



Kia ora from the Young Persons Team

Wow, we are more than half way through Term 3 already. We have survived the big snow of 2011, the World Cup has started and spring is definitely in the air. An opportunity to start getting out and about a bit more.

Congratulations to all the kindergartens who recently completed their fundamental movement skills projects with Rachel. We look forward to hearing about the fun, creative activities you use to continue to develop these skills with your children.

In this edition of our e-newsletter, we welcome and introduce Tania Atkinson, our new Young Persons Advisor, and the fundamental movement skill focus is on throwing and catching.

Sport Wellington is now accepting expressions of interest from any school that would like to work in-depth with us in 2012. If you would like to find out how we can support your school please feel free to contact us.



Students enjoy the snow at Maungaraki School

Georgina, Tania and Dayle

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FMS - Throwing and Catching



With the Rugby World Cup now in full swing and taking up a lot of everyone's attention, now is a great time to talk about the manipulative skills of throwing and catching!

It is important for us to remember that 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.

For children to be successful in throwing and catching, they need to have developed their hand-eye co-ordination skills. For further information about the importance of developing throwing and catching skills, [please click here](#).

Games and Activities

[Follow this link to our website for some great activity ideas for both Under 5's and Primary School students](#)



New staff member



Hi everyone, my name is Tania Atkinson and I have joined the Young Persons Team at Sport Wellington. I have come from a background of teaching, where I taught for seven and a half years at a few different schools around the region. These schools include Paraparaumu Beach, Raumati Beach and most recently, Discovery School.

I really enjoy my sport, especially tennis and netball and love trying new things. I am looking forward to being a part of the team here at Sport Wellington and meeting lots of new people in my role.



Do you have students who have a physical disability?

Don't miss this wonderful opportunity to get involved in tennis. Tennis Central and Sport Wellington are offering young people with a disability of school age, primary and secondary, the opportunity to have a go at adaptive tennis at the Renouf Centre in Wellington on the Sunday 25th September.

Please [click here for further information and how to RSVP](#).

Wharewaka/Rippa Rugby at the "Rugby Village Green"



Wellington Rugby in conjunction with the Wellington City Council have seized upon an opportunity to further engage primary schools during RWC 2011 and get them participating in the game through Rippa Rugby.

Wellington Rugby will be conducting a schools programme to promote the game that will include visits to the new Wharewaka meeting house on the waterfront tied in with a Rippa Rugby session on the artificial turf at Civic Square. "Rugby 2012" will be the promotional message to all children who participate, with registrations of interest to play rugby next year being taken and rugby clubs across the region promoted.

For more information contact Wellington Rugby on (04) 389 0020 or [click here](#).

FMS Success in Kindergartens

Youngsters at Maungaraki, Epuni, Dyer St, Parkway, and Mt Cook Kindergartens have been learning new skills for the last six months as part of the Sport Wellington Fundamental Skills Project.

This project looks at the importance and development of fundamental movement skills (FMS) in under fives, with a focus on basic movement skills such as jumping (and other locomotion), hand-eye co-ordination, balance and rotation.

The objective of the project is to ensure children are doing FMS every day so they become automatic skills. Kindergarten

teachers went through training and modelling sessions.

Some centres took up the opportunity to educate parents further and also implement daily FMS sessions.

Sport Wellington is now rolling out the programme at Boulcott and Arakura kindergartens.

For more information contact Tania Atkinson at Sport Wellington.

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Dyer St practise eye-foot co-ordination and balance in a soccer exercise

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