

## **Information Sheet for Parents**

UWA is excited to be working in partnership with Mt Hawthorn Primary School to launch a **NEW** physical activity program, Uni-Active to the Kindy-Year 2 students in Term 2, 2015.

### **What is Uni-Active?**

Uni-Active is a FUN, non-competitive program that aims to improve children's movement skills to ensure that every child has the opportunity to enjoy and participate in sport and exercise. Two different skills will be focused on throughout the term using fun activities, games and drills. Children will have an initial assessment of their Fundamental Movement Skills (throw, catch, jump and kick) which will be made available to parents and will then be placed in a group with children of a similar skill level. This will enable the activities and instruction to be appropriately targeted for their skill level and will help build self-esteem and motivation levels.

The focus of the program is to help children enjoy movement in an environment that encourages participation, fun and learning of movement skills.

### **When will Uni-Active be held?**

Uni-Active will be held before school on Tuesdays on the school oval from 8:00am. Sessions will start in Week 3 and continue for 8 weeks.

### **Why is this program important?**

It is a common myth that children acquire skills such as catching, throwing and kicking naturally. These skills need to be taught, practiced and reinforced. Research in Victorian schools suggests each skill requires between 240 and 600 minutes of instruction before the average student becomes proficient. Skills such as hopping, jumping, catching, throwing and kicking are the basic building blocks of movement and children who are proficient at these skills are more likely to be physically active, fit and healthy and enjoy sport.

The skills learned in Uni-Active are important for many types of sport and physical activity. Once a child has learnt these skills they can participate in most physical activities with confidence.

### **Who can participate?**

This program will be offered to all Kindy-Year 2 children at Mount Hawthorn Primary School in Term 2, 2015. Limited places are available so book your spot now!

### **How is it different to other sports programs that are available?**

This program is unique in that it is tailored to the individual skill level of each child. In the first session children will be briefly assessed on jumping, throwing, catching and kicking. Based on this assessment children will be grouped with others of similar skill level. A brief report detailing the assessment results will be made available to the school and parents of the participant.

### **What is the cost?**

The 8 week term costs \$112 per child, this is equivalent to \$14 per session to be paid upfront at the beginning of each term.

### **Which skills will be focused on in Term 2, 2015?**

In Term 2 at MHPS, Catching and Running will be the two skills focused on.

### **Who coaches the sessions?**

Coaches will be graduates and final year students from the School of Sport Science Exercise and Health at UWA. All sessions will have a maximum coach: participant ratio of 1:8.

### **Why is it before school?**

Participating in this program before school will help the students use up excess energy and help improve their focus for the school day.

### **Do I need to stay and watch?**

Parents are more than welcome to stay and watch their children participate. We will have space available for siblings to play in during the session. If you are unable to stay for the session our coaches will take your child to their classroom after the session ends. Parents of kindergarten children will need to stay and watch the session.

### **How can I sign my child up to participate?**

Please email [uniactive-sseh@uwa.edu.au](mailto:uniactive-sseh@uwa.edu.au) with your child's name and year group.

### **More information?**

If you have any further questions regarding this exciting new program please contact Amanda Derbyshire on 6488 1378 or [uniactive-sseh@uwa.edu.au](mailto:uniactive-sseh@uwa.edu.au)

