

Cardio Squash & Play Move Learn

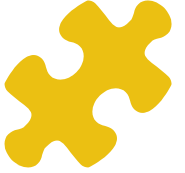
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National Sport Plan

How do these programs fit into Sport 2030?



*By 2030, the goal is that we have a **diverse and inclusive** sport and physical activity sector that supports more Australians to be **more active more often**, creating a stronger and healthier Australia where as many people as possible see and feel the benefits of **sport and physical activity** through **every stage of their lives**.*



Key Points

Diverse & Inclusive

CALD, Indigenous populations, people with disabilities, low income areas and other target demographics

More Active, More Often

Not enough to have a participant partake once a year, looking for continuous and weekly engagement

Sport & Physical Activity

Demonstrates that Sport Australia are spreading their focus from only looking at organised sport competition participation structure to any and all forms of physical activity





2

Cardio Squash

Combining physical activity with sport

Overview



- Modified sport that builds on the popular circuit training program style and other physical activity
- Designed to help improve participant's health and fitness levels, inspired by Squash movements
- Does not require previous Squash ability
- 12-week program with corresponding lesson plans, taking place on a Squash court
- The aim is to give participants a platform and a foundation to transition into Squash



Example **session**

Warm up (15 minutes) – Power Circuit

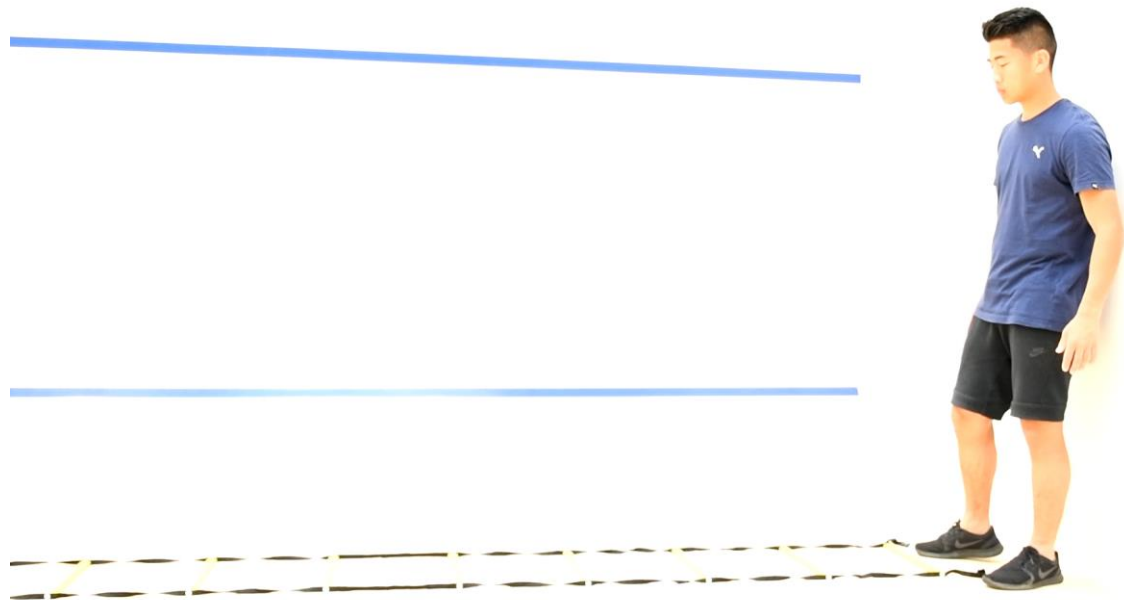
Each set lasts 4 minutes (30 sec of movement, 30 sec of static hold) with 2 min rest between sets

	Movement	Static Hold
Set 1	Plank Side Kick Through	Loaded Beast
Set 2	Air Squat	Squat Hold
Set 3	Mountain Climbers	Front Plank

Resources

- Each lesson plan will come with exercise cards that show the correct form and technique for the movement.
- The aim is to have video footage of each exercise available in the future

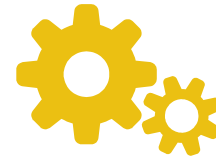




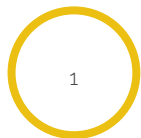


Equipment Required

- Agility ladder
 - Sliding boards
 - Skipping rope
 - Resistance bands
 - Trigger point balls
 - Mats
- Cost for a Set**
\$254.00

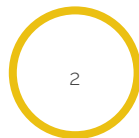


Next Steps



Design

Research market and demonstrate need, design



Development

Develop resources and associated collateral for the program



Pilot

Deliver the program in a pilot format



Evaluate & Develop

Evaluate pilot and develop program. Repeat as many times as required



Every stage of
their lives

2

Play Move Learn

Physical literacy and learning through play

Overview

- Sports based activity program for 3-5 year olds
- Multi-skill program that encourages the development of physical literacy through active play
- Prepares children for an active lifestyle regardless of which sport they choose
- 8-week program with each week focusing on a different sport





Example session

Week 5 – Bats & Racquets

	Activity	Equipment
Skills (20 mins)	Noodle Hockey	Pool Noodles Cones Wiffle Balls Soccer goals
	Squash Balloon	Balloons Racquets Tennis balls



Resources

Instructor Guide

Includes information on how to conduct classes, helpful tips on how to engage with participants and the equipment set up for each week. Also includes learnings from pilots including extra activities to substitute and insert where required.

Warm Up Do's

- Be energetic and enthusiastic
- Be dramatic
- Make your movements really big for them to mimic
- Be creative

Warm Up Dont's

- Have any equipment inside the court
- Let them run around in different directions
- Stop to think about what comes next, keep it flowing

Facility Guide

Contains information on how to organise and plan to host a Play Move Learn program at the facility. Includes suggested payment options, marketing/promoting the program, how to find workforce and additional assistance in making the program a success.

FINDING INSTRUCTORS

The instructor is the most important part of running a successful Play Move Learn program at your facility. Without an enthusiastic individual engaging with the children, the program loses its effectiveness. The ideal Play Move Learn instructor needs to be a happy and vibrant person, willing to engage with the kids at their level and also available to speak with parents where required.

This instructor should also have basic sport skills to be able to deliver the activities. It may also be beneficial to have an instructor who has experience working with children and understands their differences, modifying activities on the spot to suit different needs. This could be as simple as knowing that all the cones need to be same colour to ensure that there are no arguments.



Equipment Required

- Agility ladder
- Cones
- Hurdles
- Balance beam
- Bean bag kit
- Balls
- Tunnel
- Foam mats
- Ribbon sticks
- Parachute

Cost for a Set

\$1066.90



Facility revenue

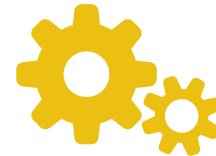
Northern Territory

	10 Kids	8 Kids	5 Kid
Cost per child	\$80	\$80	\$80
Income per class	\$133	\$106.50	\$66.50
Instructor Wages	\$30	\$30	\$30
Profit per class	\$103	\$76.50	\$36.50

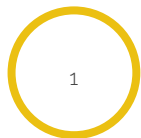
Pilot Program

- Held at Ingle Farm Recreation Centre in Adelaide by Squash Australia CEC
- Average weekly attendance of 8 children
- 6 children per Singles court to be an ideal number
- Addition of new activities
- Bonding activity at the end of the session



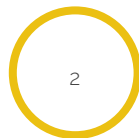


Next Steps



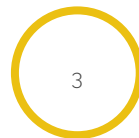
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Thanks!

Any questions?