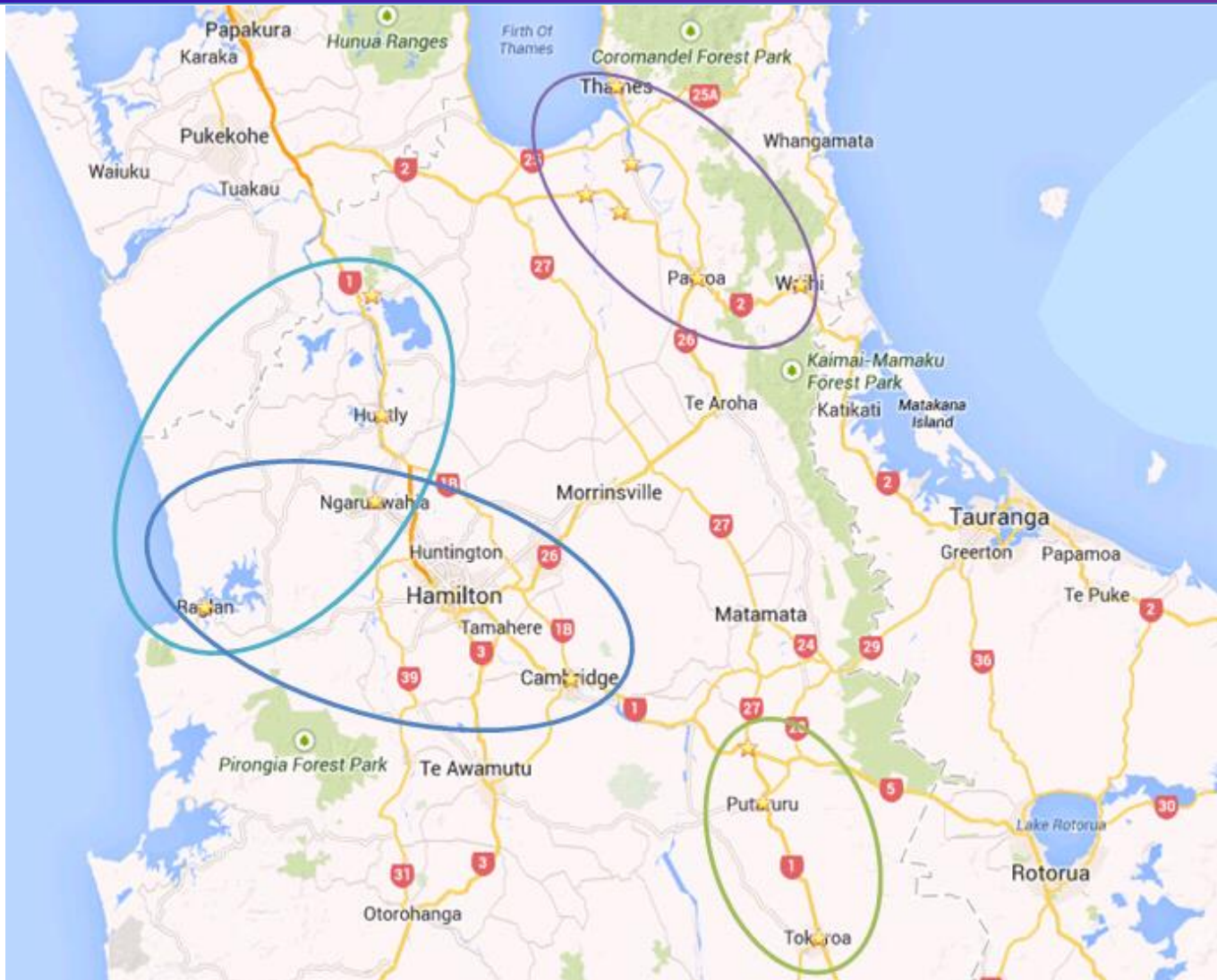




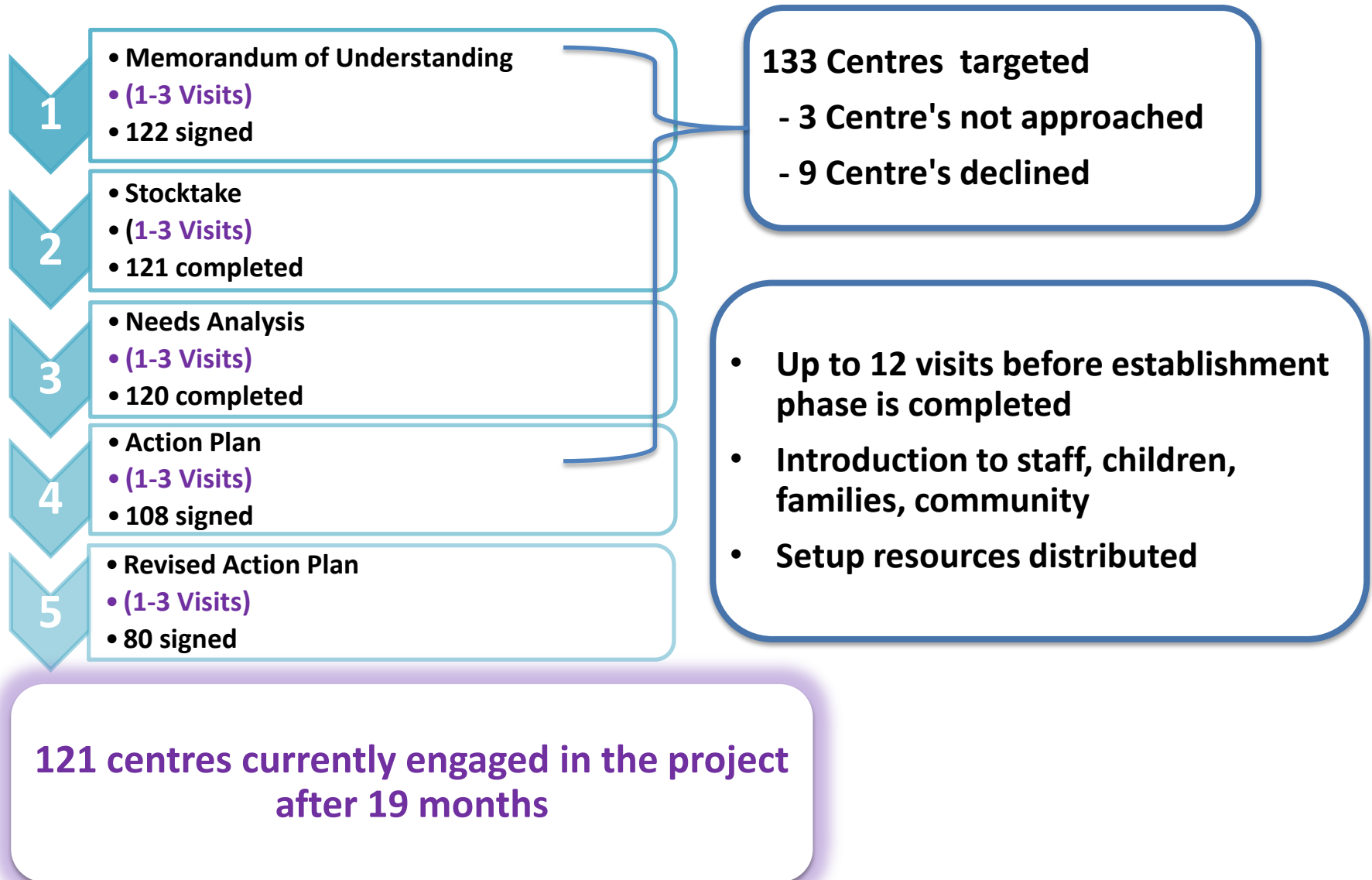
**Successful Outcomes From an Innovative Project**

**Madeleine Kirk**

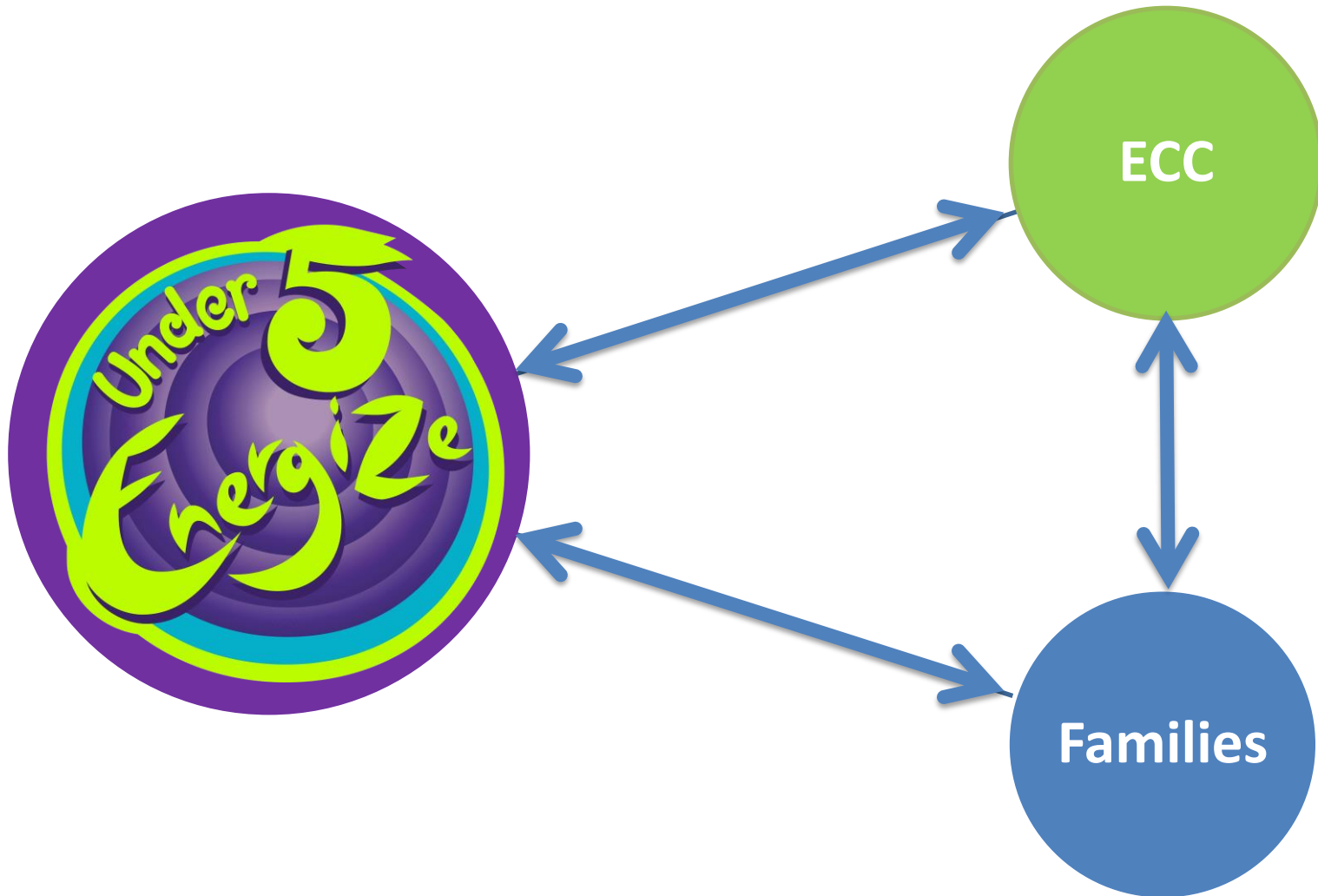
# Geographical Spread



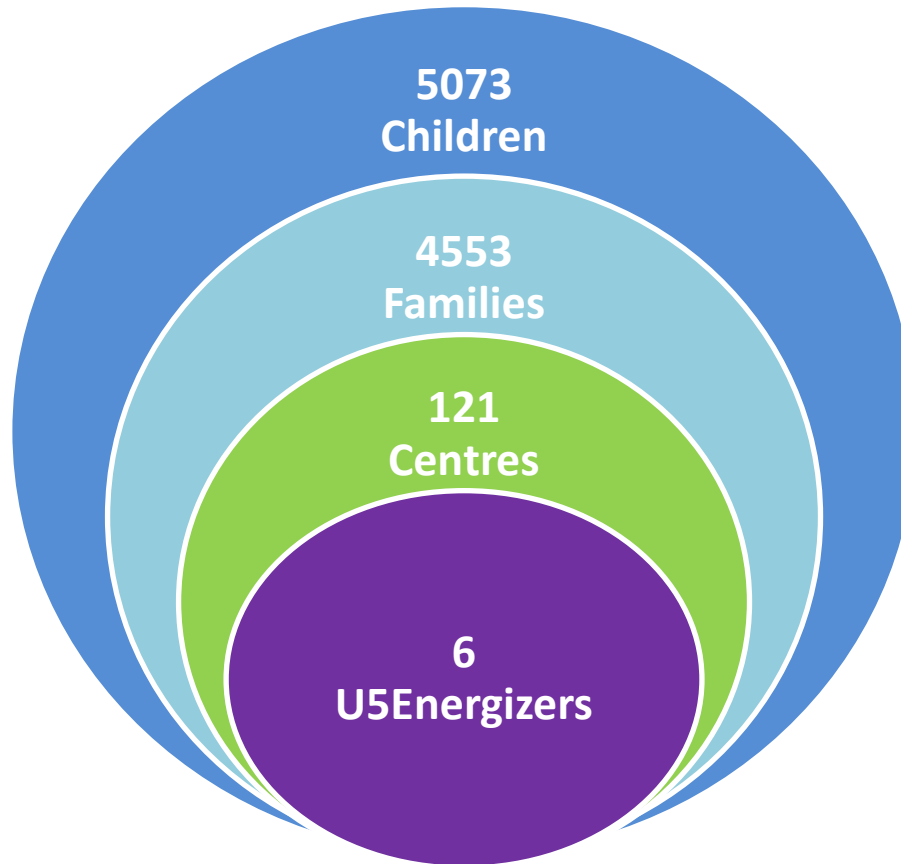
# Establishment



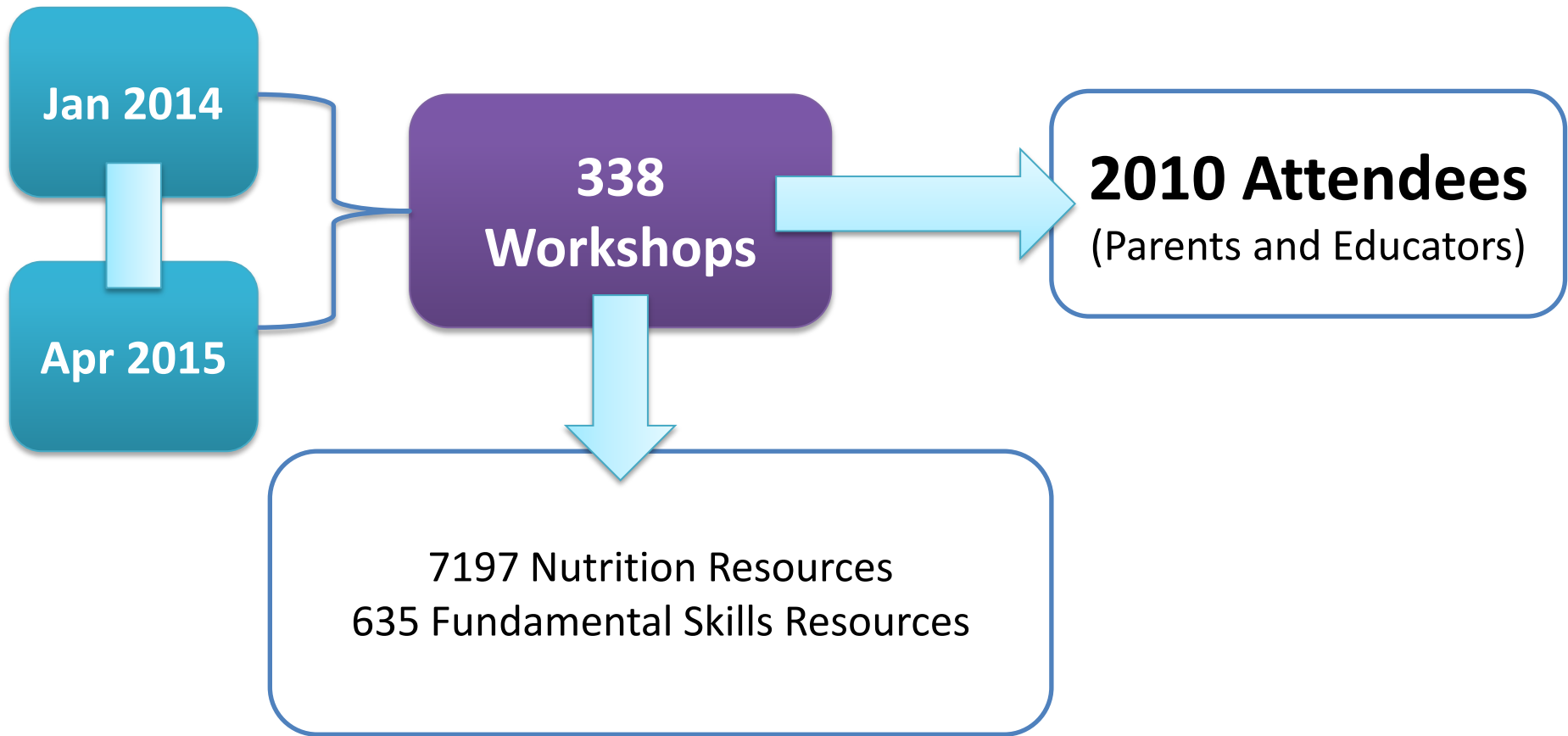
# Nurturing Relationships



# Circles of Influence

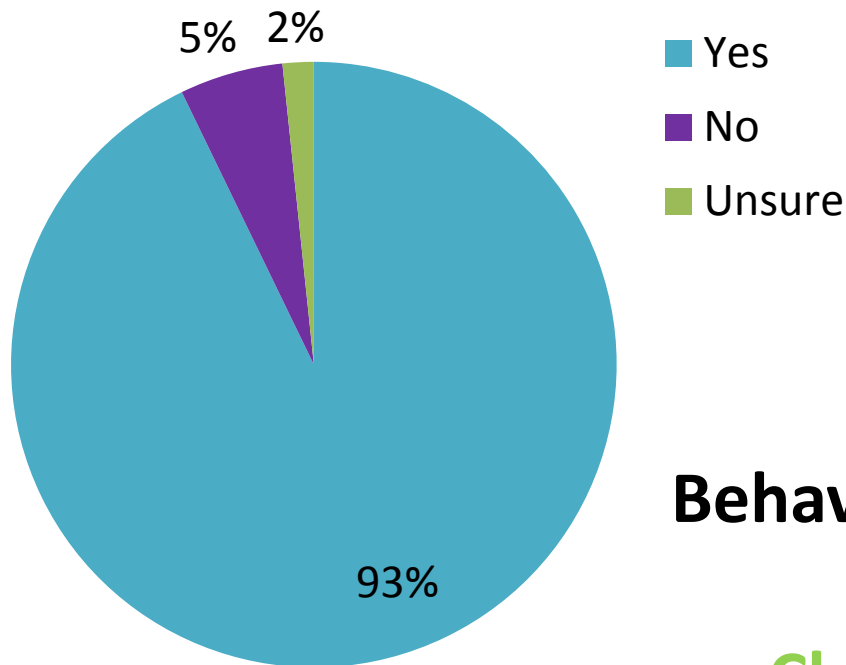


# Delivery



# Influencing change

**Will you make a change?**



**Behavioural changes to be made:**

Limiting choices

Choosing healthier options

Drinking more water

And... Spreading the Word







# Fundamental Skill Resources

## NGA KEMU MO NGA MOKOPUNA



# SAMPLE ONLY

### Nga mahi a Ringa - hand games

When doing hand games ensure that both hands/sides of the body are being used. Waiata is a great way to get tamariki involved and improve memory recall.

- Upoko, Pakihiwi, Puku, Hope, Waewae (waiata)
- Karanga ki roto, to riro ki waho (waiata pg 122 Kiviri (2nd manual))
- Clap games. Clap in a sequence and get the tamariki to copy the count in time.
- Using directional language clap up, down, etc.

### Poi toa - Poi games

Waiata Poi games are great for getting tamariki to master a skill while thinking that they are warriors.

- Spin the poi toa - one way then the other. Swap hands. Overhead. Experiment spinning different ways and directions. Don't let go.
- Walk or run with the spinning poi toa. Try walking backwards or spinning two at a time.
- Hand the spinning poi toa to a partner. Don't stop spinning. How about doing a relay race in pairs/teams?
- He wero tenei. Here is a challenge - try stepping over cones, around hula hoops, under a held up broom stick while always spinning your poi.
- Once these skills are mastered have a go at releasing the poi toa at a target. Warriors could hit birds in trees or a running enemy!

### Rakau - Stick games

Rakau games were used for hand eye coordination, strengthening upper body and improving grip strength.

- Hold the rakau in your hand - spin one way then the other. Swap hands. Roll the rakau over your arm/body parts. Experiment different ways and directions.
- Whakatautika (Balance) - balance the rakau on your flat palm, swap hands and try balancing on different parts of your tinana.
- Walk or run with the balanced rakau. Try walking backwards or balancing two at a time. How about doing a relay race in pairs/teams?
- He wero tenei. Here is a challenge - try stepping over cones, around hula hoops, under a held up broom stick while balancing your rakau.

### Kii, Toka, Anga, Rourou, Raukura - Flax ball, rocks, shells, baskets, feathers

Kii (a flax ball), toka, anga and raukura are all natural resources and can be collected or made with little or no equipment! A lot of these games are adapted to use and improve math skills, brain, and movement.

- Kii - Throwing your Kii at different targets to land on, use, or over. Eg. on a stand under the tree, over the stand.
- Toka Anga - make different shapes on your river pebbles/stones/shells (circles, squares, triangles etc.) and hop/crawl/jump around or over them.
- Raukura - Collect feathers from the local park/lake. Do a relay race to help them fly back to the lake. Do they do anything special when they fall? (It will not work on shop brought feathers.)
- Rourou - Place rourou of different sizes at varying distances. Aim your kii/toka/anga into the rourou. Smaller rourou with bigger items are more of a challenge to land in.



**EAT HEALTHY  
BE ACTIVE  
HAVE FUN!**



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# Nutrition Resources



SAMPLE ONLY





# Under 5 Energize



[www.sportwaikato.org.nz](http://www.sportwaikato.org.nz)

## Under 5 Energize GOALS



- More active play every day
- Water and milk as the best choice
- Less sweet drinks
- Daily fruit and vegetables
- Less energy dense snacks
- Less screen time



EAT HEALTHY BE ACTIVE HAVE FUN!

# Successful changes

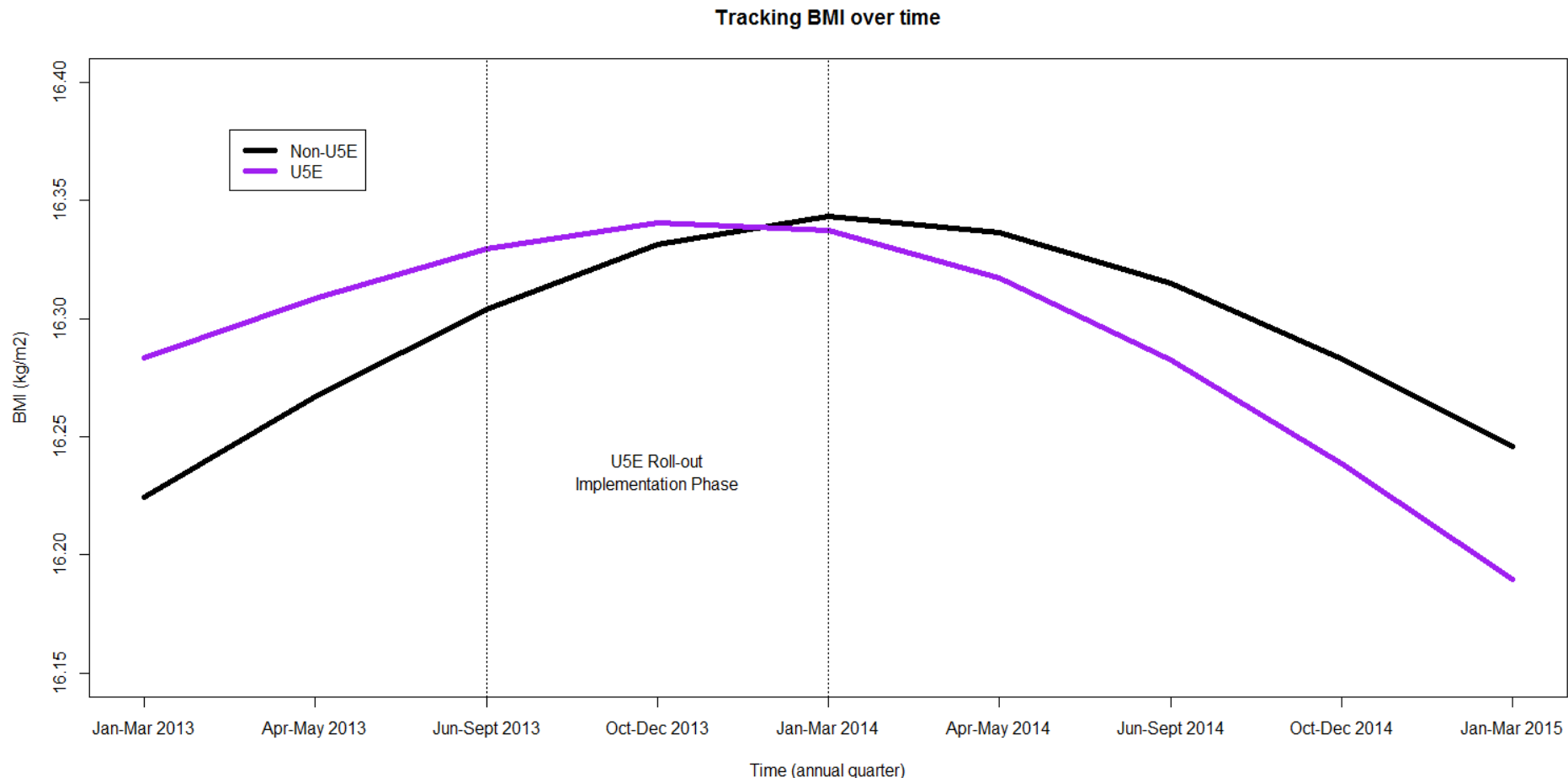
## Policy and Guideline Changes

Nutrition	Physical Activity	Nutrition and Physical Activity
40	14	10

Total number of policy and guidelines changed for USE centres

64

# Change in BMI between U5E and unEnergized over time



Analysis provided Elaine Rush MNZM PhD Professor of Nutrition Faculty of Health and Environmental Science Auckland University of Technology



# UNDER 5 ENERGIZE SUCCESS STORIES



## USE update from the past six months:

- 74% of the 120 centres have attended at least one Nutrition or Physical Activity workshop.
- 176 centres attended 190 workshops/ modelling sessions
- 773 educators attend workshops
- 91% (508) said 'Yes' to the question "Will you make any changes as a result of attending/hearing messages from this workshop?"
- 30 centres have made Nutrition policy/guideline changes
- 8 centres have made Physical Activity Policy/guideline changes
- 6 centres have made both Nutrition and Physical Activity policy/guideline changes
- A range of resources (6359), both USE and other, provided to support centres and parents

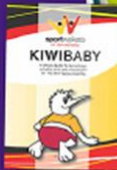
## Active Movement focus as a new initiative

In response to an Under 5 Energize Toddler Movement Workshop recently run for educators, this centre has started their own 'Active Movement Focus' as a whole preschool new initiative.

They are using the Active Movement and KiwiBaby resources from Sport Waikato and are focusing on a different fundamental movement skill every two-four weeks. This has helped inspire the educators to focus on a specific fundamental skill and has provided direction for associated activities.

They have enjoyed watching the children take these activities and adapt and modify them to increase the challenges. Balancing on a surfboard placed on top of cushions is just one example. They have developed colourful wall displays to enable parents to see what they are doing and give them ideas of activities they can do at home that will help with their child's development.

The centre's manager has also recognised that they need to update their policies to support this initiative, which they are currently working on and will go towards their Healthy Heart Award.



## Cool water for a cool centre!

This centre has not had very healthy lunches and often had all sorts of sugary drinks coming in with lunchboxes and in babies' bottles. These drinks were all high in sugar, contained no goodness and contributed to children being hyperactive while at the centre.

Following on from a Sugary Drinks Workshop with educators, the centre decided that parents needed to hear this information as well. They set up a parents evening where the Under 5 Energizer did another workshop with parents. The centre decided that it was important for their families to make a change.

With guidance from the Under 5 Energizer, the centre pursued funding and now has a new water cooler available at the centre. They now have water and milk as the only option for drinks in the centre.



## Healthy BBQ options for annual whanau fundraiser

This centre has a 15+ year history of having the tradition of a candyfloss machine at their annual Bike Wise and whanau fundraising event.

Since being involved with the Under 5 Energize project and working towards their Healthy Heart Award, they have taken a healthy stand when it comes to food and fundraising and are just getting better and better. At last year's Trike-a-thon, they ditched the candy floss machine and added healthy hamburgers to their menu of kai to sell which was a huge step in the right direction. They used to sell juice and ice-blocks, and had white bread and precooked sausages for their sausage sizzle.

This year the fundraising kai was amazing - healthy hamburgers, improved real meat sausage sizzle with wholemeal bread, popcorn and fruit kebabs for sale and water on tap. One of the educators said "You just have to have the confidence to dare to make healthy changes like this, and look - they work! The kids and parents are enjoying the healthy kai and don't even miss the candyfloss machine!"



## Kohanga reo learning new skills through the He Pi Ka Rere Te Ao Maori PA Programme

Two Kaimahi from a Kohanga Reo in Huntly were excited after attending the first of five workshops for the He Pi Ka Rere physical activity programme.

They attended the workshop with their Under 5 Energizer to help them further develop their skills in physical activity in the realm of Te Ao Māori.

They are actively teaching their tamariki about Tāne Mahuta, the God of the Forest and implementing all the new physical activity ideas they gained from their training.

## No more sugary drinks!

After one centre had the Sugary Drinks Workshop, they decided to remove fizzy drinks from their social events.

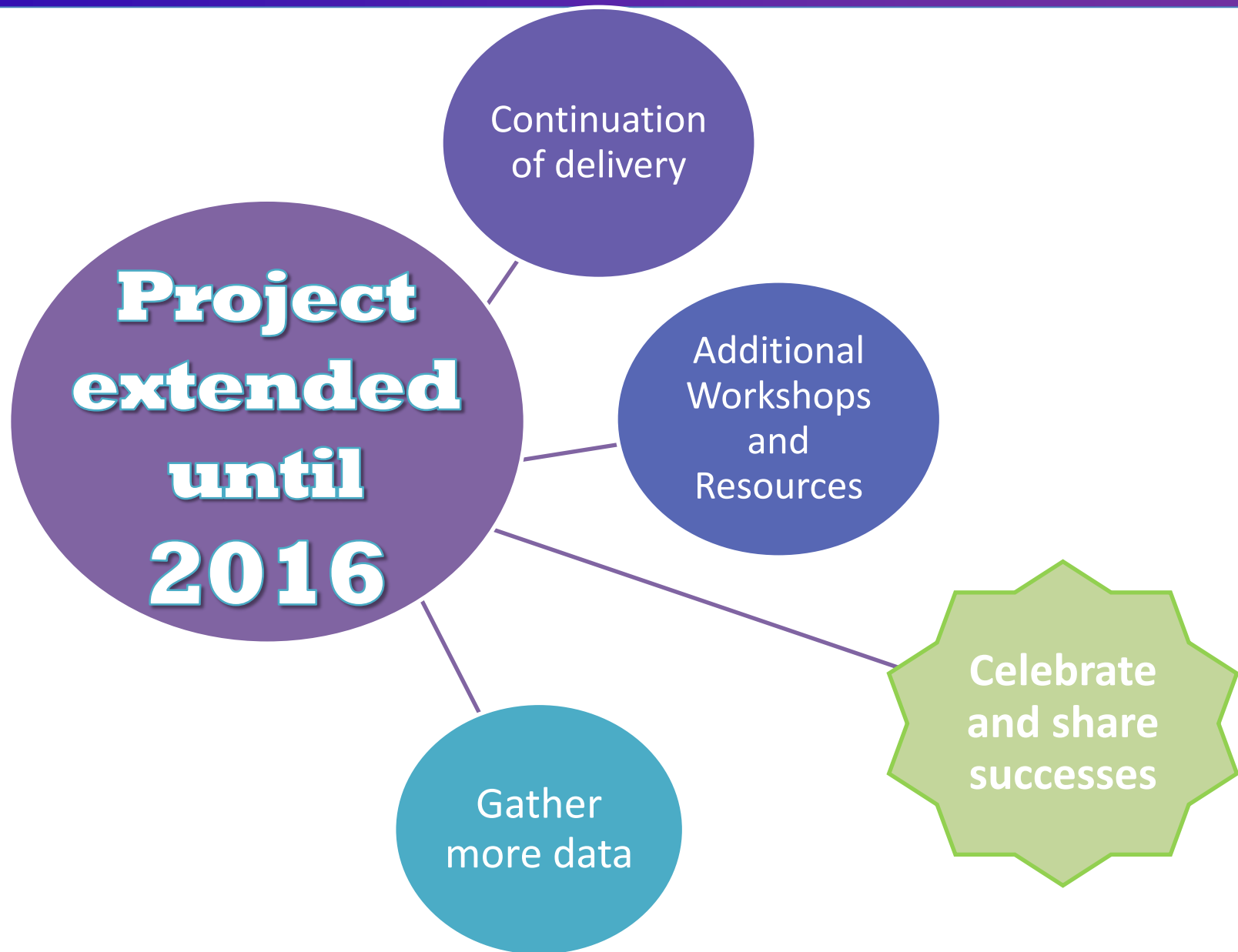
So, at the disco they provided jugs of water only! They were very pleased with this change at their centre's social event and there were no complaints from either children or parents.



## Change in food policy

A centre were getting too much processed and packaged food coming in for the children's snack time. The centre now does fruit in the afternoon only. Teachers buy fruit with parents paying \$1 for 3 days of fruit for these afternoon sessions.

# Where to now?





# Under 5 Energize GOALS



- More active play every day
- Water and milk as the best choice
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- Daily fruit and vegetables
- Less energy dense snacks
- Less screen time



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# Under 5 Energize NGA WHĀINGA



- Korikori tinana ia rā
- He wai he miraka he oranga pai
- Kia iti ngā iwi wairaka
- Ka hua rau me he whenua ia rā
- Kia iti ngā kai kinikini
- Whakatahangia te mata hangarau



KIA WHAKATIKI NGĀ KAI KIA KORĪ TE TINANA KIA NGAHAU NGĀ MAHI  
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