

CERTIFICATE OF ATTENDANCE

REPs registered attendees - this is also your CPD certificate 😊

Please keep this as evidence of your attendance at this workshop.

When calculating CPDs, 4 hours of pre-approved Catch Fitness workshops will give you 2.5 CPDs or if assessed - 5 CPDs. Not all Catch Fitness workshops are approved for CPDs.



YOUR NAME:

Name of Workshop: GROUP FITNESS – PLAY DAY

Location: AT PIONEER RECREATION CENTRE

Date/s: FEBRUARY 20TH

Presenter/s: Hilary Blackstock, Darren Smith, three guest instructors and Broni McSweeney

Duration: 4.5 hours

Assessed: No

Signature of Authorising Agent for Catch Fitness: *Broni McSweeney*

The Active Canterbury Network

Active Canterbury is passionate about supporting local physical activity providers and seeing their programmes and activities thrive.

To help make this happen, Active Canterbury funds and coordinates a range of initiatives designed to help providers develop new skills, grow in confidence, promote their activities more effectively and network with others.

The Active Canterbury website is jam packed with useful resources and ideas for activity providers. Visit to view latest physical activity research, find evaluation tools, and details on upcoming training opportunities. Make sure you sign-up for our monthly newsletter too, email Nadine.Milmine@pegasus.org.nz to be added to the Active Canterbury database.

We hope you enjoy the session and look forward to keeping in touch.

Active Canterbury Network

catchfitness

The Active Canterbury Network uses **Catch Fitness** to deliver its workshops.

Catch Fitness has delivered more than 200 workshops since 2006. For more info:

www.catchfitness.co.nz

info@catchfitness.co.nz

0800 000 929

FREE MARKETING!!

List your programme, activity or class on CINCH and get noticed. It's FREE and easy to do. Visit the Active Canterbury website to find out how!

CINCH
COMMUNITY INFORMATION CHRISTCHURCH

Why play?

- to learn
- to create
- to feel challenged
- to lose ourselves in a pleasurable activity
- to calm and focus ourselves
- competitively to win
- cooperatively
- for the fun and joy of it

Benefits of play -Play is crucial for children of all ages, it also has many benefits for adults

- **Relieve stress.**
- **Improve brain function**
- **Stimulate the mind and boost creativity.**
- **Improve relationships and your connection to others.**
- **Keep you feeling young and energetic**

- **Play helps develop and improve social skills. .**
- **Play teaches cooperation with others**
- **Play can heal emotional wounds. .**

Play at work

Using play to boost productivity and innovation

- keeps you functional when under stress
- refreshes your mind and body
- encourages teamwork
- helps you see problems in new ways
- triggers creativity and innovation
- increases energy and prevents burnout

-Most people will benefit from more play and connection in this fast paced gadget world, indoors and out

-My favourite reason to play...Playing creates happiness, and the benefits of being happy are ENORMOUS to the individual and the world the live in.

How can you add more play into your life?

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-

-Game Ideas

Groups

Balloons (Individual, partner, team games and warm ups)

The Beetle Game (exercises or challenges (Build a Santa Variation)

Noodles (tag, balloon fight)

Clock

Partner Ideas

Adapt from above

Coloured ball challenge (standing, prone)

Clock/Box (Standing/Prone)

Warding

Tag

Walk/run in pairs

Huddle (arms in/out)

Stuck in the mud

Amoeba (chain gang)

What's the time Mr Wolf

Challenging

100's (circular, Linear)

Themes to go with the Year eg Christmas, Halloween, Melbourne Cup, Easter or random eg Rainbow, 80's (Get dressed up, find some relevant music, Spotify can be good).

Team/Partner challenge Days - pick teams ahead of time, points for team name and outfit, points for winning activities????

Give them something tangible to take away - not just smiles and sore bits

Workout Ideas to get you started

Circuit Fun

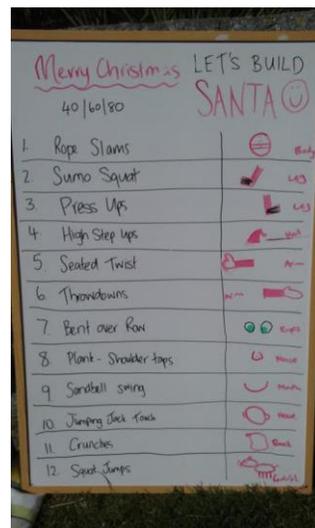
Add a coin – heads you move to next station, tails you return to the one you just did

Add a dice – move L or R in the circuit the number of stations on the dice

Add cards – Move L or R in the circuit that many spaces, or to decide reps. You can have a card per circuit, a card per station, a card per person or a card per person per station!

Make a Santa (or any other object)!

Choose a picture, break it down into components and attach a movement/activity. Once the activity has been completed the person/team draw/makes that component. Let the fun and creative drawing begin 😊



High 5's

2 people face to face. Each one takes turn at being the 'leader' for eg 30s. The leader puts a hand in any position – while the other person must tap that hand with their hand facing. The aim of the game is to move in a trillion different ways and positions, get warmed up, have fun, talk and physically connect with another person. Then you switch and the other person becomes the leader

Huddle Tag

Arrange 4 people together, 3 huddle together in a circle – with someone on the outside. The outside person must run around the circle and attempt to tag the person opposite. The others must move the target person in either direction to avoid the tagger. Depending on the group – you can go until a 'tag' happens – or set a time limit eg 20s and then players switch positions until everyone has had a turn

Playfit with Hils

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