



Personal Development, Health and Physical Education

Information Pack

Trusted PE Programs

Fit Futures is a group of experienced NSW accredited teachers and sports professionals who are passionate about delivering quality PE programs in line with the new NSW PE curriculum.

Our programs are designed to get kids moving in an engaging and fun way. Each program is stage-specific and follows a clear progression with children learning new skills each week.

We have a core group of programs ready to run in your school or we can tailor-make a program to suit your school's needs.

Running outstanding programs, events and carnivals locally in Sydney and surrounding areas for 10 plus years.



Overview

Fit Futures delivers all aspects of the PDHPE curriculum, covering all aspects of the K-6 syllabus.

Running programs in :

Gymnastics
Athletics & Carnivals
FMS & ball skills
Well being and resilience
Dance
Online Dance
Non-PSSA

School events :

Athletics carnivals
Sports days
Colour fun runs

How are our programs delivered?

All programs are stage-specific and are led by qualified teachers and trained professionals.

Supported programs with highly engaging resources.

We build opportunities for cross-curricular links in all lessons.

Curriculum compliant and comprehensive assessment throughout the term.

Building Collaborative learning programs designed with the intention of running multiple classes at the same time.





Our lessons are:

Inclusive outstanding lessons	Engaging lessons	Learning activities are differentiated	Time on activity
Fully inclusive for all students progressive teaching methods. We harness students' natural enthusiasm by getting them on task quickly.	Engaging lessons are at the forefront of what we do. More time is given to achieve outcomes.	We are passionate about assessment and student progress. We understand that one size doesn't fit all	We pride ourselves on 20% talk and 80% activity. This is so important when learning a new skill, developing the mindset and honing interpersonal skills.

Building Collaborative learning program

Delivery	Adaptable programs to suit the needs of the school. Lessons can range from 45 mins to 2 hours. We can teach more than one lesson with multiple classes and with our teaching staff.
Staff	Our staff are highly trained with a real emphasis on putting the needs of the school first.
Assessment	Student progress is at the heart of what we do. Our assessment procedures are trusted by schools and parents.
Fit Futures resources	Not only do we run over 8 progressive programs, we have the equipment and the resources to back it up.
Supporting protected planning time for school staff (RFF)	Our collaboration program allows our RFF teachers to run classes so school staff can share planning and learning opportunities. No need to employ any other staff!
Forging strong relationships	Staff work hard to become part of the school community amongst staff and students.

RFF Model

With our full RFF program, we will provide you with yearly PDHPE reports, Scope and sequence, and stage-specific assessments. We will take each class from their teachers, giving them well deserved RFF time. Your students will get active, whilst learning and having fun with us! You can trust us to deliver high-quality lessons that will develop stage-specific skills, and improve the health and social wellbeing of your students.

School Folder with Compliance Information:

All schools will receive our comprehensive compliance information such as Insurance certificate, PDHPE Curriculum reports, our Staff WWCC and qualifications, Covid Safety Plan, Risk Management Plan, Assessment result in .xls or spreadsheet copy, and more.

Scope and sequence: PDHPE – Early Stage 1 and stage 1- example

Duration	Unit title	Unit overview	Outcomes
Term 1 (10 weeks per unit)	Es1 Athletics games	Pupils will be able to perform basic movements such as running, skipping and jumping whilst participating on their own and in cooperation with others. These skills will look at running in a straight line, shuttle races, jumping and landing on two feet and throwing or slinging. In ES1, pupils will do 'Athletics' but each activity will be greatly modified to create engagement and fun and teach without the students knowing they are actually doing Athletics.	PDe-4 PDe-5 PDe-8 PDe-9 PDe-10 PDe- 11
	S1 Athletics skills	Pupils will be able to fundamental movements skills in minor or modified Athletics games. They will focus on sprinting with standing starts and developing their technique; especially high knees, long jump and run-ups, scissor kicks and throwing for distance. S1 pupils will still be doing more of a game approach to Athletics whilst developing skills but with more focus on performing.	PD1-4 PD1-5 PD1-8 PD1-9 PD1-10 PD1-11



Term 2 (10 weeks)	Es1 Resilient leaders and ball skills	<p>Students will be put in situations and activities where they apply decision-making and problem-solving strategies to develop and perform movement skills and sequences, building their self-awareness and communication skills in the process. Students will also develop specific fundamental movement skills (FMS) like kicking, throwing, catching, hitting and discuss and see what modified games these can be applied to.</p> <p>They participate in a range of physical activities to recognise the benefits of being physically active and also the connection between health and physical activity in promoting wellbeing.</p>	<p>PDe-2 PDe-3 PDe-4 PDe-5 PDe-8 PDe-9 PDe-10 PDe-11</p>
	S1 Resilient leaders and ball skills	<p>Students will be put in situations and activities where they apply decision-making and problem-solving strategies to develop and perform movement skills and sequences, building their self-awareness and communication skills in the process. Students will also develop specific fundamental movement skills (FMS) like kicking, throwing, catching, hitting and discuss and see what modified games these can be applied to.</p> <p>They participate in a range of physical activities to recognise the benefits of being physically active and also the connection between health and physical activity in promoting wellbeing.</p>	<p>PD1-2 PD1-3 PD1-4 PD1-5 PD1-8 PD1-9 PD1-10 PD1-11</p>
Term 3 (10 weeks per unit)	Es1: Fundamental movement skills and object control through Gymnastics	<p>Students develop specific fundamental movement skills (FMS) while participating in Fit Futures Active Gymnastics program. They apply decision-making and problem-solving strategies to develop and perform movement skills and sequences, building their self-awareness and communication skills in the process. Pupils will also develop how to take turns, share and support each other using positive language. Es1 will focus on developing knowledge of how their bodies move and get used to doing basic movement skills correctly such as jumping, landing, balance and rotation. They will combine basic skills in set sequences through dance and gymnastics.</p>	<p>PDe-1 PDe-2 PDe-3 PDe-4 PDe-5 PDe-8 PDe-9 PDe-10 PDe-11</p>



	S1 Fundamental movement skills and object control through Gymnastics	Students develop specific fundamental movement skills (FMS) while participating in Fit Futures Active Gymnastics program. They apply decision-making and problem-solving strategies to develop and perform movement skills and sequences, building their self-awareness and communication skills in the process. Pupils will also develop how to take turns, share and support each other using positive language. S1 will develop these skills with more explanation on why we swing our arms to jump or focus on an object to balance. They will also begin to combine more skills in longer sequences.	PD1-1 PD1-2 PD1-3 PD1-4 PD1-5 PD1-8 PD1-9 PD1-10 PD1-11
Term 4 (10 weeks per unit)	Es1 Dance	Students develop specific fundamental movement skills (FMS) while participating in Fit Futures Dance program. They will develop and perform movement skills and sequences, building their self-awareness and communication skills in the process. Pupils will also develop how to take turns, share and support each other using positive language. Pupils will perform rhythmic sequences and use movements and facial expressions to express themselves. There will be opportunities for pupils to be creative and create basic movement sequences from stimuli. Students will learn how to respond to beat, rhythm, words and other stimuli.	PDe-2 PDe-3 PDe-4 PDe-5 PDe-8 PDe-9 PDe-10 PDe-11
	S1 Dance	Students develop specific fundamental movement skills (FMS) while participating in Fit Futures Dance program. They will develop and perform movement skills and sequences, building their self-awareness and communication skills in the process. Pupils will also develop how to take turns, share and support each other using positive language. Pupils will perform rhythmic sequences and use movements and facial expressions to express themselves. There will be opportunities for pupils to be creative and create simple movement sequences from stimuli. Students will learn how to respond to beat, rhythm, words and other stimuli. Within this, they will be expected to show changes in speed and direction in followed sequences and their own compositions.	PD1-2 PD1-3 PD1-4 PD1-5 PD1-8 PD1-9 PD1-10 PD1-11

Program details:

FMS, Balls Skills & Sport Specific Programs

Our FMS programme is a highly engaging development programme that identifies and develops all the fundamental movement skills. Students participate in skill-specific activities and modified games. In our lessons, students are encouraged to explore and control their fine and gross motor skills. This will then transition the skills into the 3-6 programme.

3-6 Ball Sports and Specific Games:

The sport-specific program is aimed at developing the skills and techniques for each sport. Students learn to make progress in developing confidence, resilience, teamwork, cooperation, competition, and fair play.



Gymnastics

Fit Futures' Gymnastics Program is designed to give every child the best gymnastics experience at school.

With our bespoke structure and firm foundations, we are able to deliver high-quality gymnastics lessons that develop the skills and confidence of every student.

All students will learn the progressions of gymnastics while developing a broad range of skills in a fun learning environment.

Athletics & Carnivals



Getting your students ready for the school Athletics Carnival is one thing we pride ourselves on. We aim to inspire all students to want to do their personal best at the carnival while ensuring all students make progress during lessons.

We teach your students the correct and safe technique for all events and ways to improve distance and times. We also love helping with the planning of the day by providing staff and equipment to make sure the day runs smoothly and stress-free.

With all bookings, we can help you run or lead your carnival, organise any tabloid event as well as support the 3 -6 events.

Dance

Our dance program has been designed to engage students at all skill levels in dance as they learn a full hip hop routine, gain an understanding of the elements of dance, and complete the program with an abundance of new creative moves.

Throughout the program, students will also be involved in the following:

- Discussions and activities based around the elements of dance (space, time, dynamics, relationships)
- An understanding of storytelling through dance and cultural dance
- Learning shorter routines that combine different aspects of dance.
- Our high energy staff members come to each lesson prepared to adapt each activity and routine to all skill levels, catering to each individual and ensuring that all students are provided with the opportunity to develop their skills in dance.





FitFUTURES
building active lifestyles

Wellbeing and resilience

Our wellbeing and resilience Program offers the students a variety of activities to support their strengths in overcoming challenges. Wellbeing encompasses many aspects of life so we decided to focus on social, mental and physical wellbeing through team building, yoga and mindfulness and fitness.

Gala days and Fun days

We have a wide level of experience organising and running school sporting events. We have a number of PE teachers working for Fit Futures who have direct experience running the school, regional and state swimming and athletic carnivals.



Did you know we have many partners and governing bodies that we are affiliated with!



Innovation

At Fit Futures Australia, we believe in sustainability in schools and growth. We re-invest to ensure resources and equipment are safe and usable and provide the best possible experience for our schools and students. We continue to strive in areas of:

- Teacher training and professional development of all our staff
- Safety management
- Outstanding teaching practices
- Progressive programs

Professional development for school teachers in areas such:

- Behaviour for learning
- Student progress
- Inclusive and differentiated lessons
- Creating engaging curriculum compliant lessons and programs
- Class brain breaks and quick activities
- Assessments
- Sporting technique clinics



We know the importance of upskilling teachers and providing the platform for all teachers to be confident in teaching PE.



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