



Kindy Gym

Information for Referring Agencies

Kindy Gym provides children with a safe environment to learn, achieve and develop good co-ordination and balance along with the basic skills of gymnastics. These include balancing, rolling, swinging, jumping, landings and many more. Kindy Gym classes assist with social interaction, listening skills and allowing others to have their turn. Classes are structured while still allowing the children to have fun and build self-esteem.

The Class

Classes provide:

- Structured gross motor skill drills
- Multi-sensory development
- Fun, physical exercises encouraging parent/child participation
- Improves cognitive skills, self-esteem and peer interaction

The leader will bring the group together for Group Time, which consists of a warm up and stretch. All of these are done in fun and games and often include movement to music. The leader then conducts Group Time, an opportunity for children and carers to work together to develop skills and concepts, such as body awareness, gymnastics shapes, hand/eye co-ordination etc. Circuit Time involves guided discovery on a range of equipment that is stimulating, exciting and challenging. Finally, the group comes back together for a Cool Down activity or game.

Kindy Gym includes involvement of both the child and their adult caregiver. Child and adult interaction is the fundamental ideology on which the Guiding Principles have been developed. The Kindergym Australia Philosophy includes:

- Positive movement experiences can influence a child's outlook on physical activity for life
- It is possible to assist in the development of the whole child by providing an environment where the child may creatively explore and practise skills safely in order to increase self-confidence and self-esteem
- The provision of a fun environment in which a child and caregiver may play together is worthwhile

Aims and Objectives:

- To provide facilities in which children may explore and develop at their own rate, in an inclusive and non-competitive atmosphere

The program aims to:

- Structure the environment rather than the child
- Provide safe, stimulating and challenging activities

Adults are supported and encouraged to:

- Share their child's fun and achievements. The real benefit comes from the child's self-initiated play rather than adult-directed play
- Provide encouragement and positive reinforcement for their child through play
- Reinforce the healthy lifestyle message provided at Kindy Gym
- Be actively involved - adults reinforce to the child a positive lifelong attitude towards physical activity

Child/Adult Relationship

- A positive, nurturing relationship is fostered between the child and the adult, developing and improving the whole child
- The child and the adult enjoy the worthwhile pursuits of play - together

Kindy Gym is staffed by a PCYC instructor and two PSFaNS Early Childhood Staff. As with all PSFaNS programs any developmental or other concerns are followed up and addressed.

For more information phone Port Stephens Family and Neighbourhood Services 49 800 800.