

New 'Y Sport For Life' Gets Kids Moving After School

Kids in our after school care are now getting even more of a chance to be active and play sports, thanks to the new Y Sport for Life programme. Every week, across Wellington's YMCA after school care centres, all the attendees are warming up, forming teams and playing a supervised, structured game.

The programme is supported by Sport Wellington through the Kiwisport initiative and launched at the end of term two this year. So far it has been extremely popular with both parents and kids, says Sarah Whaanga, sports leagues coordinator. Each term the sport will vary; in term three it was rippa rugby, and there are plans to play football, basketball, volleyball and touch rugby over the next year.



"Kids that go to after school care often don't have access to sport – sometimes mum and dad can't get them to practice, and sports can be expensive. This is an opportunity for them to develop fundamental movement skills in a fun and social environment at a time where they might not otherwise get to do."

Sarah admits that it can be tough to win the kids over at first: "They want to sit on their phone or play a computer game instead. But when we get them warming up with a fun activity, you can see their body language change. Then by the end of the game they're cheering on their team and yelling out advice."

Although she's still working to help all the after school team members get confident at running Y Sports, Sarah says the programme will definitely continue into 2020 and hopefully expand beyond Wellington one day in the future:

"Giving kids the opportunity to participate in sport and support them through their learning is really rewarding. Seeing a child smile from achieving something they've never done before is the best feeling!"

We look forward to watching the Y Sport For Life programme grow and help more children get active, learn new skills and have fun through sports & active recreation

Check out www.ymcawellington.org.nz for more information.

Press Contact:

ceo@ymcawellington.org.nz

