



**Newburn Enterprise Centre
Newburn, Newcastle upon Tyne
NE15 8LN**

Telephone: 0191 264 9809 / 07786 990182

Email: kidzgetfit@yahoo.co.uk

Kidz Get Fit Services

- Including KGF Enterprise Projects –

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

Working with;



connexions

TYNE AND WEAR

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THE KIDZ GET FIT APPROACH

In general, the children of today are not as healthy as they were in previous generations. 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. The Kidz Get Fit approach seeks to target various age groups and tailor fitness presentation packages to the demands of each of these groups. As Kidz Get Fit Proprieter Bryner Ramsey notes: "*What's fun to a five year old isn't cool to an eight year old*". Kidz Get Fit does not seek to replace traditional sports or P.E classes but rather to compliment them.

By encouraging children to exercise in a fun and new way, we are building blocks to a healthier lifestyle:

- A fun and safe approach to teaching exercise to children, in a controlled and disciplined environment.
- Equipment and props can be introduced in the classes; for example: parachutes, bean bags, hoops etc.
- Courses can be run in blocks of weeks to fit into a term or continuously throughout the year. Each course will present exercise in a different way, to maintain the interest and enthusiasm of the children.

KIDZ GET FIT: HOW WE WORK

Kidz Get Fit operates in over 400 schools throughout Newcastle, Gateshead, Northumberland, Sunderland, North Tyneside and South Tyneside. Kidz Get Fit can accommodate the National Curriculum requirements in, for example, dance, SAQ (Speed, Agility and Fitness) and Fundamental skills.

Kidz Get Fit have previously worked, alongside the University of the First Age (UFA), within the Newcastle LEA to deliver a week long summer challenge at St James Park as well as providing summer camps in conjunction with Play Activities West (PAW) Connexions camps and sports specific camps. Kidz Get Fit is also working in connection with Newcastle Family Learning Project. Recent examples of the extended services we offer include; Delivering the Multi Sports for the Newcastle Falcons Rugby Club summer programme, training cheerleading squads to compete in national competition, running performing arts camps for the council and as instructors for Play & Youth.

All instructors have successfully completed child specific training courses which focus on delivering an enjoyable and safe workout, targeted at a particular age group. Nominated instructors are assigned to each school, to ensure a continuity and familiarity between the children and the instructor.

Classes usually run on a weekly basis as an after school club. We are also available for curriculum work where we are able to cover P.P.A time.

Kidz Get Fit also offers a Health Week that will include nutrition, healthy eating, fun 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, Dodgeball and 'Kick & Box It'. Kidz Get Fit is able to offer dance which can be based on cultural and themed activities which could lead to other events such as fashion shows and dance festivals.

The activity packages can be split up into 3 or 4 different activities giving the children a chance to experiment with each activity in a carousel effect. All of the activities can have a theme incorporated into them, for example-we have recently completed a 3 day Beijing Olympics package where sports and activities were delivered alongside cultural arts & crafts and team building.

Fitness seminars can also be held to help educate the children in health related subjects. All instructors have fully enhanced C.R.B clearance and are covered by a Public Liability Insurance.

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

Activity	Detail
High 5 Netball	A good way to develop Netball skills.
Hockey / Uni Hock	A great way for children to work together as a team whilst also improving hockey techniques.
Kidz Get Fit	Targeted at younger children, encouraging imagination and play-acting whilst incorporating exercise.
Dance 2 It	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, dodgeball & 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 / Fundamental skills or SAQ or Multi Skills	Basketball, Netball, Tennis, Athletics drills to improve hand and ball co- ordination, balance and agility.
Drama	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 cardiovascular 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.
Legs Bums and Tums	Toning work for the given areas (good for older children)
American Dodge Ball (New)	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
8 Warriors	A new concept for the development of fundamental skills. 8 skills are developed utilising moves and techniques from the Martial arts. Self discipline and safety are keys to success! Progress is highlighted with record cards.
Street Cheer	A mixture of urban dance and cheerleading!
Mini Tennis	Coaching aimed at improving tennis skills
Ultimate Frisbee	Games developed to improve catching, throwing & teamwork
Pop Lacrosse (NEW!!)	A new and great way for Youngsters to learn stick and ball handling skills and team work
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 peoples 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 regarding the following activities:

- Aerobics
- Kick and Box It
- Step
- Drama
- Cheerleading
- Boot camp
- Pilates
- Core Stability work
- Circuit Training
- Dance
- Communication
- 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.

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 himself or herself 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 Kidz get Fit 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 liase.

WHAT TO DO NEXT?

If you have any interest in Kidz Get Fit, it would good to talk to you and explain more about our work and the activities that we could supply. We also offer meetings and school assemblies can be arranged. If you have any questions or queries, or want to book sessions, please do not hesitate to contact us. Alternatively, you could complete our booking form on the next page and return it to the address on the header. If you have any queries: please do not hesitate to contact Kidz Get Fit 0191 264 9809.



Booking Form

Please identify the relevant types of projects that you are interested in and return the form to:

Kidz Get Fit, Newburn Enterprise Centre, Newburn,
Newcastle upon Tyne NE15 8LN

- Email: kidzgetfit@yahoo.co.uk
- Telephone 0191 264 9809

School:	
Name of Contact:	
Telephone N ^o :	
Fax N ^o :	
Email Address:	

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

Name to Invoice:	
Address:	
Telephone N ^o :	
Fax:	

Kidz Get Fit

Enterprise Projects



**Newburn Enterprise Centre
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Email: kidzgetfit@yahoo.co.uk

Enterprise: Fundraising For Schools (a) Crafts & (b) Sponsorship

The first of our fundraising for schools project (Crafts) is a superb way to:
(a) stimulate the creative talents of pupils; (b) enhance their practical skills;
(c) help to raise funds for your school, in a fun and imaginative way.

The menu of crafts that could be offered to pupils (working with suitably-qualified /CRB-checked coaches):

- Chest of drawers painting
- Bird houses
- Wooden pencil cases
- Wind chimes
- Wooden tray-making
- Pottery-painting
- Canvas painting
- Jewellery-making
- Craft boxes

If each craft class throughout your school could undertake their own project, this would further increase your fund-raising efforts and enable the school to display the results of all the children's work, in a gallery setting. This could also provide the opportunity to incorporate a coffee evening, to further increase your fund-raising efforts.

The cost of the project would only be £2.50 per pupil, to cover the cost of materials. If the school wanted to further increase funds, they could charge the pupils a little extra.

The second of our fundraising for schools project (Sponsorship) is another great way to fundraise, using a sports day or a fitness day theme, involving a variety of activities, including:

- Aerobics
- A Dance-athon
- A Family fitness event
- Boxer fun for all
- Cheerleading for all
- Circuit training

If you are interested, please complete the booking form on the next page, or ring the Kidz Get Fit office for further information. Alternatively, email kidzgetfit@yahoo.co.uk

Enterprise: Fundraising For Schools Sponsorship Booking Form

Please tick which of the following fundraising projects you are interested in (if necessary, please tick both) and return the form to Kidz Get Fit, Newburn Enterprise Centre, Newburn, Newcastle upon Tyne NE15 8LN or email kidzgetfit@yahoo.co.uk

Fundraising for schools project (Crafts) _____

Fundraising for schools project (Sponsorship) _____

Your contact details:

Name: _____

School: _____

Address:

Telephone number: _____



**Newburn Enterprise Centre
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Enterprise: Arts & Crafts

Would you like an opportunity to involve your school in a fantastic event based entirely on the fabulous skills of your pupils?!

This project would encourage pupils to develop and cultivate new / work on current skills, greatly assist with the development of motivational skills and self-confidence; and, could potentially, assist them with future career aims.

You could choose to undertake an event that is either (a) curriculum-based or (b) a family & community-based project. In either case, the end product would be a fair or fete to raise funds for the school or a charity, created, organised and planned by the pupils. They would also handle advertising / tickets, promotion via posters etc., devise a table plan and work on the tables, selling the products they have created.

Curriculum-based Production:

- Historical events
- Festivals
- Multi-cultural
- Mathematics
- Geography
- A project based on your own curriculum needs

Family & Community-based Project

- Dreamcatchers
- Pottery-painting
- Canvas painting
- Card-making
- Picture frame-making
- Origami & other paper projects
- Jewellery-making
- Craft boxes
- Chest of drawers painting
- Bird houses
- Yo-yo painting
- Cross-stitch e.g. bookmarks
- Wooden pencil cases
- Wind chimes
- Wooden tray making
- Puppets

The pupils would work with 2-4 suitably-qualified /CRB-checked coaches, over one / two days of exciting and stimulating activities, in their classes. The project would be in four parts: (1) Planning; (2) Construction; (3) Organising the display of the final product; (4) Promoting the event.

If you are interested, please complete the booking form on the next page, or ring the Kidz Get Fit office for further information. Alternatively, email

kidzgetfit@yahoo.co.uk

Enterprise: Arts & Crafts Booking form

Please tick the relevant type of projects that you are interested in and return the form to Kidz Get Fit, Newburn Enterprise Centre, Newburn, Newcastle upon Tyne NE15 8LN or email kidzgetfit@yahoo.co.uk

Curriculum-based Production:

Event	tick
Historical events	
Festivals	
Multi-cultural	
Mathematics	
Geography	
A project based on your own curriculum needs	

Family & Community-based Project

Activity	tick	Activity	tick
Dreamcatchers		Chest of drawers painting	
Pottery-painting		Bird houses	
Canvas painting		Yo-yo painting	
Card-making		Cross-stitch e.g. bookmarks	
Picture frame-making		Wooden pencil cases	
Origami & other paper projects		Wind chimes	
Jewellery-making		Wooden tray making	
Craft boxes		Puppets	

Your contact details:

Name: _____

School: _____

Address:

Telephone number: _____



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Enterprise: Performing Arts

Would you like an opportunity to involve your school in a fantastic production, based entirely on the fabulous skills of your pupils?! This project would encourage pupils to develop and cultivate new / work on current skills, greatly assist with the development of motivational skills and self-confidence; and, could potentially, assist them with future career aims.

You could choose to undertake a production that is either (a) curriculum-based or (b) a family musical show. In either case, the end product would be a show organised, written and planned by the pupils. They would also rework / customise the script, handle advertising / tickets, promotion via posters etc., devise a seating plan, work with stage props and choose costumes, and, of course, perform the show itself, which would last around 45 minutes. The show would be performed in front of their parents, family and friends.

A curriculum-based Production:

- Historical events
- Festivals
- Multi-cultural
- Mathematics
- Contemporary dance
- Geography
- A project based on your own curriculum needs

A Musical-based Production:

- Lion King
- Grease
- High School Musical
- Honey
- Fame
- Mary Poppins
- Wizard of Oz
- Annie
- Oliver

The pupils would work with 2-4 suitably-qualified /CRB-checked coaches, over two days of exciting and stimulating activities, in two groups. One group would practice their performance; the other group would focus on props and enterprise work and then the groups would swap over to give each the opportunity to experience all tasks.

If you are interested, please complete the booking form on the next page, or ring the Kidz Get Fit office for further information. Alternatively, email kidzgetfit@yahoo.co.uk

Enterprise Performing Arts Booking form

Please tick the relevant type of production that you are interested in and return the form to Kidz Get Fit, Newburn Enterprise Centre, Newburn, Newcastle upon Tyne NE15 8LN or email kidzgetfit@yahoo.co.uk

(a) A curriculum-based Production:

Production	Tick relevant box
Historical events	
Festivals	
Multi-cultural	
Mathematics	
Contemporary dance	
Geography	
A project based on your specific curriculum needs	

(b) A Musical-based Production:

Production	Tick relevant box
Lion King	
Grease	
High School Musical	
Honey	
Fame	
Mary Poppins	
Wizard of Oz	
Annie	
Oliver	

Your contact details:

Name: _____

School: _____

Address:

Telephone number: _____



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Enterprise: Health & Sports Day Project

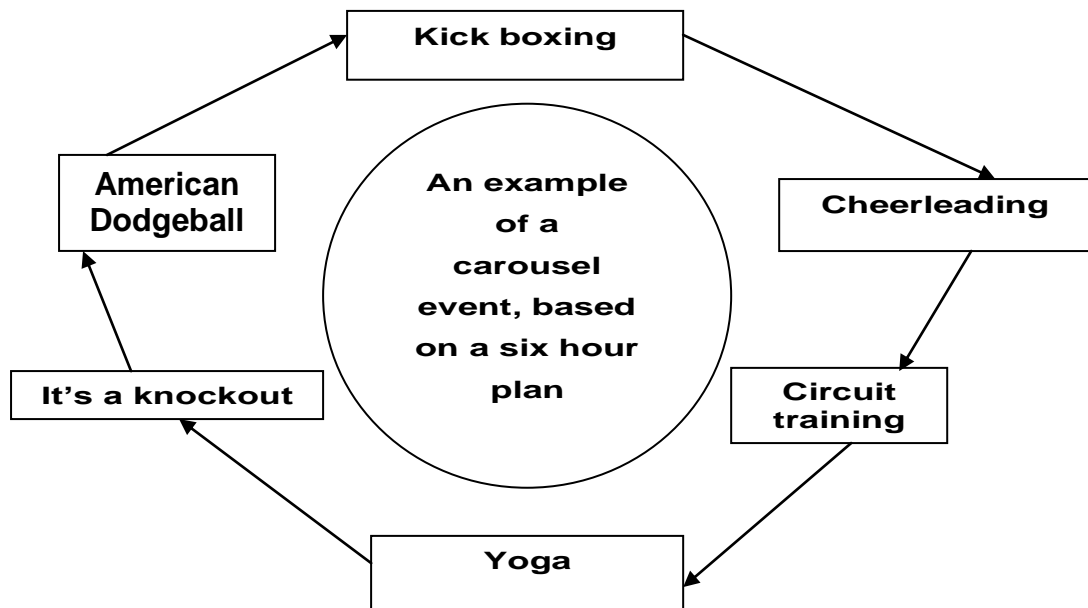
The Health & Sports Day Project provides a fantastic opportunity to have pupils work with trained coaches to produce a creative fun day - in a sports context - for the whole school. There is a menu of sports activities for pupils to participate in during the course of an afternoon or morning event.

Break down of event:-

1. Warm ups
2. Carousel of activities*
3. Cool down

The chart below shows just one example of a carousel of activities (please use the booking form on the next page to customise your own carousel).

Carousel



Enterprise: Health & Sports Day Project Booking Form

Please complete and return the form to Kidz Get Fit, Newburn Enterprise Centre, Newburn, Newcastle upon Tyne NE15 8LN or email kidzgetfit@yahoo.co.uk

Customise your carousel event by ticking the relevant boxes, blending up to 6 activities.

	Please tick		Please tick		Please tick
American Dodge Ball (New)		Hip Hop Dance		Yoga	
Football		Cheerleading		Steps	
Kick and Box It		Circuit Madness		Cardio Box	
High 5 Netball		Dance 2 It		Legs bums & tums	
Hockey / Uni Hock		It's a knockout: (Sometimes used as an end of term event / specific fun activity, using space hoppers & other fun equipment).		Aerobics	
Rugby		Mini Gym (gym equipment for key stage 1 only, using mini exercise machines for cardio-vascular work in a fun way)		Kidz Get Fit	
Cricket		Drilled / Fundamental skills or SAQ or Multi Skills			

Your contact details:

Name: _____

School: _____

Address:

Telephone number: _____



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Step It **Up!**

The **Step it up!** Project is designed to assist pupils during the crucial transitional periods they experience when they move from one school to another.

The project takes a carousel approach, customised according to the specific needs of individual schools and pupils.

The pupils will achieve competence and confidence in the following areas: -

- Time management
- Confidence with peers
- Learning new skills
- Team work
- Physical activity
- Teacher involvement
- Communication skills

There are three menus to choose from: (1) Arts, Personal Skills & Therapy and (2) Sports; (3) Team-building

Menu 1: Arts, Personal Skills, Therapies

Contemporary Dance
Hip Hop Dance
Drama & media studies
Soul Art
Art & crafts - various
Beauty Therapy
Nail Art
Yoga / Pilates
Stage beauty
Meditation
Floristry
Catwalk modelling
Stage craft

Menu 2: Sports

Cheer-leading
'Dance to It'
Multi-Skills /
Fundamental Skills
Kick-boxing / Martial Arts
Basketball
Cricket
Netball
American Dodgeball
Rounders
Hockey
Athletics / SAQ
Football
Aerobics

Menu 3: Team-Building

Orienteering
Command tasks
Cohesion scenarios / problem-solving
Motivational activities
Verbal & non verbal communication skills
Leadership skills
Time management
Stress management
Team Games
Adapted team building exercises for people with special needs
Team building for teachers
Customised exercises

If you are interested in booking or finding out more information about step it up then please do not hesitate to contact us on the phone numbers above or send an email directly to kidzgetfit@yahoo.co.uk

Step It **Up** Booking form

Please tick the relevant type of programmes that you are interested in and return the form to Kidz Get Fit, Newburn Enterprise Centre, Newburn, Newcastle upon Tyne NE15 8LN or email kidzgetfit@yahoo.co.uk

Please indicate which mixture of menus you would like to book by ticking the box under each option on the table below;

Menu 1: Arts, Personal Skills, Therapies

Menu 2: Sports

Menu 3: Team-Building

If you would like to include any additional information on the booking form please indicate below;

Your contact details:

Name: _____

School: _____

Address:

Telephone number: _____