

# AMAVEN

MOVE • PLAY • LIVE



*Wellness Kickstart Day*

# Wellness Kickstart Day

An Amaven Wellness Kickstart Day is a fun and exciting way to measure pupil's abilities and create a solid foundation to monitor their skill development and fitness throughout their time at school.

Amaven coaches will visit your school to run the Wellness Kickstart Day which consists of different activities. The activities focus on developing a child's fundamental movement skills. Learning these movements gives them the confidence to try new activities and engage in a variety of sports. It encourages them to develop a positive 'can do' attitude which sets them up for an active adulthood.

Don't worry, there is no competitive element to these activities, they just provide a great opportunity for each child to try their best. Additionally, knowing each child's start point empowers you to deliver the best PE lessons, which will create the best impact on their development.



*"We had our first PE assessment day last week and were very impressed by the process. The coaches were professional and guided the pupils through the activities with ease."*

Mike Porter, PE Coordinator, Lever House Primary School

# Fundamental Movement Skills

Acquiring Agility, Balance and Co-ordination through the Fundamental Movement Skills.



## Locomotor Skills

Any body movement; transporting the body from one point to another



## Body Control Skills

Body management; a mixture of balance and coordination



## Object Control

Using equipment; learning to use a range of equipment, bats, balls, racquets etc



## Dynamic Balance

Body management; the ability to balance whilst in motion or when switching between positions



## Flexibility

The capacity of a joint or muscle to move through its full range of motion

Order	Key Stage 1 Wellness Kickstart Day	Key Stage 2 Wellness Kickstart Day
1	5-10-5 The Agility	5-10-5 The Agility
2	Broad Jump and Stick	Broad Jump
3	Throw and Catch	Throw and Catch
4		Flexibility
5		Single-leg Hop



*"The coaches delivered an excellent PE assessment day which measured our pupils across a range of key movement skills. The children enjoyed doing the assessments and the coaches offered after school CPD for our teachers to use the system."*

James Chagas, PE Coordinator, Lostock Hall Community Primary School

# Key Stage 1 & 2 Challenges

## The Agility Challenge

The agility challenge is a fun game which involves running different distances, stopping, turning and twisting. The 5-10-5 agility challenge measures basic movement skills (running) as well as body control (stopping, turning and twisting) Balance and coordination are also embedded within the assessment.



- ✓ The coach uses a stopwatch and starts the stopwatch on the command "GO".
- ✓ The coach makes sure that the pupil touches each cone with their hand on the turns.
- ✓ The coach stops the stopwatch as the pupil runs past the middle cone on the final 5 metres and their time is recorded in seconds.

## Broad Jump Landing and Stick Challenge

Pupils love jumping as far as they can in this fun challenge which measures basic movement skills (jumping for distance) as well as body control (landing technique). Balance and coordination are also embedded within the assessment.



- ✓ The coach uses a tape measure to record the pupil's jumping distance.
- ✓ The coach measures from the starting line to the closest foot position (heel).
- ✓ The measurement is recorded in cms.



*"The children have really enjoyed the first assessment day and the staff and parents are keen to see the results of the second assessment day."*

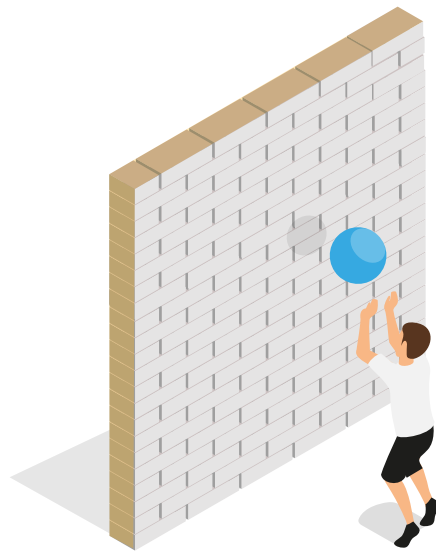
Gill Pryor, PE Coordinator, Trewirgie Infant School

# Key Stage 1 & 2 Challenges

## Throw and Catch Challenge

How many times can pupils throw and catch a ball in 30 seconds? This challenge measures the object control (throw and catch) as well as engaging body control skills (bending, stretching and twisting). Balance and coordination are embedded within the assessment.

- ✓ The coach instructs the pupil to lean forward.
- ✓ The coach makes sure that the pupil catches the rebound and counts each successful throw and catch.
- ✓ The coach stops the stopwatch after 30 seconds. The coach records the successful throw and catches as repetitions within the 30 seconds.



*"Our pupils like that they can access the home activities online and by raising awareness of how they can improve, we are already beginning to see a positive impact on how they are doing in their PE lessons."*

Lisa French, PE Subject Leader, Northbrook Primary School

# Key Stage 2 Challenges

## Hopping Challenge

This fun challenge involves the pupils hopping on one leg to the finish line (6 metres) and then back again using the opposite leg. The hopping challenge looks at the basic movement skills (hopping for distance and time) as well as body control (landing technique). Agility, balance and coordination are embedded within the assessment.



✓ The coach uses a stopwatch and starts the stopwatch on the command "GO".

✓ The coach uses a stopwatch to record the child's time.

✓ The coach stops the stopwatch as the child pass the finish cone. The coach records the time in seconds.

## Flexibility – Sit and Reach

Sit and reach challenge is a simple way of measuring the child's flexibility, which means the range of motion at each joint.



✓ The coach instructs the child to stretch forwards, whilst sitting with their legs straight forward.

✓ The coach measures the distance between the child's toes and fingers.

✓ The coach records the distance is cms.



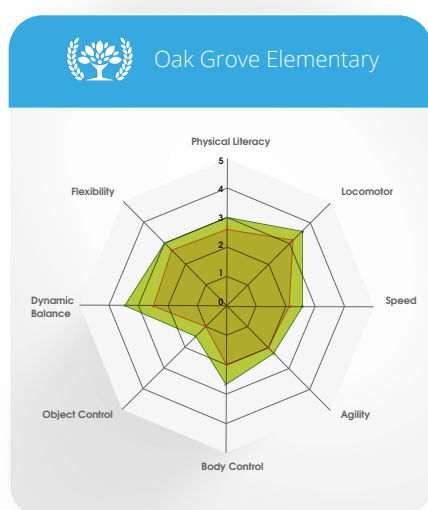
*"The platform creates relevant lesson plans and personalised homework for all my pupils, whatever development stage they are at."*

Jake Gibbons, PE teacher at four Primary Schools that use Amaven

# What Happens Next

The coaches will upload the child's results onto the Amaven platform. Through an individual login, the child and parent can access their personal profile and home activity plans, which if done regularly, will improve their skill and fitness, helping them to remain active, healthy and confident enough to try new activities and sports.

Around 6-8 weeks after your first Wellness Kickstart Day, pupils' will begin to notice improvements in their skill and fitness. This is the perfect time to schedule in your second Wellness Kickstart Day and compare results!

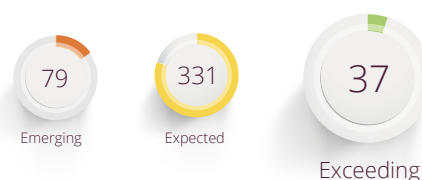


↑ Highest scoring pupils

Name	Score
Abigail Paterson	5.00
Ella Sutherland	5.00
Dan Powell	4.67
Austin Campbell	4.51
Anne Underwood	4.00

↓ Lowest scoring pupils

Name	Score
Harry Sutherland	1.00
Jan Wilkins	1.00
Katie Ballard	1.00
Matthew Johnson	1.00
Trevor Wright	1.00



Activity cards for Jumping, Catching, and Running. A curriculum panel for Jumping shows Level: KS1, 13 Video Lessons, and a button 'Added to curriculum'.