of hand eye co-ordination.

Throwing: children love to throw, so it is good to give them plenty of practice, for younger children soft light objects



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# FMS Workshop Opportunities

Earlier this term the second in our Fundamental Movement Skills workshop series was held at the Petone Rugby Football Club. Teachers from around the region attended to learn more about the importance of teaching stability / balance. They were extremely fortunate to be coached by Tas Evans (GymSport NZ) and Geoff Henry (Wellington Athletics).

While the workshops in this series build on each other, it is possible to attend single ones if you feel you have a particular interest in or need to up-skill in a specific area. The next workshop scheduled for Thursday 23rd June will focus on the manipulative skills of throwing and catching.

Following the same pattern as previous workshops. The morning session will focus on creating curriculum links and will again be facilitated by Libby Paterson. In the afternoon we are very fortunate to have Tom O'Keefe (AFL) and Alex Smits (Wellington Rugby League) to deliver the practical component of throwing & catching. I am sure they will provide many exciting activities that you can take back and use with the children in your classroom.

The 4th and final workshop in the series will take place in Week 2 Term 3. Thursday 11th August. The focus will be on the manipulative skill of striking with an implement. Our 3 coaches delivering practical activities in the afternoon will be from Tennis, Softball and Cricket.

Put this in your diary and register now! [Click here for more details and to register.](#)



## Logan Brown Coach & Volunteer of the Month

Nominate someone you know for the [Coach of the Month](#) and [Volunteer of the Month](#) now.

Each month the winning coach and volunteer will receive a [Logan Brown](#) Bistro Lunch for two with wine tasting options.



## Do you have students who have a physical disability?

Are they keen to learn a new sport?  
Are they keen to meet people, and have fun?

**Then come along and play BOCCIA on the 25th June**

Boccia is a sport played by people of all ages who have a physical disability. It's a cross between bowls and petanque and is played seated in an ordinary chair or a wheelchair.

[Click here for more details](#)

## Rippa Rugby - Congratulations Otaki School

The Year 6 inter-school tournament held on Thursday June 2nd was well attended by 14 schools and ably run by Shane Pihama and his team of development officers.

The final between Levin East and Otaki Primary was a cliff hanger until the last few minutes when Otaki gained a lead by diving over the line to score. Otaki went on to play Douglas Park School at the Westpac Stadium as a curtain raiser for the Hurricanes, with Otaki coming out the winners.

The next step for these talented young people is an all expenses paid trip to Auckland to play in a two day, World Cup Year 6 Rippa Rugby Tournament in August. Well done to all the schools that took part in the Kapiti Tournament, and good luck Otaki School for the World Cup.



## Supporters of Sport Wellington



Carterton District Council, Hutt City Council, Kapiti Coast District Council, Masterton District Council, Porirua City Council, South Wairarapa District Council, Upper Hutt City Council, Wellington City Council