

Taroona Daily Fitness

A daily fitness program for schools

CLASS TEACHERS AND TEACHERS AIDES

Opportunity for:-

- Practical health education for children
- Personal fitness development plus benefits including stress management
- Choice of active participation
- No: Planning
Demonstrating
Group organization

COMMUNITY BENEFITS OF DAILY FITNESS

(In addition to the numerous health benefits which maybe derived from developing and maintaining physical fitness)

RELIEF TEACHERS

Feel accepted as part of the school unit
opportunity to develop rapport with
children a different social environment

DAILY FITNESS

PEER FITNESS LEADERS

Grade 6 role models help to increase students motivation
Lower pupil-teacher ratio; one fitness leader demonstrates while other assists the group
Improved self-esteem for Grade 6 leaders due to increased responsibility, self discipline, organisational skills and respect for both staff and students
Development of leadership qualities: communication skills, tolerance, respect for individual differences, organisational skills, responsibility, cooperation self discipline, punctuality
The life time skill and knowledge of how to develop and maintain their own and others' fitness level

GRADE 5 LEADERS

Development of :

Responsibility
Self-esteem
Self-discipline
Tolerance
Consideration

PARENTS

The freedom to participate in any activity, with any group, any day.
Potential for family physical recreation

PRINCIPAL

Insignificant drain on school budget
No additional workload for class teachers
Increased school identity
Reduced student behavioural problems due to peer mediation

GROUP MEMBERS

Increased individual responsibility for physical health
Increased choice of physical recreation activities
Motivation from positive role models
Enjoyable sessions
Individual attention
Physically challenging activities
Safe exercises and environment
Organised regular physical activity which meets Federal Government and medical recommendations.