

A Wintery Welcome to Term 2

We hope you all enjoyed your break at the end of term and that you have started the new term refreshed and re-energized.

At the recent AGM the following personnel were re-elected onto the Kindergym Sport Management Committee, Heather Mooney, (Tri-Skills) Raelene Osborn, (Gym West) Trisha Blanks, (Burnside) Caroline Rudkin (Hindmarsh) Chrissie Nightingale (Life Member) and myself (Seacliff). However we would still like to extend an invitation to anyone else who would be interested in joining our group. We need to find new faces with new ideas and energies!

Heather in her role as Kindergym Project Officer visited Prospect, Colonel Light, Karoonda, Seacliff and Playford Kindergym's during term 1. During Term 2 visits and/or phone contact will be made with Trott Park, Strathalbyn, Aerial, Blackwood by myself. Raelene will visit or contact Glengowrie, Mt Lofty, Seacliff, Prospect, Hindmarsh, Unley and Heather will visit and or have contact with TTG, Athelstone, Williamstown, Torrens Valley, Starplex, Jamestown, Kadina, Bordertown, and Pt Lincoln.

2010 will mark the 30th anniversary of the commencement of the first Kindergym in South Australia, at Unley. The SMC is currently discussing ways in which we can recognise this milestone. If you have any particular ideas please feel free to contact anyone on the committee and pass on your thoughts.

Marilynn Rayner, Chair-person Kindergym Sport Management Committee



Produced by the
Kindergym SMC

**Kindergym News
May 09**

**References used for
this issue**

- © <http://childfun.com>
- © abc.com.au
- © www.kidshealth.org
- © www.ofv.sa.gov.au

Kindergym Level One Leaders Accreditation Course

Please advertise this course in your next Newsletter. It may be of interest to some of your parents.

Date: **5th July 2009**
Where: TriSkills Kindergym, Valiant Road, Holden Hill.
When: 8.30am—5pm.

For more details contact Heather Mooney—8369 0850 or email her on h.mooney@optusnet.com.au or E-mail: heather@gymssa.com.au.

Another Course will be held in October if numbers are sufficient.

General Gymnastic Level One Course in the Riverland

Heather will also be conducting a "Gymnastics for All" (General Gym) course over the weekend of 22nd and 23rd of May. Kindergym leaders may attend this course as an updating opportunity or complete the full course if they are thinking of extending their Kindergyms and offering a gymnastic program for 4—7yr olds.

Again either contact Heather or Lynn Martin at Gymnastics SA for more information.

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Registrations for 2009

Have you received your Kindergym Passports and brochures from Gymnastics Australia?

If you have not, it may be because your club members registrations are not be up to date.

Remember only give Passports to those members who have paid their registration.

New Life Members

The Kindergym Sport Management Committee wishes to extend their congratulations to the two recent recipients of Life Membership of Gymnastics SA which was bestowed upon them at the recent Annual General Meeting.

Mrs. Hermine Semmelmann for her 30 years service as a Women's Artistic Judge. Hermine has battled ill health over recent months and it was great to see her looking so well at the AGM.

Mrs. Helen Wilden for her 10 years service on the Trampoline Sport Management Committee and as a Trampoline Judge and Course presenter. Helen's son Ben has been representing Gymnastics South Australia and Australia at national, international competitions including 2008 Olympics, for more than 10 years. Ben is soon to audition for *Cirque de Solei*, we wish him all the best, and hope he is successful.

What a fantastic way to earn a living doing what he loves so much!!

**Congratulations
Hermine, Helen! and
Good Luck Ben!**



National Volunteers Week

May 11–17th 2009

South Australia's Volunteers Day

June 8th 2009

Every day volunteers in our community are making a difference. They are energetic and enthusiastic and do amazing things. And this applies to all involved with our Kinderyms.

Volunteers deserve to have their efforts recognised and appreciated. To assist organisations to demonstrate their appreciation the Office for Volunteers have developed two levels of certificates which can be awarded accordingly.

South Australian Volunteer's Certificate of Recognition

This [certificate](#) has been designed to allow organisations to show formal recognition to their volunteers. This might include recognising them for the number of hours contributed, the achievement of a particular outcome or purely for their dedication. Each certificate is individually signed by the Minister for Volunteers

Certificates are available from the Office for Volunteers by phoning 8463 4490 or emailing ofv@saugov.sa.gov.au.

The Premier's Certificate of Appreciation for Outstanding Volunteer Service

This [certificate](#) has been created to recognise outstanding volunteer service. Consequently the number of these certificates has been limited. When requesting a *Premier's Certificate of Appreciation*, please outline the volunteer's distinguishing elements, such as significant achievements or length of service.

Organisations are encouraged to consider awarding this certificate to groups of volunteers in addition to individuals. Each certificate is individually signed by the Premier and the Minister for Volunteers.

Certificates are available from the Office for Volunteers by phoning 8463 4490 or emailing ofv@saugov.sa.gov.au. (Please ensure you provide the names of the recipients and date to be shown on the certificate.)

Please allow four weeks notice to have your certificates prepared.

(Please see page 8 for more information regarding Volunteers.)

Should your Pre-Schooler Play Team Sports

There's nothing cuter than a bunch of preschoolers playing T-ball or soccer, but is it the best way for them to be active? Probably not.

Team sports offer a chance for preschoolers to meet each other and get some exercise, but can be too complicated. Even simple rules may be hard for a 4- or 5-year-old to understand. If you've ever watched your child run the wrong way during a game, you already know this.

The average preschooler has not mastered sports basics such as throwing, catching, and taking turns. This can be frustrating and may discourage future participation in sports. If you do decide to enroll your child in soccer or another team sport, choose a club that emphasises skill fundamentals and having fun.

The coach's attitude and the way other parents approach the game are also important. Above all, a team activity should be fun, not upsetting. If your child isn't having fun, ask why and try to address the issue or find another activity.

If you haven't signed your child up for a team sport yet, don't worry. Myths persist about how kids need a "head start" if they want to be competitive when they're older. But kids who learn the fundamentals and like being active can readily catch on to sports when they're a little older.

Keeping Preschoolers Active

If sports aren't a must, what should be on a preschooler's schedule? Engage your child in activities that are fun and challenging, but not beyond his or her abilities. Preschoolers are learning to hop, skip, and jump forward, and like to show how they can balance on one foot for a few seconds, catch a ball, or do a somersault.

Your child also may enjoy swimming, hiking, dancing, and riding a tricycle or bicycle with training wheels. All of these activities help develop skills and

coordination. It's important for preschoolers to engage in a variety of activities to encourage a wide range of movement and skills.

Every day preschoolers should:

- get at least 60 minutes of structured physical activity (adult-led activity)
- get at least 60 minutes of unstructured physical activity (free play)
- not be inactive for more than 1 hour at a time (unless sleeping)

Adult-led activity means that you can get involved. Kids love seeing their parents play. Doing so also shows that being active is part of the normal routine for your family. Running, playing, and practicing basic skills, such as throwing, catching and kicking balls in the backyard or using playground equipment at a local park can be fun for the entire family.

Other activities to try with your preschooler (or for preschoolers to do together):

- Play games such as "Duck, Duck, Goose" or "Follow the Leader." Mix it up with jumping, hopping, and walking backward.
- Kick a ball back and forth or set up a goal for your child.
- Practice hitting a ball off a T-ball stand.
- Play freeze dance or freeze tag.
- Practice balancing by pretending to be statues.

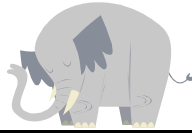



Kids who enjoy physical activity tend to stay active throughout their lives. And staying fit can improve self-esteem, help maintain a healthy weight, and decrease the risk of serious illnesses such as high blood pressure, diabetes, and heart disease.

Reviewed by: [Mary L. Gavin, MD](#)

Date reviewed: May 2008

From Website: Kids Health

Term Plan—Term 4 - Around the World

Week	Theme	Guided Discovery	DMP's	Group Time Song & Rhymes
1	Travel	Trains, Buses, Cars, Planes Traffic Signs Airport, Cars,	LOCOMOTION	Train is coming Toot Toot Big Red Car
2	Asia	Elephants Stomp like an elephant Animal walks	LOCOMOTION 	The Elephant Song Hey De Hey de ho Elephant Song—Bindi Erwin 5 grey elephants
3	England	Kings & queens Travel over London Bridge Scooter Boards Climb to top of Castle	BALANCE	London Bridge Ride a Cock Horse
4	China 	Great Wall of China Walk along the Wall (Beam) Crawl like a Panda	BALANCE	Wobbly walk—ABC Hokey Pokey
5	Africa	Jungle Animals Swing across the river Climb the rock wall tree Hang from the Jungle rope	SWING, HANG & CLIMB 	Bear Hunt I'm a great big TIGER Monkey stamp your feet
6	America	Cowboys & Indians Ride a hobby horse Rope a Steer—throw hoop over block	LANDINGS 	5 LITTLE INDIANS Sing a cowboy song—in the car - ABC
7	Italy	Pizza & Spaghetti Roll like a meatball Slip and slide like spaghetti	ROTATIONS	Pizza—Hooley Dooleys Oodles of Noodles— alphabet Soup
8	Egypt	Dessert - Camels Shoe lace threading Block Stacking—pyramids	FINE MOTOR SKILLS	Alice the Camel
9	North Pole	Christmas Post letters to Santa Decorate the tree Ride on the Sleigh	REVISIT ALL DMPS	Christmas Carols

Our thanks to Leslie Seacomb from **Bordertown Kindergym** for sharing her Term 4 Plan and lesson plans with us.

The Importance of Play

Play is a serious business - it is important in every single aspect of your child's development and education and is the way she will acquire the skills and knowledge she needs to prepare her for adult life.

Often the simplest way to enrich your children's play experience is by talking to them about their discoveries through play and sometimes, not always, playing with them. Playing with your children helps them to learn the skills they need to play with other children and is an important part of learning about relationships. Playing and games are also an important part of the way in which your children learn to talk and to understand what is being said to them. Early baby games, like 'round and round the garden' and "This little Piggy" are great fun for parents to play with their children. At the same time the child is learning about listening, anticipating and responding.

Small children do not have to be encouraged to play - this seems to come naturally especially once they are mobile - everything in their path becomes fair game as a play thing!! However, long before they are big enough to decide for themselves what they want to play, small children are observing, listening and absorbing information about the world. The fuel for their behaviour is curiosity - they want to find out what is going on and they will explore and discover in the best way that they are able, at each stage of their development.

Play comes in different forms and the way in which your child progresses will change

considerably as she grows. What different types of play will your child encounter as she grows?

◇ **Physical, energetic play** - this helps her to learn how to control her body and co-ordinate her actions eg: climbing up and down equipment, up trees or over rocks, hitting or kicking balls or balloons or "roly poly" down grassy slopes. Many more of these activities occur in a child's day.

◇ **Experimental Play** - In one way all play is an experiment for young children - finding out what can and cannot be done. But this play can lead to more discoveries eg: putting objects into containers, stacking different sized and shaped objects or sorting shapes. By watching what they are doing and talking to them you can help your child to find the right words to describe their discoveries.

◇ **Creative Play** - This play can cause great joy with very little effort, For example, household "junk" such as empty margarine tubs, scraps of cardboard or old magazines can be used for gluing or sticking. Under fives will need help but try not to take over as the creation will be amazing, whatever it looks like!

◇ **Fantasy Play** - Acting out situations with friends or toys, things that happen in their lives, helps your child to make sense of the world

around them. This may involve a game of schools, mummies and daddies, or hospitals - the stuff that life is made of. Pretend games, for example - flying fairies, or underwater fish can also be flights of pure imagination.

◇ **Messy Play** - Time spent playing with play dough, sand or water can have a very calming effect on young children. It can also help them to explore the properties of many different materials and to discover, experiment with and sometimes create things.

◇ **Playing with friends** - this play teaches your child how to cooperate, how to develop social skills and also to learn a sense of fair play. It also teaches them to keep rules, make friends again after a disagreement and to develop a sense of humour.

Overall play may be difficult to describe or define but it is easy to recognise. Probably the best way to describe it is, as a childish activity which is at once fun, and although some may not realise it, a superb natural way of learning.

Trisha Blanks - BEd, Dip T



Produced by the
Kindergym SMC

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The Little Red Wagon

Jolting up and down in the little red wagon.
Jolting up and down in the little red wagon.
Jolting up and down in the little red wagon.
Won't you be my darling?

Now what's happened to the little red wagon
Now what's happened to the little red wagon
Now what's happened to the little red wagon
Won't you be my darling?

One wheel's off and the axle's dragging!
One wheel's off and the axle's dragging!
One wheel's off and the axle's dragging!
Won't you be my darling?

South Australian Volunteers Day Concert

Adelaide Festival Theatre on Monday 8 June. All volunteers in South Australia are eligible to attend the concert. Tickets are available through the Office for Volunteers on a first come, first served basis.

Register now: If you are a volunteer and wish to attend the concert by filling out a registration form, available on the Office for Volunteers website at www.ofv.sa.gov.au/news.

SA Women's Honour Roll

There are many women who are committed to making a difference in the community but their work goes unrecognized - this is your chance to acknowledge those women!

The Office for Women invites you to nominate an outstanding woman who has made a positive contribution in the community to be included in the Honour Roll.

Nominate Now!
www.officeforwomen.sa.gov.au/siteFiles/OFW/WomensHonhourRoll2009NominationForm.pdf.

Active Club Grants

Get in quick! Grants up for grabs through Active Club Program.

The Office for Recreation and Sport has announced that the May 2009 round of their Active Club Program is now open for applications and closes on Monday 18 May.

The ACP offers financial assistance to support grass root South Australian not-for-profit, community-based active recreation and sporting organizations to develop and expand the services they provide, thereby increasing the community's access to quality recreation and sport activities and facilities.

If you cannot get your application in before the closing date this time, remember that there will be another opportunity later in the year, usually around October, so start working on your applications now!

Forms are available from
www.recsport.sa.gov.au/grants-scholarships/active-club-program.html