



Delivery Framework

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Table of Contents

<i>Introduction.....</i>	3
<i>Names and Definitions</i>	3
KinderGym (KG)	3
KinderGym Providers	3
KinderGym Coach.....	4
Gymnastics Australia.....	4
Gymnastics for All	4
Family Caregiver.....	4
Philosophy	4
Key principles.....	4
Methodologies.....	4
Physical Literacy.....	4
<i>The KinderGym Philosophy.....</i>	5
<i>KinderGym Key Principles</i>	5
<i>Aims and Objectives</i>	5
<i>KinderGym Methodologies</i>	6
Age Groupings.....	6
Fostering the caregiver/child relationship in your KG Program	6
Program structure	7



Introduction

Gymnastics Australia KinderGym Program is the foundation Gymnastics for All Gymsport for children aged 0 – 5years. KinderGym (KG) is a program that uniquely includes caregivers within a Gymnastics Australia (GA) affiliated KG provider program, allowing for positive developmental opportunities in an inclusive, fun, creative, safe, and child-centred environment.

Affiliated KG providers will deliver opportunities for a child’s development alongside their families using the KinderGym Delivery Framework, inclusive of the:

- KinderGym Philosophy
- Key principles
- Aims and Objectives
- KinderGym Methodologies
- Gymnastics Australia Policies

Providers who agree to incorporate the KinderGym Delivery Framework by affiliation will gain the following benefits:

- Have their fundamental movement program and provider details available on the club search facility on the Gymnastics Australia website;
- Will have access to order the annual participant resources (KinderGym passport and/or participation certificate)
- Have access to discounted program resources via the Gym Shop.
- Have access to the online GymMix lesson planner.
- Have access to KinderGym marketing material via the marketing portal.
- Have access to GA affiliated educational material, courses and workshops.

Names and Definitions

KinderGym (KG)

- Is a brand and fundamental movement program for children 0- 5 years
- Incorporates caregiver participation from 0-3years and encourages caregiver involvement from 4-5years.
- Inclusive of the KinderGym Philosophy, KinderGym Key Principles, KinderGym Aims and Objectives, and KinderGym Methodologies in the KinderGym Delivery Framework.

KinderGym Providers

- Are affiliated members of a Gymnastics Australia affiliated State or Territory Gymnastics Association.
- Will incorporate the KinderGym Delivery Framework into the program.



- Have agreed to the KinderGym provider agreement via the online affiliation portal.
- Are endorsed by Gymnastics Australia for agreeing to and incorporating the KinderGym Delivery Framework.
- Conduct KinderGym programs with a minimum of one KinderGym accredited coach. A program may be supported and delivered by other Gymsport qualified intermediate coaches, while under the supervision of an accredited KinderGym coach.

KinderGym Coach

- A person who has completed a Gymnastics Australia Intermediate KinderGym coaching accreditation.

Gymnastics Australia

- The governing body for gymnastics across Australia.
- Includes eight (8) State and Territory Gymnastics Association Members.
- Owns the copyright to all KinderGym documentation and material including the Kinder GymMix resource and online lesson planner.
- Develops and reviews all National Policies, Products and Services.

Gymnastics for All

- One of Gymnastics Australia's eight recognised Gymsport programs.
- Includes KinderGym as an identified fundamental movement program.
- Caters for all ages and abilities and is predominantly non-competitive.

Family Caregiver

- The family assigned adult caregiver (can be under 18 if they are the legal parent/guardian of the child) responsible for the safety and supervision of the child.
- The caregiver provides the support required under stage 0 in the Sports Australia Physical Literacy Framework.

Philosophy

- A philosophy outlines the purpose and principles under which a service operates.

Key principles

- Key Principles are a set of practices and behaviours that address the needs of the service being delivered.

Methodologies

- Methods used to ensure the aims and objectives of the program are met.

Physical Literacy

- Develops the psychological, physical, cognitive, and social needs of a child, that gives children the motivation and confidence to enjoy active lifestyles.

The KinderGym Philosophy

KinderGym provides young children and their families with specialist guidance, exploration opportunities through play and challenges, in a child-centred, inclusive environment which develops strong foundations for a healthy, active and balanced life.

KinderGym Key Principles

The following principles are drawn from key descriptives within the KinderGym Philosophy:

- **Engage young children:** those 0-5 years of age.
- **Engage families:** those who are closely associated and involved with the child and their ongoing development and support.
- **Use specialists:** coaches are trained and qualified.
- **Provide guidance:** defines structure and safety in a less formal way.
- **Provide exploration opportunities:** use purposeful play-based learning.
- **Provide challenges:** Opportunities to take physical and mental risks to problem solve.
- **Is child-centred:** all aspects of the program are designed to meet the individual needs and abilities of every child.
- **Is inclusive:** gives all children the same opportunity to access and participate in the program.
- **Provide the foundations for a healthy, active and balanced lifestyle:**
 - Builds physical literacy to develop lifelong skills.
 - Develops fundamental movement skills that can evolve into other gymnastics pathways.

Aims and Objectives

- To promote the KinderGym philosophy of providing experiences through a child-centred program.
- To provide environments in which all children aged 0 - 5 years may explore and develop at their own rate.
- Programs aim to:
- Structure the environment rather than the child.
- Promote family caregiver participation, with a strong focus for those with children aged 0-3years.
- Provide safe, stimulating, and challenging activities.

- Incorporate the teachings and practices provided in GA accredited KinderGym education resources, courses and workshops.
- Liaise and co-operate with other education and health groups and professionals focussed on the growth and development of all young children.
- To accommodate and adapt to meet the range of abilities, ages, stages, and backgrounds of all participants.

KinderGym Methodologies

Age Groupings

- Any combination of age groupings is possible within a KinderGym class, depending on a provider's needs, this may be influenced by:
 - Location: potential market needs
 - Venue: size and equipment
 - Number of accredited coaches
 - Inclusion of sibling groups
- If combining age groups, ensure that activities are provided or adapted to meet the developmental stages for all involved.

Fostering the caregiver/child relationship in your KG Program

- Gymnastics Australia believes the benefits of caregiver involvement are substantial and is an integral part of the KinderGym brand and program. It is the responsibility of the provider to encourage caregiver and child interaction. This could be by offering opportunities for the caregiver to:
 - practice the worthwhile pursuits of play, through participation, observation and encouragement.
 - provide support to the child as they practice and improve physical skills.
 - celebrate the achievements of their child and others.
- Inform the caregiver of all GA and Providers applicable policies and procedures; not isolated to but inclusive of the supervision and safety of children.
- Educate families of the importance of being actively involved in the child's KinderGym experience. It serves to reinforce and improve the child's physical literacy and therefore foster a positive lifelong attitude towards physical activity.
 - Put into practice the inclusion of a caregiver for children aged 0-3years.
 - Understand and inform the caregiver of the benefits of caregiver inclusion for those aged 4-5years
- Adapt a caregiver's participation to suit the stage and need of the individual child, program and caregiver's abilities



Program structure

- The recommended length for a session is between 45 and 60 minutes, depending on the age and experience of the participants and the needs of the provider.
- A KG class will include the following content either as stand-alone or combined elements of a class structure, with explanations and details on each of the components provided in KG education courses and resources.
 - Welcome
 - Free exploration
 - Warm Up
 - Group time
 - Guided exploration
 - Cool Down
 - Farewell