

2019 Sport and Recreation Program



PURPOSE

Participation in physical activity has a range of benefits for a child's health and wellbeing, including increased self-confidence, social connectedness, increased strength and fitness, improved cognitive function, happiness and overall life satisfaction.

The purpose of the Kids Plus Sport and Recreation Program is to improve the participation and physical activity levels of children with cerebral palsy and other neuro-motor disabilities in regular sport and recreation activities.

Short term goal-focused group based therapy to support engagement and provide an adjunct to individual therapy programs

METHOD

The objectives of the Kids Plus Sport and Recreation Program will be achieved by building childrens' confidence and skills through targeted goal-specific therapy groups as well as providing families with resources, links and support to participate in community-based activities.



















The Sport and Recreation Program aims to increase participation by:

- Providing children with opportunity to participate in goal directed skill specific therapy groups
- Supporting children and families to engage in community based physical activities of their choice
- Providing information and resources to families about the range of activities available in the community
- Strengthening links with Kids Plus and community based physical activity programs


PARTICIPANTS


The Kids Plus Sport and Recreation Program is targeted at children and young adults who would like to increase their participation in physical recreational activity.




	TODDLER	PRE SCHOOL	SCHOOL AGE
SUMMER INTENSIVE			
TERM ONE		 	
INTENSIVE			
TERM TWO		 	
WINTER INTENSIVE			
TERM THREE			
INTENSIVE			
TERM FOUR			


HOLIDAY INTENSIVES

 Beach and Surf Ed

 Everything Bikes


10-WEEK PROGRAM

 Boot Camp

 Play with Music


 Gym Fun

 Movement to Music

 Kinder Ready

 Playground Skills

 Social Skills

 SupaTramp

 Let's Play Ball

PROGRAM DETAILS

Holiday Intensives

Beach and Surf Ed



Therapy program in collaboration with Jan Juc Surf Life Saving Club. Catch a wave, ride a board, beach activities, improve confidence and have fun.

Date: January 2019

Duration: 1 week/5 days

Participants: Ages: 5+

Everything Bikes



This one-on-one or small group intensive aims to improve children's confidence in bike riding and teach children with CP to ride a two wheel bike at Warralilly Park.

Date: Term 3 Holidays

Duration: 3-4 days intensive

Participants: Ages: 5+ BYO bike

School Age Group - All sessions are held on Mondays 4.15-5.30pm

Boot Camp - Agility



This high intensity boot camp aims to improve running speed, agility, strength and endurance. Activities will include Pilates, body weight and trampoline exercises.

Date: Term 1

Duration: 10 weeks

Participants: School age

SupaTramp



Build strength and endurance in this fun trampoline group. The group will run at SupaTramp and will include trampolining, rock climbing and ball games.

Date: Term 2

Duration: 10 weeks

Participants: Ages 9-12

Boot Camp - Strength and Conditioning



This boot camp will include Pilates, floor-based activities and weights. The focus is on building strength and endurance.

Date: Term 3

Duration: 10 weeks

Participants: School Age

Let's Play Ball



Let's Play Ball is for children who are independently mobile and would like to improve and refine their ball skills. Skills will include kicking, throwing and catching in a game environment.

Date: Term 4

Duration: 10 weeks

Participants: School Ages 7-10

Pre School Groups



Play with Music

This Music and occupational therapy lead group aims to improve play skills in a group environment. It will include table top play activities and games with music.

Date: Term 1 & 3

Time: Wednesday 9.15-10.30am

Duration: 10 weeks

Participants: Ages 18 months to 2.5 years



Gym Fun

Gross motor skills group at a local gymnastics arena. Improve skills in balance, climbing, jumping and rolling in a fun group environment. This physiotherapy lead group will focus on gross motor skills including ball skills in a fun group environment.

Date: Term 2

Time: Friday 11.30-12.30pm

Duration: 10 weeks

Participants: Ages 3-6



Movement to Music

Get moving in this PT and music group. There will be action, songs, dancing, balancing and jumping.

Date: Term 2 & 4

Time: Wednesday 9.15-10.30am

Duration: 10 weeks

Participants: 18 months to 3 years



Movement to Music

Let's get active standing, dancing and balancing in this PT and music group for kids who need a bit more support to walk and stand.

Date: Term 1

Time: Wednesday 10.30-11.30am

Duration: 10 weeks

Participants: Ages 2-5



Kinder Ready

This OT music group will focus on kinder skills; cutting, pasting, painting and some group songs!

Date: Term 2

Time: Wednesday 10.30-11.30am

Duration: 10 weeks

Participants: Ages 4-6



Playground Skills

This PT lead group will be in a local playground and focus on climbing, balancing and exploring.

Date: Term 1

Time: Friday 11-12pm

Duration: 10 weeks

Participants: 4-6 year olds



Social Skills

Chat with friends and build confidence with our speech lead social skills and music group. We request that participants please attend both terms.

Date: Term 3 & 4

Time: Wednesday 10.30-11.30am

Duration: 10 weeks

Participants: 4-6 year olds

To book any programs please contact Louise on 0427 361 028 or email louise.daniels@kidsplus.org.au