

### About Kiwi GymFun

Kiwi Gymfun is a gymnastic based programme of developmental activities. These form the basic and fundamental movement skills and body management present in all active sports and games.

The programme is based on Dominant Movement Patterns (DMP's). All gymnastic and whole body movements are made up of a combination of the following six movement patterns:

- **Landings** - on feet, hands, all parts of body - a basic safety skill. Landings practiced correctly and often increase safety in the gym and also in the playground, etc.
- **Statics** - a state of rest, or equilibrium during movement - hangs, supports and balances. Body management and body tension in all kinds of positions need constant development.
- **Spring** - an explosive rebounding movement, from feet or hands, requiring power and rapid use of strength. Many activities help to develop spring, while circuits and spring series help children to learn correct body posture for power movements in vaulting and tumbling.
- **Rotation** - turning around an axis which passes through the body. Includes rolls, turns, spins and twists. Rotations promote body management, coordination as well as developing the vestibular system of balance and sense of relocation.
- **Swing** - Rhythmic turning of the body around an external axis. Grip, arm strength and coordination must be developed to support body weight.
- **Locomotion** - traveling, using hands, feet and other body surfaces on the ground, in the air, or over, under, along, through and around all kinds of equipment.

Kiwi GymFun also incorporates **manipulative skills** using small hand apparatus with the above DMP's. These activities aid spatial development and eye-hand and eye-foot coordination.

There are six levels in the Kiwi GymFun programme, with gradual progression of activities using simple lead-ups.

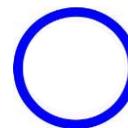
To complete a level, children should be competent in a minimum of six - eight key activities within each level. (This is confirmed by the head coach of the session.) A certificate and badge will be awarded on completion of each level.

## Coach Evaluation

At the end of each class, time is allowed for evaluation and feedback for each child. For the purposes of our evaluations, we use the following system:

WHAT TO DO \_\_\_\_\_ Attempt (Try it)

*(Child has attempted this activity)*



MOVEMENT EMPHASIS \_\_\_\_\_ Learn (Know it)

*(Child has understood purpose of activity)*



WHAT TO LOOK FOR \_\_\_\_\_ Competence (Can do it)

*(Child can complete all of what to look for points)*



WHAT ELSE \_\_\_\_\_ Mastery (Can use it)

*(Child can use this activity or element in a variety of ways – to gain Mastery child must be able to do most of the What Else elements described on the activity card)*



At the end of each session, the coach will mark each child's name with what progression level they have achieved. This will be recorded on each child's individual cards in the PASS column. Once the child has reached MASTERY, the date that this was achieved will be written in the date column.

We encourage all parents to view their child's progress on their individual cards on a regular basis and feel free to ask questions of your child's coach directly or via the senior coach for the day.

