



Fundamental Movement Skills for Kiwi kids

Get Set Go Club Workshop

GET SET GO is an exciting initiative to help our Kiwi Kids develop the skills they need so that they can choose and enjoy being more active through play and sport. This programme is run by Athletics NZ and is aimed at **3 - 8 year old children** in both school and athletics club settings.

Get Set Go in your Club

Athletics NZ recognises that each club will have its own unique culture and individual style, so Get Set Go has a flexible approach of delivery. Programmes can be built around the clubs junior athlete's needs, and run alongside their existing programmes. A key goal of Get Set Go is to give parents the opportunity to interact and build their confidence in delivering the programme. Get Set Go utilises easy to understand skill criteria and activities to provide parents and coaches the tools they need to develop junior athlete's skills, and their enjoyment in athletics.

What this workshop will cover

This practical coaching course will take you through the underlying concepts and philosophies of Get Set Go and give parents/volunteers/coaches confidence to deliver a fun, age appropriate programme to children under 7

- What is the 'Get Set Go' programme and what are fundamental movement skills
- 3 Key Coaching Philosophies of Get Set Go
- The importance of child development
- How to deliver/implement the programme in a school or club setting

When: Tuesday 14th of August 5.00pm - 6.30pm

Where: Sport House on AC baths Ave, Taupo, New Zealand

Cost: FREE (there will be resources available for purchase)

What to bring: Please wear active clothes for practical session

Register: Please email Stephanie Biggs stephanie@athletics.org.nz or call on 021 499 529 with the details below:

1. Name
2. Club or School Name
3. Email
4. Phone Number

