



Kindy Rec

Information for Referring Agencies

Kindy Rec is for 4 – 5 year olds. Direct teaching methods are used to assist the children gain confidence and increase their physical awareness and development. The children learn to interact and play with other children without their parent/guardian present. Until the coach feels that it is totally safe for the child to try the skill on their own the coach will properly assist the child with the skill. After a warm up session the children are placed in groups and will do 4 apparatus circuits each week, focusing on gymnastics skills and co-ordination activities. We also focus on social skills such as lining up and taking turns.

Program Guidelines for 4 – 5 Year Olds

The following factors are taken into consideration:

- The changing needs of the child in regard to independence and the need to develop school readiness
- The increased skill level of the child
- The changing developmental nature of the child

Program objectives and themes encourage and develop independence and begin school readiness. Positive experiences linked to movement and play offer opportunities to explore colours, numbers, shapes as well as encouraging social interaction.

Kindy Gym is staffed by a YMCA instructor and two PSFaNS Early Childhood Staff. As with all PSFaNS programs any developmental or other concerns are followed up and addressed.

For more information phone Port Stephens Family and Neighbourhood Services 49874674