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Introduction

Welcome to the inaugural issue of **moveMprove® Impact** — a newsletter to keep clubs, investors and partners up-to-date on the moveMprove® programme developments.



The launch of the moveMprove® programme kept the GymSport NZ team exceptionally busy throughout 2010, with six clubs signing on to deliver the programme, KiwiSport contracts in place with four Regional Sports Trusts, and many more discussions had regarding delivery in 2011.

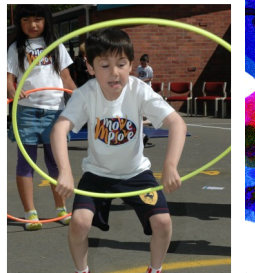
The highlight for me as the National Foundation Skills Manager, responsible for the implementation of the moveMprove® programme, was meeting with so many staff from gymsports clubs, and seeing the fantastic results that the delivering clubs achieved in such a short period of time.

The moveMprove® programme is truly giving gymsports clubs the opportunity to live the GymSports NZ motto of "Making movement matter". It all begins with these basic, foundation movements and skills, as the gymsports community has known for years.

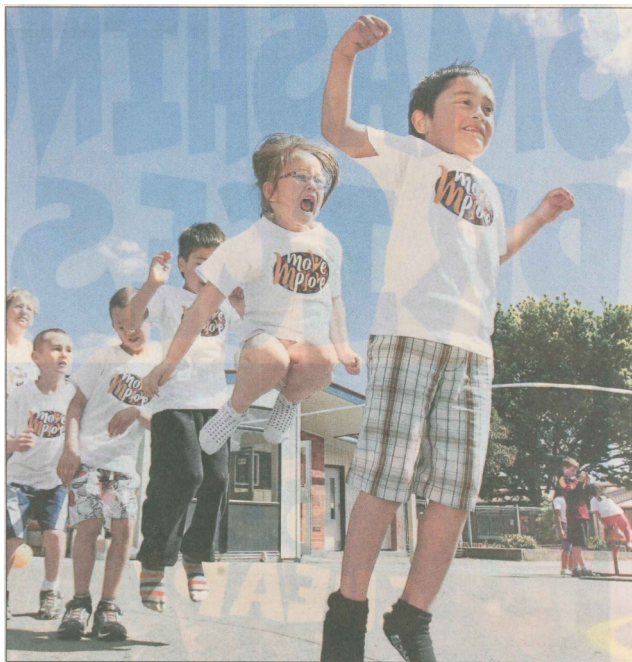
My key focus for 2011 is to show other sporting codes and primary schools throughout the country, that gymsports is the sport to take the lead with providing New Zealand children with the opportunities to learn these important life skills!

Happy New Year all - it's going to be another busy one!

Shelley Gilliver—National Foundation Skills Manager



Wellington KiwiSport launch



Jump start: From right, Kaya Lal, 6, Casey McLean, 6, and Noah Clarke, 5, help launch the Kiwisport Fundamental Skills Programme at Fernlea School in Wainuiomata. Photo: PHIL REID

Schoolchildren leap into Kiwisport

Julie Ash

SIX-YEAR-OLD Waaka Poutu cannot get enough of Small Whites football.

"I pretend I am playing for Spain," he said. "I love running past the other team and scoring goals."

Kaya Lal, 6, enjoys football as well but also likes jumping and gymnastics and, most of all, "having fun with my friends".

The two Fernlea School pupils

are big fans of the Kiwisport Fundamental Skills Programme, which is being introduced into primary schools around the Wellington region.

The programme, incorporating learning to swim, gymnastics and football, is part of the Government's \$82 million Kiwisport programme, which aims to get more children involved in sport. Hutt City Council received \$334,000 from Sport Wellington to subsidise the delivery of the programme in 60 schools in Hutt Valley.

Lower Hutt Mayor Ray Wallace and National MP Paul Quinn were on hand yesterday to help launch the programme at Wainuiomata's Fernlea School.

Sport and Recreation New Zealand community sport and recreation general manager John Reid said the programme was already having positive spinoffs, with teachers reporting that many children were more responsive in class.

23 Year 2 students from Fernlea School in Wainuiomata provided a moveMprove® demonstration for the Sport Wellington and Hutt City Council KiwiSport launch in Wellington on Tuesday 2nd November.

The launch was attended by National MP Paul Quinn, Lower Hutt Mayor Ray Wallace, SPARC Community Sport and Recreation General Manager John Reid and representatives from Sport Wellington and Hutt City Council.

Year 5 teacher at Fernlea School, Robyn Wilson, recognised the benefits in the pupils that had participated in the moveMprove® programme sessions, delivered by Hutt Valley GymSports.

"Our students have really enjoyed your programme. What they envisaged as being easy turned out to be quite challenging in areas and they really enjoyed challenging themselves to achieve the outcomes.

Your support encouraged the students to meet the expectations and each week they looked forward to practising their new skills and learning new ones. Their confidence grew and your exercises and activities soon began to stream into the playground.

Thank you and your staff for a fantastic, well run and organised programme."

Robyn Wilson, teacher of Year 5 & 6 students at Fernlea School, Wellington

Regional report

Tri Star—Auckland

"We started moveMprove® this term and it's been a great experience. The programme has been received really well by the kids, teachers and principals.

We have had a few learning curves, the first one was on the first day arriving in the pouring rain without any towels to wipe down the equipment – so for everyone out there chuck in a couple of old towels !!!

Next we turned up to find the school hall was set up for exams so outside we went!!! Some quick re-planning and we had children walking feet up trees, walking along benches (designed to sit on for lunch) and rolling down the wedge.

Note to self the vinyl equipment gets very hot in the sun and needs to be set up under a tree or somewhere in the shade. So now coaches are packed off with sun screen and hats – just in case".

Gillian Tracey
moveMprove® Coach
Tri Star Gymnastics

How to become a moveMprove® club

moveMprove® is a national programme and must be delivered in a consistent, high quality way, to protect both the reputation of the brand and that of the gymSports community.

There is a four-step process that all clubs must complete prior to delivering the moveMprove® programme.

Process	Description
Step 1	moveMprove® may not suit the requirements of every club or school. Clubs wanting to know more about the programme should contact their Regional Relationship Manager (RRM).
Step 2	Accreditation Document - each club that delivers the moveMprove® programme is required to complete this document. It ensures that correct and up-to-date policies and procedures are in place.
Step 3	Coach Training - all coaches who deliver moveMprove® sessions must first attend the moveMprove® Essentials Course. From 1 January 2011 this course will be extended by four hours, resulting in a 15 hour course delivered over two days. moveMprove® coaches must also attend the Recreation Coach course, hold a current First Aid certificate , and complete the Ministry of Justice form detailing their suitability to be a moveMprove® coach. (RRMs can provide the documentation for this). Lead moveMprove® coaches must also attend the PlayGym Leaders course.
Step 4	Delivery Agreement—to ensure that moveMprove® is delivered consistently across the whole country, clubs are required to sign a Delivery Agreement with GymSports NZ. This Agreement defines what is required from both parties (the club and GymSports NZ), Intellectual Property ownership, finances, reporting dates and other requirements.

For more information on these requirements, please refer to the attached moveMprove® Q&A document.

What's happening where & when?

Club	Delivered to	Participant numbers
Tri Star — Auckland	St Patricks, St Pious and Tamaki schools	495
HVGS — Wellington	Fernlea School	234
St John's Hawera	Commencing delivery Term 2 2011	Target number 500
CSG — Christchurch	Commencing delivery Term 2 2011	Target number 750
Olympia — Christchurch	Commencing delivery Term 2 2011	Target number 750
Rimutaka — Wellington	Commencing delivery Term 1 2011	Target number 1000

moveMprove® in the Park!

As part of Hutt City Councils holiday programme, eight moveMprove® sessions were delivered by Hutt Valley Gymsports in regional parks throughout January.

Pictured is Arie Smith, showing some impressive spring skills at a moveMprove® session held in Walter Nash Park on Wednesday 19 January.

Hutt City Council Recreation and Events Manager, Duncan Chisholm, reported that *"feedback from parents and the kids themselves has been terrific, with a steady stream of kids plus parents participating each day."*

moveMprove® is a great programme to deliver outdoors due to its emphasis on the elements of fun, variety, simplicity and involvement for all."

Photo courtesy of Hutt City Council.



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