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Kidz Get Fit Services

***Tailor-made fitness and fun activity programmes for
Children, Families and business.***



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1; THE KIDZ GET FIT APPROACH

In general, the children of today are not as healthy as they were in previous generations. Recent studies in 2009/10 have shown that utilising industry standard fitness testing methods, study groups of students showed 50% deterioration in their ability to reach and maintain a level of Vo2 max fitness compared to a similar group tested in 2000. This deterioration in our children's well-being has been attributed to many different factors: fast food, computer games and the increased use of motor transport have all been cited. Not only do we need to address the issue of our children's health as a high priority in the immediate short term but also we need to realise the potential overwhelming impact on our already strained health service and the escalating costs associated with combating this ever increasing problem.

At Kidz Get Fit, we seek to not only provide high quality coaching in a wide range of popular sports and activities but we cannot underestimate the importance and associated values of developing play and the basic core/fundamental skills at an early/grass-roots level right through to sustaining elite performance in older age.

We not only work with children but also their families and alongside many other like minded organizations to target participation groups of varying ages and abilities and then tailor fitness packages to the demands of each of these groups. As Kidz Get Fit Proprietor Bryner Ramsey notes: *"What's fun to a five year old isn't cool to an eight year old"*. We at Kidz Get Fit do not seek to replace traditional sports or P.E classes but rather to compliment what is learnt in the classroom in a safe and most importantly, fun environment.

By encouraging children to exercise in a fun way and instilling a deep rooted passion for physical activity in the early years, we are helping to be the building blocks of a healthier lifestyle.

2; KIDZ GET FIT: HOW WE WORK.

Kidz Get Fit staff operate in over 300 schools and institutions throughout the Northumberland and Tyne & Wear region with offices based in Newburn, Newcastle Upon Tyne. We have been delivering our quality coaching since 2002 and alongside our day to day work within schools and community center's, our ever increasing portfolio of clients and partners include the University of the First Age (UFA), Play & Youth, Connexions, Newcastle United FC, Newcastle Falcons RUFC, Newcastle Eagles Basketball, The Youth Sport Trust, Change 4 Life, Regional Sports Development teams and we are pleased to announce our most recent partner Northumbria University.

All of our instructors have successfully completed level 1, 2, 3 or achieved degree level coaching and child specific training courses which focus on delivering an enjoyable and safe workout. When a booking with Kidz Get Fit is made, we will endeavour to provide the same member of staff for the duration of the delivery period to ensure familiarity, continuity and rapport is built between the host organisation, the participants and the coach.

Classes usual run for an hour on a weekly basis as either an extra curricular club or as cover for teacher's P.P.A. time during curricular hours. We can provide more than one member of staff at the same time to a host organisation if there is a need to provide a wider range of activities or for different age ranges. Depending upon the space available for activity, we can accommodate up to 30 students per member of staff.

We at Kidz Get Fit can also offer specialist Health Weeks that will include awareness and advice on nutrition, healthy eating and enjoyable activities which, in turn, help to educate children in both sport and healthy living. There are a wide range of activities appealing to all age groups, including 'Kidz Get Fit' games, Cheerleading, Dodge ball and Kick N' Box it. One of our flagship activities is dance which can be based upon culture or a school theme which in turn that can lead to other events such as shows and festivals.

Fitness seminars can also be held to help educate children and adults alike in health related subjects. All instructors have fully enhanced C.R.B clearance, have completed safeguarding courses and are covered by Public Liability Insurance.

3; KIDZ GET FIT CAN OFFER MANY ACTIVITIES e.g....

Activity	Detail
Gymnastics / Trampoline	Gymnastic skills ranging from basic to advanced level.
Hockey / Uni Hock	A great way for children to work together as a team whilst also improving hockey techniques.
Kidz Get Fit / FUNdamental skills	Targeted at younger children, encouraging imagination and play-acting whilst incorporating exercise.
Dance 2 It/Pop Steps	A dance class combining dance and aerobics moves to the latest music.
Kick and Box It	A combat class based on martial arts moves and pad work.
USA Sports	Participants will have the opportunity to try a variety of different American sports such as baseball, American football, floor hockey, dodge ball & ultimate Frisbee
Hip Hop Dance	Street dance incorporating break dance moves to popular urban music.
Cardio Box	Combat moves to music
Cheerleading	Dance routines aligned with cheers, chants and tumbling.
Drilled, SAQ & Multi Skills	Basketball, Netball, Tennis, Athletics drills to improve hand and ball co- ordination, balance and agility.
Drama & Stage Skills	A class incorporating imagination, improvisation and play acting as well as introducing the children to certain dramatic techniques.
Mini-Circuits	Mini-circuits is a fun, non-intimidating, non-competitive fitness programme combining strength, speed, coordination and cardio-vascular exercises in a structured, supervised format, aimed at children between 4-8 years old. Progress is indicated using record cards and meeting the individuals own personal goals.
Rugby (Ks 3 & 4) & Tag Rugby (Ks 1 & 2)	Coaching aimed to improving rugby skills and techniques.
Football	Coaching aimed to improving football skills and techniques.
Cricket	Coaching aimed at improving cricket skills and techniques.
Pilates	Introducing core stability and strength work.
Yoga	Stretching while relaxing.
Steps	A combination of dance moves on a step.
American Dodge Ball	Coaching aimed at improving throwing and catching techniques.
Aerobics	Cardio vascular workout to up-to-date music
Core Stability work	Using Core Stability Balls and Flexi Bars
Ultimate Frisbee	Games developed to improve catching, throwing & teamwork
Street Cheer	A mixture of urban dance and cheerleading!
Mini Tennis	Coaching aimed at improving tennis skills
Muggle Quidditch (New!!)	Drawing from the phenomenal success of the Harry Potter franchise, we are proud to offer our very own version of Quidditch. Transform your school into your very own Hogwarts where children have to use their imagination to help bring the game to life. Imaginary broomsticks and wands at the ready!
Zumbatonic Dance (NEW!!)	The fitness craze has come to England and we are proud to be one of only a handful of providers of Zumba Dance for both children (Zumbatonic*) and adults. <small>*Can only be delivered for 45 minutes due to governing body safe practice guidelines.</small>
Urban Flow (NEW!!)	A new style of dance combining street, funk, cheer and modern moves to trendy music!

Alongside our main sports and energetic courses, we offer a range of less strenuous activities that are targeted at developing young people's knowledge, confidence and awareness whilst maintaining an interest into healthy lifestyles;

Activity	Detail
Arts & Crafts	Arts and craft projects can be set up as a relaxing session where the focus could be based around a current school theme.
Soul Art	Creating art from a non-judgemental perspective, releasing the inner artist.
GO GREEN!!!	Activities and arts based around recycling and protecting the environment
Meditation/relaxation methods	Similar to Pilates/yoga, a great way to focus young people's minds. Especially important in the lead up to the ever important exam period
Heritage Projects	Using a school/organizations computer resources, students will learn about the local area and what makes the Tyne & Wear region so unique. Students may want to research famous people or landmarks to display around the school or find more information about activities that they and their families can do together.

... Plus TRAINING COURSES FOR TEACHERS/ STAFF.

We deliver workshops focused upon the following activities:

- Aerobics
- Kick and Box It
- Step
- Drama
- Cheerleading
- Boot camp
- Pilates
- Core Stability work
- Circuit Training
- Dance
- Zumba Dance
- Contemporary Dance
- Games workshops
- Hip Hop

Residential Courses.

Using our qualified staff, we can take students to a variety of different locations in the North East for residential camps. All of the booking and organisation for the residential days will be handled by our team who will accompany any groups with their activities. Alongside outdoor pursuits, we can also incorporate any of the activities stated above.

4; Specialist Courses.

At Kidz Get Fit we appreciate that not every child/participant will have the same levels of confidence, ability or develop their skills at the same rate as their peers. Our staff are fully capable of delivering specialist courses such as the ones below to ensure everyone who attends our clubs achieves their own goals at a pace that suits them;

- **One to One Development.**

Some students may benefit from having one to one coaching be it working on the basic skills or developing their talents to an elite standard.

- **Gifted & Talented Development.**

A group of students who are identified as excelling at sports may wish to develop their skills further to boost their club level performance or general fitness.

- **Enrichment Development.**

Students who find physical activity a challenge may benefit from developing their skills alongside others who may be either embarrassed or put off by participating alongside competitive peers. The main emphasis of the Enrichment programme is on fun and is totally non-competitive.

- **Special Requirements Development.**

Students who are affected from conditions such as Dyspraxia can have tuition to develop a wide range of skills including throwing, catching, hand to eye coordination and running amongst others.

5; KGF ADMINISTRATION

EXPECTATIONS:

(a) What you can expect from KGF:

1. Depending on the preferences of the school, the issuing of paperwork to parents, establishing and maintaining class registers and processing payment can all be handled by Kidz Get Fit, Newburn Enterprise Centre, Newburn, Newcastle upon Tyne NE15 8LN.
2. All of our instructors have a passion for the job they do. They will strive to deliver a well-structured, enjoyable lesson to the children, with the overall aim of re-enforcing old skills, developing new skills and improving fitness in a safe, fun environment.
3. Even though full responsibility for the class may be given to one of our coaches, we are still guests within your school and will act accordingly.
4. You should expect your given coach to be well presented wearing correct Kidz Get Fit uniform, punctual for the class and available to address any issues or problems you may have.
5. All of our coaches have current full-enhanced CRB disclosure and have either a degree related to sport/health and/or minimum level 2 coaching awards.
6. Instructors are covered by full liability insurance.
7. Upon arrival for the first class, the instructor will introduce themselves to the head/sports coordinator and produce all relevant documentation. It is important that the fire procedures are outlined and a level of discipline is agreed.
8. Wherever possible a coach will keep a register and provide lesson plans, where appropriate.
9. Prior to the first session, a visual risk assessment will be completed by the instructor,
10. During Curriculum time classes, the instructor will maintain discipline levels with those of the host school.
11. Record cards may also be used to highlight progress within the class and some theory behind the principles of exercise, diet and fitness may be given.

(b) What KGF Expects from Your School:

1. When a Kidz Get Fit instructor arrives to teach a class, they expect the children to be ready and changed, in suitable PE kit, for the start of the lesson.
2. This means that the children should have: been to the toilet, wear plimsolls or trainers, removed all jewellery and have water with them in a bottle with a sports cap.
3. If any child has health issues, or is on medication, the coach should be notified. If the activity is outside, a jumper should be brought to maintain warmth.
4. The School should provide well-lit clean facilities conducive for exercise.
5. The coaches expect children to pay attention to all information given to them, both regarding health and safety issues and the activity chosen.
6. Note please: even though many coaches have their own equipment, some items may need to be signed out of a schools sports cupboard to aid the lesson. These will be returned as soon as the class finishes.
7. If a child is naughty, cheeky or creating disturbance within the class they will be cautioned using a warning system. The first warning is a verbal one between the coach and the child. If bad behaviour persists, a second warning will be given to the child and the school will be informed. For serious bad behaviour, a final warning will be given to the school and the school and coach will liaise.

WHAT TO DO NEXT?

If you have any interest in having Kidz Get Fit coaches working with your organisation, it would good to explain more about our classes and the activities that we could supply. We will happily arrange meetings and school assemblies to discuss further opportunities and promote the chosen activities.

If you have any questions or queries, or wish to book a block of sessions, please do not hesitate to contact us on 0191 264 9809 or view our website, www.kidzgetfit.co.uk.

Alternatively, you could complete our booking form on the next page and return it to the address on the header.

6; COSTS.*

Delivery Time	Duration	Cost
Curricular/PPA cover	1 Hour	£25+VAT
Extra Curricular	1 Hour	£30+VAT
Parent Funded Option	1Hour	£2.50 per student**

** Parent funded classes require a minimum of 12 participants signed and paid for before commencement of the class.

*This cost includes all administration and coaching delivery. There are no additional hidden costs.



7; Booking Form

School:	
Name of Contact:	
Telephone N°:	
Fax N°:	
Email Address:	

Activity Chosen:	
Day:	
Time:	
Starting Date:	
Finishing Date:	
No of Weeks:	

Name to Invoice:	
Address:	
Telephone N°:	
Fax:	

Please return this form to;

kidzgetfit@yahoo.co.uk