



SMAC AFTER SCHOOL

Healthy Lifestyles

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KORU After School Care Programme.

Teaching kids to make healthy life choices and increasing resilience in young people through exercise, education and goal setting.

Purpose:

To provide parents and children a comprehensive and engaging health and fitness experience, that educates children around the importance of healthy life choices, increases Fundamental Movement Skills in our P2P (Proud2Participate) module, while getting better competitive results for our High Performance (HP) students.



Our Children, Their Future:

Modern kids are finding modern living hard, they have become at risk of many issues that a healthy lifestyle has proven to help alleviate and prevent, in fact we believe it is the elephant in the room that society often ignores.

Child Obesity:

One in ten children in New Zealand have obesity, and a further two are overweight. Obesity can affect your child's health, education and quality of life. Childhood obesity is associated with obstructive sleep apnoea, musculoskeletal problems, asthma and psychological problems, including body dissatisfaction, poor self-esteem and depression.

Digital Addiction:

Results of the study showed that the prolonged amount of screen time had a direct correlation with increased psychological and social problems in children. This included hyperactive behaviour, social problems with other children, as well as conduct problems (aggressive acting out, etc.).

Teenage Suicide:

The Unicef report found New Zealand's youth suicide rate - teenagers between 15 and 19 - to be the highest of a long list of 41 OECD and EU countries.

These are just three of the main risks affecting young people, all three can be associated with lack of exercise and bad diet.

Delivery:

“No citizen has a right to be an amateur in the matter of physical training...what a disgrace it is for a man to grow old without ever seeing the beauty and strength of which his body is capable.” Socrates.

We understand that modern living is also hard on parents with many parents both in work and sometimes in more than one job, SMAC After School Programme provides parents with a safe after school programme that also ensures their children become engaged in healthy lifestyles.

As not all children can be considered at risk, SMAC has a two plan approach to delivering its healthy lifestyle modules. We start at entry level but deliver all the way to high performance and international competition.



1. Mini-Mods:

“Fundamental Movement Skills (FMS) provide the building blocks for many physical activities, such as playing games, dance, and sport. Having these skills is an essential part of enjoyable participation and a lifelong interest in an active lifestyle” (Developing FMS Manual, Sport NZ).

Fundamental movement skills are important to the motor development of children’s physical, cognitive, and social growth. There are three categories in which the fundamental skills fit: Locomotor, Stability and Manipulative.

SMAC Uses a combination of martial arts and CrossFit as well as partnering with various sports bodies to teach modified version of sports. These modified games encourage FMS is a fun and engaging way. This also provides an opportunity for our kids to have ago at the sports available to them in their relevant community.



2. High Performance:

At all age levels of elite sport, winning margins are fine. That's why everything we do at SMAC High Performance is designed to give young athletes the edge. We work in partnership with National (NSO's) and Regional Sporting Organisations (RSOs) to make performances that are microsecond faster or millimetre further, to put more of our students on the podium and receiving higher honours.



Support Education:

Nutrition:

Childhood is a time of rapid growth and development, and a time when many habits and behaviours are set. A healthy lifestyle, including healthy eating, in childhood will help to ensure a healthy future. As well as providing our kids with healthy snacks SMAC teaches children about the importance of maintaining a healthy diet while teaching kids how to make better eating choices.

HP kids will also learn the importance of nutrition specific to their body type, sport and schedule, they will learn about pre work out and recovery nutrition as well as creating their own menu.

Goal Setting:

Each child in our programs has personal tracker, this measures your child's relative fitness and ability in arrange of exercises and drills. Once a baseline has been developed our trainers sit down with the child where we plan and commit to ambitious goals. We believe in any growth as positive so we set lofty targets for our kids, we also believe that if the specific child accomplishes the goal, we have achieved one of our biggest out comes; developing resilience.

Self Defense:

As in everything SMAC does martial arts and self-defense make up a large part of our curriculum, while making kids safer it also has been proven to grow self-confidence and resilience.

Example Day Plan:

Time	Mini-Mods	High Performance
3:00pm	School Pick Up	
3:15pm	Afternoon Tea	Pre-Workout Nutrition
3:30pm	Theory <ul style="list-style-type: none"> • What's in our food? • Home exercises • Cook for the family 	Competition SWAT Plans <ul style="list-style-type: none"> • Tracking • Planning • Evaluating
4:00pm	Warm up <ul style="list-style-type: none"> • Roxanne • Shadow Boxing 	Tabata Training A high-intensity interval training (HIIT) workout, featuring exercises that last four minutes.
4:10pm	Stretch	Stretch
4:15pm	Modified Games <ul style="list-style-type: none"> • Rob the Nest • Musical Futsal 	Cross-fit Circuit Range of excercises targeting specific muscle working groups.
4:45pm	Cool Down	Cool Down
5:00pm	Finish	Finish