



# ACTION INDOOR SPORTS STADIUMS

*Our Vision* is to bring affordable  
quality Indoor-Sports options to  
all Children.

*Our Hope* is that children experience enjoyment in  
Indoor Sport and leave here wanting to experience it  
once again.

*We know* that we can provide the knowledge, skill  
and professional experience to progress your child's  
skill in sports.

[www.actionindoorsports.com](http://www.actionindoorsports.com)





## **ACTION INDOOR SPORTS STADIUMS**

### **Primary & Intermediate Schools**



### **Indoor Sports Programme**

#### **Various Programme Purposes**

- Teach children new sporting skills for life!
- Get children active
- Teacher interaction and supervision of sports options
- Build social skills and encourage team of sport options
- Reward for good behavior
- Provide quality, safe, weather protected indoor activities

This popular Indoor Sports Skills Programme is now entering its 13<sup>th</sup> year. The programme is now run nationwide and is endorsed by SPARC and New Zealand Indoor Sports Incorporated. Associated members and affiliated centres are committed to providing a quality physical experience to active young people. It is vital these programmes continue to teach young New Zealanders exercise and sports skills they can use for life!

We are excited to be once again giving Palmerston North Schools an option to participate in this fantastic and exciting  Indoor Sports Programme.

#### ***The offer***

- ***Heavily subsidised coached sports option***
- ***A Program designed to assist all children to develop Sports Skills***
- ***No Weather Problems or Cancellations***
- ***Well Organised and supported by New Zealand Indoor Sports Inc and SPARC***

***We hope to see more schools add the Indoor Sports Programme to their curriculum for 2010!***





## WHAT DOES 'LETS PLAY' INVOLVE??

Choose one sport per court (\*average of 16 students per court):

- Indoor Netball
- Indoor Football
- Indoor Cricket

*Each 'LETS PLAY' programme can run anywhere from 1-10 weeks, with a one hour session per week. Students will learn skills, movements and knowledge of the sports rules/regulations specific to the chosen Indoor Sports.*

**\$35 per court\* WITH an instructor, per hour session**

**Or**

**\$20 per court\* WITHOUT an instructor, per hour session**

(\*average of 16 students per court)

**Payment required on each day of participation**

This programme has been created for schools as an inexpensive way for children to get active indoors, learn more about playing the above sports, and help them to learn how they can enjoy it.

**It will also help children gain and learn:**

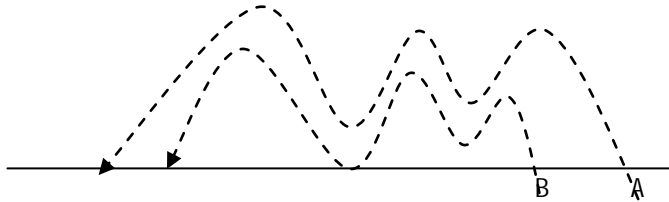
- Co-ordination
- How exercise can be fun!
- Social skills
- Hand-eye co-ordination
- Skills that can help in all sports
- More confidence in sport and most importantly life



## Examples of 'LETS PLAY' Lessons

Example of an activity from an Indoor Netball lesson:

➤ ACTIVITY 5: ATTACKING



DURING THE ACTIVITY

- Players line up in pairs on the sideline. While running toward other sideline A stops, changes direction a number of times. B tries to keep up. Emphasise good body balance, pushing off leading foot and short, quick steps.

Example of an activity from an Indoor Hockey lesson:

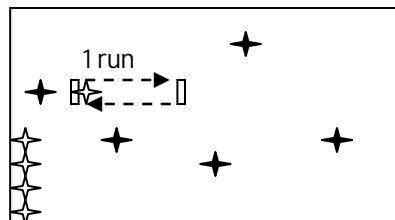
➤ ACTIVITY 3: PUSHING GAME

BEFORE THE ACTIVITY

- Hockey sticks, balls, wickets

DURING THE ACTIVITY

- Split the children into 3 groups, let them come up with a name for their team.
- The 'batter' pushes the ball into the field. Fielders chase the ball then push or dribble the ball back to the bowler who must try and hit the wickets before the batter returns to the wickets from the run.
- Maximum of 10 runs per batter. Rotate the bowler after every batter.
- To continue to play, bowler pushes the ball to the batter who must trap the ball before pushing it into the field.
- Rotate the batting team after all team members have had a turn.



VARIATION

- Can turn into a competition by keeping count of each teams runs.

*All lessons also involve full warm ups and cool downs*



# BOOKING SHEETS

## FAX TO:

Action Indoor Sports (Manawatu) 358 6049

**Your nearest venue is:**  
**Action Indoor Sports Stadiums Manawatu**  
491 Tremain Ave, Palmerston North  
**Phone – 358 6096, 3 Courts**

School \_\_\_\_\_

Class Level \_\_\_\_\_ Contact Person \_\_\_\_\_

Contact phone \_\_\_\_\_ Fax \_\_\_\_\_

Dates \_\_\_\_\_ Time \_\_\_\_\_

Please wait for confirmation of your booking from the stadium, before you book transport. **Transport must arrive at the venue(s) 15mins before stated times above**, to allow for warm up and safety instructions before children's game-play commences.

### Indoor Sports Options:

*Choose from: Indoor Football, Indoor Netball, Indoor Cricket*  
An average of 16 students per court.

We require a total of:

1 Court (approx 16 students):

1 sport \_\_\_\_\_  with instructor  without instructor

2 Courts (approx 32 students)

2 different sports \_\_\_\_\_  with instructor  without instructor

\_\_\_\_\_  with instructor  without instructor

3 Courts (approx 48 students)

3 different sports \_\_\_\_\_  with instructor  without instructor

\_\_\_\_\_  with instructor  without instructor

\_\_\_\_\_  with instructor  without instructor

*\$35 per court, per hour session WITH INSTRUCTOR*  
*\$20 per court, per hour session WITHOUT INSTRUCTOR*

**Payment required on each day of participation**

