



# ACTIVE GOALS AUSTRALIA



## *Pre-school*

### *Active Kinder Kids*

### *Run–Jump–Throw Program*

Term-based and Incurison packages available  
[www.activegoals.com.au](http://www.activegoals.com.au)

## About Active Goals Australia (AGA)

Located in Mordialloc, we are passionate about getting kids active for life and developing run-jump-throw skills in a fun and engaging environment. We know that these activities provide a great foundation for a range of sporting skills and a love of sport in general.

A philosophy of Active Goals Australia is our focus on goal-setting to achieve active goals. For young children it's about learning a new skill, understanding fair play and having fun. We reinforce these ideas with certificates, medals and encouragement - and give lots of high fives!



## Why are active goals important?

The Victorian Early Years Learning and Development Framework states that children build a strong sense of health and physical wellbeing when they:

- are introduced to the basic principles of living an active and healthy life
- begin to develop basic motor skills, including running, jumping, hopping, balancing, skipping
- regularly engage in periods of moderate to vigorous physical activity

By developing a love of being active, children:

- learn team skills and to take turns
- work out how to playing safely and fairly
- are much less likely to be amongst the 25% of kids who are overweight or obese

Most importantly, engaging kids in physical activities at an early age, combined with their mental and emotional development, gives them confidence and contributes to their school readiness!

## About the coach - Jim Poussard

Jim is AGAs head coach / facilitator - he has extensive experience coaching and inspiring young children. Jim coaches athletic skills to over 500 children a term in his role as a coach with Athletics Australia and is well regarded by parents and teachers alike for his professionalism and ability to engage with children.

Jim loves to run and keep active. He has completed over 30 marathons and is a big part of the local running community as the head coach of the Mordialloc Social Running Club.



### Jim's Qualifications

- ✓ Athletics Australia Kids Athletics Coach
- ✓ Level 1 Community Athletics Coach
- ✓ Level 2 Recreational Running Coach
- ✓ Level 2 First Aid Certificate
- ✓ Working with Children Check
- ✓ Masters of Business Management

## Kinder Centre package

Our kinder package focuses on developing gross motor skills and providing an engaging and fun session. Children love to be active, especially when it is fun so we focus on the active skills of running, jumping and throwing, providing foundation skills for a wide range of sports as they grow.

Our activities and games are interactive and engaging rather than sport based so:

- we are robots with funny arms, not just practising running technique
- we are not hoop jumping, we are frogs travelling from lily pad to lily pad
- we will be reaching for the stars, not jumping to touch the bar

We know that for kinder kids, when being ACTIVE is a game, it's so much more fun!

### Active Kinder Kids – Term package details:

- 30-45min sessions, weekly during term
- We come to your centre and will tailor programs to your space
- We bring all equipment
- We can run back to back sessions to cater for larger numbers
- We love working with kids and making them smile through ACTIVE play!

### Kinder term package cost:

- \$45 per child per term (that's less than \$5 per session)
- Now taking bookings for Term 3 and 4, 2016.



## Try before you buy

### Would you like us to deliver a session at your pre-school...for FREE?

Active Goals Australia would like to offer your pre-school a complimentary 30-minute Active Kinder Kids Run-Jump-Throw Session (max 25 children). We would love to show you how we operate and engage with the children. We are confident that our program will tick all the boxes – promoting active play, having fun, emphasising fair play and building valuable physical skills.

To find out more, discuss your specific requirements or to book your free session, contact:

[Jim Poussard](#)

Active Goals Australia kids coach

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