

Pakuranga Athletic Club

TINY TOTS AND '5s & 6s' SECTION

(Girls and Boys 2-6 years)



**Wednesday Afternoons - 4.45 to 5.35 pm
Yvette Williams Track, Lloyd Elsmore Park (entrance at 36-38 Cascades Road)
First Session Wednesday 16th October 2019**

Why Should You Join Us?

- Early childhood physical education improves physical wellness and assists mental and emotional development.
- Sport teaches children about co-operation, competition, fairness, teamwork and being a good loser (or winner!).
- It's a great excuse to get some fresh air, and a nice break from devices.
- Get some ideas for fun activities that you can do at home.
- Great opportunity for children (and parents) to make new friends.
- Burn off some energy before bedtime.

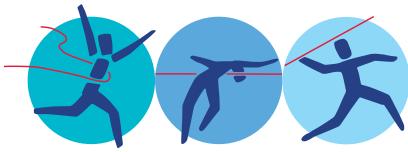
Registrations

Season runs from 16th October 2019 to 25th March 2020

Season registration fee: \$55 (less than \$3 a session!)

Register online at <http://www.pakurangaathletics.nz/>

(You can join at any time during the season; registrations don't close)



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Can You Tell Me...

Who can join?

All girls and boys born on or before the 31st of December 2017 are welcome to join the Junior Track and Field section. Tiny Tots caters for 2-4 year olds:

- Grade 2: Born between 1st of January and 31st of December 2017
- Grade 3: Born between 1st of January and 31st of December 2016
- Grade 4: Born between 1st of January and 31st of December 2015

Our '5s & 6s' section caters for:

- Grade 5: Born between 1st of January and 31st of December 2014
- Grade 6: Born between 1st of January and 31st of December 2013

If your child was born before the 1st of January 2013, they will qualify for the 'Junior' section. Check our separate information sheet for this group.

When does the season start and finish?

The first junior athletics afternoon for 2019/2020 will be on Wednesday the 16th of October. We have a break for Christmas/New Year, then start again in mid-January 2020. The last afternoon of the season will be Wednesday 25th of March 2020. Weather permitting, there will be 20 sessions this season.

Isn't 2 years old a bit early to be starting athletics?

The focus of Tiny Tots sessions is on developing fundamental movement skills- **walking, running, skipping, jumping, landing** etc. as well as manipulative skills such as **throwing and catching**. There is definitely no javelin or high jump taught! However, the skills that are taught are also the same foundation skills used in athletics – running, jumping and throwing – so Tiny Tots provides a great starting point for those interested in athletics. Athletics also enhances children's ability in other sports by helping them run faster, jump higher and throw (and hit) further. The focus of the '5s & 6s' section is on developing correct fundamental athletic skills. Many of the activities will be presented as games and fun relays but all have basic athletic skill acquisition at their core. Emphasis is on skills and techniques relevant to sprints, shot put, discus and long/high jump. The '5s & 6s' programme is based on Athletics New Zealand's Get-Set-Go and Run-Jump-Throw programmes, modified by the Pakuranga Junior Track and Field committee to suit the number of athletes we have and the time and equipment available.

What happens during a Tiny Tots session?

Each session children are grouped with others of the same age and gender. Each group ('grade') takes part in three (2-4 years) or four (5-6 years) activities each afternoon. Activities include races on the track, fundamental movement skills (walking, running, jumping, balancing, landing etc.), manipulative skills (throwing and catching) and a team activity such as fun relays and parachute play.

There is plenty of variety with new sets of activities introduced regularly.

Sessions start at 4.45 pm sharp. All athletes meet on the track (2-4 year olds on the clubroom side, 5-6 year olds near the long jump pit). The programme finishes at 5:35 pm.

Athletes (and their parents) can then take part in a fun group run (meet at the top of the slope above the water jump).



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Who runs the programme?

Everyone involved in running the programme is a volunteer. Most are parents of athletes. We are fortunate to have some of our older junior athletes helping out too. These volunteers plan the weekly activities, organise the equipment, look after each of the grade groups ('grade managers'), explain and demonstrate the activities and start the races. However, we also need help with setting up and packing away equipment and awarding places for races each afternoon. If you are approached and asked to help out, please do so with a smile!

What does an Activity Leader do?

The activity leaders are responsible for introducing the activity to each group. They might demonstrate the activity first then assist, encourage and motivate the children in undertaking the activity themselves. Please remember that all activity leaders are volunteers. Parents are asked to support the activity leaders and offer assistance where needed.

What does a Grade Manager do?

One grade manager is assigned to each grade (e.g. 3 Girls). They take attendance, walk the group around the activities, record places in races and offer lots of encouragement and 'high 5s'. No teaching or demonstrating is required. Please let us know if you are interested in being a grade manager or sharing this role with another parent.

What should the children wear? Do they need special footwear?

The Tiny Tots and '5s & 6s' club uniform consists of:

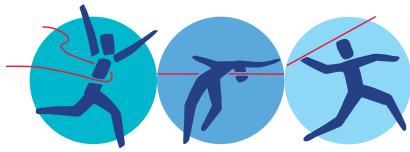
- club t-shirt. This costs \$16 and is available from the BBQ at the equipment shed on Wednesday afternoons.
- black or navy blue shorts (or leggings for girls).
- age patch. This will be given to you after registration and must be attached to the club t-shirt.

We recommend that children have bare feet when taking part in all activities. Not only does going barefoot feel good, it also strengthens and promotes agility in a child's growing feet, ankles, legs, knees, and hips.

What do the parents do while the children are taking part?

The sessions are a great opportunity for you to interact with your child – cheer them on in the races, demonstrate or partner with them in the activities and role-model sportsmanship, fairness, sharing and being a team player. However, we also aim to build confidence in the children so also encourage them to participate in activities independently when they are ready.

Parents/guardians must be in attendance at all times and are responsible for the behaviour of their children, including ensuring that they are not hindering the participation and enjoyment of other athletes and that equipment is being used correctly and safely.



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I have more than one 2-6 year old. How can I be in two places at once?

If your older child is independent and happy to take part on their own, please let their grade manager (and your child!) know that you will be with the younger child. This allows us to find you quickly if we need to. Whilst the grade manager will do their best to ensure your child participates fully in the programme, please remember that your child (and their behaviour) remains your responsibility, not the grade manager's.

What if my child is reluctant to join in?

Children have different learning styles and respond differently to new situations. Some will jump in straight away, others will spend a lot of time just watching. It may take a number of sessions before your child begins to get actively involved. This is fine! Encourage them gently to join in at their own pace and to participate in the activities of their choice. Watching mum or dad doing the activities, trying some of the activities at home or visiting the track in the weekend as a family can be a good way to build confidence.

How does the points system work?

At the end of the season there are awards for performance and attendance for each grade. These awards are based on places achieved in races throughout the season and attendance at Tiny Tot sessions. To congratulate them on their efforts, all athletes receive a participation trophy at the end-of-season prize-giving. Prizes, awards and treats are also given out at 'fun nights' throughout the season.

Can we come along and see what it's like before we sign up?

Yes. Come along to our free 'Have A Go' morning at the track on Saturday the 28th of September. Activities for 2-4 year olds run between 10am and 11am; 5-6 year olds between 10am and 12 noon. You are also welcome to come along to club nights on the 16th or 23rd of October and try out the activities before you register.

You can register and join the section at any time during the season – registrations never close. However, just be aware that athletes are only eligible to earn points once they are registered and paid in full. The registration fee is \$55 for the 2019/20 Junior Track and Field season, irrespective of when this is paid. Discounts are available for families with three or more members attending.

My child has special needs. Can they still take part?

Of course! Please contact Tania Boyer (0274 977433; tania@gravitas.co.nz) to discuss.

I have more questions. Who can I talk to?

**Please contact Tania Boyer, Tiny Tots Co-ordinator (0274 977433
or tania@gravitas.co.nz) or speak to another committee member on club nights.**