



Sport Wellington

in the under-fives space

Sport Wellington works with Early Childhood Education Centres (ECEs) to help increase the number of children participating in targeted fundamental movement skills (FMS) programmes.

This project involves running a minimum of four workshops with ECE staff that cover what FMS are, the four categories, and activities they can implement at their centres.

Each workshop is then followed by 3-4 modelling sessions where the Young Persons Advisor from Sport Wellington goes into the centre and runs activity session with the children to model some of the activities in action. Projects can last anywhere from 6-12 months. Confidence levels of the staff are measured at the start of the project and then again at the end; as well as the amount of time spent on taking activity sessions involving FMS during a typical week.

Results have shown that the confidence levels of staff at all centres we have worked with have improved. Time spent on sessions has varied depending on their knowledge of FMS at the start. Number of sessions may have dropped in some cases but this is because the staff now know what FMS are and their sessions are now much more targeted.

Buggy Walks are another initiative that Sport Wellington, in partnership with the Greater Wellington Regional Council, runs to meet the needs of parents with under-fives. These started in 2006 and are held on the first Thursday of every month in parks and walking areas around the greater Wellington region. Over the summer months the walks are held in some of the regional parks.

The main aim of the Buggy walks are to get parents and caregivers out and active with their young children. This is also a great opportunity for parents to meet other parents.

Along with the monthly walks where we get around 100-200 adults and children we also run our big October Buggy Walk which is held at the Botanic Gardens and includes entertainment, goody bags and spot prizes. Numbers have increased from 1883 participants in 2011 to 2530 participants in 2012, including 1,100 participants at our 2012 big October Buggy Walk. The popularity of this initiative has also meant that we have got some great sponsors on board such as Caffe L'affare, Baby on the Move, Cancer Society and Southern Cross which adds even more value to the event.

After each walk we get participants to fill out a survey to tell us what they thought about the walk. In 2012 we saw 95% of survey respondents rating the walk a 7 or higher out of 10. There was an increase in awareness of recreational spaces that families could go walking in as 40.5% of survey respondents commented that this was not their first visit to that park and out of those that had never visited that park before 56% said that they would return to the park again. 🌟

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