



KinderGym

Guiding Principles

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Introduction

Gymnastics is an exciting and diverse sport. Singapore Gymnastics (SG) offers many disciplines of the sport, catering for all ages, from the very young to the young at heart. First produced by Gymnastics Australia (GA), KinderGym is the most fundamental movement program of all, especially for children five years and younger.

One of the most unique components of a KinderGym program is the physical involvement of both the child and their adult caregiver. It is this element that sets KinderGym apart from other programs offered within gymnastics and the wider community. Child and adult interaction is a key developmental principle on which the KinderGym program and Guiding Principles have been developed.

The KinderGym Guiding Principles are intended to set the framework by which Singapore Gymnastics may endorse an affiliated club's KinderGym program. Clubs wishing to gain endorsement will be required to accept and adopt the KinderGym Guiding Principles when conducting KinderGym programs. This acceptance will be acknowledged by your club through signing the KinderGym Provider Agreement.

Based on this basic philosophy, clubs wishing to be recognised as offering KinderGym programs should provide the opportunity for involvement of both parent and child within their programs.

To be recognised as offering a KinderGym program, your club will be required to accept and adopt the KinderGym Guiding Principles. This includes statements on:

- Names and Definitions
- Philosophy
- Aims and Objectives
- Age Groupings
- Parent/Caregiver Involvement
- Child/Adult Relationship
- Program Content

This acceptance will be acknowledged by the signing of the KinderGym Agreement. The Guiding Principle statements are detailed below.

Clubs who sign the KinderGym Guiding Principles will:

- Be recognised as KinderGym providers on the Singapore Gymnastics website;
- will receive a KinderGym passport for each registered participant when their annual affiliation has been processed; and
- have access to KinderGym flyers and posters.

Names and Definitions

KinderGym:

- Is a movement program for children 5 years and under and their adult caregiver.
- Is designed to develop the whole child - socially, emotionally, cognitively and physically.
- Is conducted in a safe, structured and multisensory environment.

KinderGym Providers:

- Are affiliated members of the Singapore Gymnastics.
- Have adopted the KinderGym Guiding Principles.
- Have signed the KinderGym Provider Agreement.
- Are endorsed by Singapore Gymnastics for agreeing to and adopting the KinderGym Guiding Principles.
- Conduct all KinderGym programs using qualified and accredited KinderGym Coaches (a KinderGym program may be conducted by a KinderGym coach in training while under the supervision of an accredited coach).

KinderGym Coach:

- A person who has completed a Level One KinderGym course.

Singapore Gymnastics:

- The governing body for gymnastics across Singapore
- Owns the licence to all KinderGym documentation and material in Singapore.
- Develops and reviews all National Policies, Products and Services.

The Adult:

- The assigned caregiver, parent or guardian responsible for the safety and supervision of the child.

The KinderGym Philosophy

- Positive movement experiences can influence a child's outlook on physical activity for life.
- It is possible to assist in the development of the whole child by providing an environment where the child may creatively explore and practise skills safely in order to increase self-confidence and self-esteem.
- The provision of a fun environment in which a child and caregiver may play together is worthwhile.

Aims and Objectives

- To promote the KinderGym philosophy of providing experiences through a child- centred program.
- To provide facilities in which children of all abilities aged 5 years and under may explore and develop their physical skills at their own rate, in an inclusive and non- competitive atmosphere.

- Programmes aim to:
 - Structure the environment rather than the child.
 - Promote a situation of one child to one caregiver, where possible.
 - Provide safe, stimulating and challenging activities.
- To liaise and co-operate with other education and health groups interested in the growth and development of all young children.

Age Groupings

Any combination of age groupings is possible within a KinderGym session depending on a club's needs, including age appropriate activities for all involved. This may be influenced by:

- Location: potential market needs
- Venue: size and equipment
- Number of accredited KinderGym coaches.

Child/Adult Relationship

- A positive, nurturing relationship is fostered between the child and adult developing and improving the child's confidence, self-esteem, physical, social and emotional skills.
- The child and adult enjoy the worthwhile pursuits of play together.
- The adult provides support and encouragement to the child to practise and improve physical skills.

Adult Involvement

- Adults are responsible for the supervision and safety of their own child.
- Adults share their child's fun and achievements. The real benefit comes from the child's self-initiated play rather than adult-directed play.
- Adults provide encouragement and positive reinforcement for the child through play.
- Adults observe the child while at play.
- Adults reinforce the healthy lifestyle message provided at KinderGym.
- By being actively involved, adults reinforce to the child a positive lifelong attitude towards physical activity.

Singapore Gymnastics acknowledges that as a child develops, their independence grows. Recognising this, guidelines have been developed to provide clubs with ways of meeting the developmental needs of the 3-5 year old child while fostering adult involvement – see following pages for more details.

Why retain adult involvement within programs?

Singapore Gymnastics believes that adult involvement in a KinderGym program:

- Plays a major role in the development of society, by providing an opportunity for adults to spend quality time with their child including:
 - Learning
 - Sharing
 - Having fun
- Provides substantial benefits to the child including:
 - Safety
 - A greater rate of development, due to the child feeling secure in a known, friendly and supportive environment
 - Expanded learning opportunities through continual follow-up activities by adults.
- Provides the adult with an opportunity to learn and ultimately provide greater support to their child's development.
- Ensures the club's KinderGym programs are economically viable by allowing for a higher participant to coach ratio.
- Provides the club with an additional resource from where new coaches and volunteers can be identified and sought.
- Provides the club with an opportunity to involve parents over a longer period therefore educating and exposing them to the concept of "Gymnastics for All" and the club's overall philosophy.
- Creates a valuable marketing tool for the delivery of health messages, which can influence parental attitude towards better and healthier outcomes.

Program Elements

The recommended length for a session is between 45 and 60 minutes depending on the age and experience of the participants. The class components below are offered as a sample of how KinderGym classes can be programmed.

Class Elements	Duration (minutes)	
	0 – 3 year olds	3 – 5 year olds
Free Exploration	5	10
Welcome and Warm – up	5	10
Group Time	10	10
Guided Exploration	20	20
Cool-down and Farewell	5	10
Total	45	60

All the above class elements may be included within a session and can vary in length of time due to varying factors, including the age of the children in the session.

Program Guidelines for 3 to 5 Year Old Children

The following factors should be taken into consideration when applying the KinderGym Guiding Principles to KinderGym programs for 3-5 year olds:

- The changing needs of the child with regard to independence and the need to develop school readiness
- The increased skill level of the child
- Changing trends in society, seeing more young children in childcare centres
- The changing developmental nature of the child.

With the above in mind naturally the role of the adult within a KinderGym program for 3-5 year olds may also change. The following guidelines are designed to assist clubs in maintaining the Principles that ensure a quality KinderGym program while also addressing the changing developmental needs of 3-5 year olds.

- Class ratio may be reduced. There are many other factors that influence class sizes and ratios and these must be considered (i.e. coach experience, venue size and layout, availability of equipment).
- Duration of individual program elements will change. More time may be given to “Guided Discovery” and skill development with less time given to “Free Exploration”. The coach should take into account that children may respond to different teaching techniques.
- Adults may play the role of an observer encouraging their child throughout activities such as Warm-up and Group Time, rather than being actively involved in all elements of a program.
- Adults may become actively involved through encouraging activities at one particular station during circuit work rather than continually moving around with their child.
- Program objectives and/or themes will further encourage and develop independence and begin school readiness. Emphasis can be on colours, numbers, shape recognition, problem-solving techniques and societal values such as sharing, friends and health. In addition, more complex movement patterns like skipping can be included.

Singapore Gymnastics believes the benefits of adult involvement are substantial and the coach should make every effort to involve the caregivers either directly or indirectly in the growth and development of their child. It is the responsibility of the coach to encourage adult and child interaction. Remember that the parents are not trained coaches and should not be expected to “teach” or supervise skills above their level of ability.

Please note: Adult involvement may also include appointed Childcare, Kindergarten or Early Childhood learning centre staff. These staff members are likely to hold additional qualifications with regard to early childhood learning and care.

KinderGym Brand Guidelines and Marketing Material

SG will be conducting and promoting the 'roll out' of the KinderGym programme throughout 2018 and beyond.

Under the contractual arrangement between GA and SG, GA is the sole owner of all intellectual property rights in the KinderGym brand and logo and has granted SG a non-exclusive licence to use the KinderGym brand and logo. SG must comply with its legal obligations under the licence and it has prepared this guide to assist the Clubs to support SG to do so.

Failure to comply with the licence conditions may result in termination of SG's rights to use the KinderGym programmes (and therefore the Clubs' rights to do so).

There will be a range of marketing collateral available to Clubs to assist in the promotion of KinderGym. This material will be provided to the Clubs for use in marketing the programme. It is important that this material is used by all Clubs to ensure a consistent "look" and appearance of the KinderGym programme across Singapore. In order to present a single brand to the market and to customers.

Further, the Clubs do not have any other merchandising rights in relation to the KinderGym programme. Clubs are able to use the KinderGym brand to promote their Club and program if they are offering a KinderGym class delivered by an accredited KinderGym coach.

Posters will be provided to Clubs delivering KinderGym for them to display at their Club. In addition, the branding and logos shown below may be used by Clubs.

Copyright and protection of intellectual property

As stated in section above, GA is the sole owner of all intellectual property rights in KinderGym and has granted SG a non-exclusive right (licence) to use the KinderGym brand and logo. Clubs are not entitled to any copyright or moral right in or arising from any work produced in the course of their engagement with and promotion of KinderGym. Any copyright or merchandising rights in such work shall be the sole and exclusive property of Singapore Gymnastics.

Clubs acknowledge that (due to licensing restrictions) they are unable to alter or amend any of the logos or brand marks of the KinderGym programme in any way. No changes may be made to any part of the KinderGym programme.

Sponsorship

Clubs do not own any intellectual property, or licensing or other rights in relation to KinderGym. Therefore, the Clubs are unable to enter into any sponsorship agreements in relation to the KinderGym programme.

In addition, Clubs cannot sell or commercialise the KinderGym programme in any other manner. For clarity, the above restrictions on commercialisation do not prevent the Clubs from obtaining income from carrying out the KinderGym activities as part of the KinderGym program.

KinderGym Conditions

If the Club is delivering the KinderGym Program they are required to tick the appropriate box and indicate compliance with each of the conditions for recognition as a KinderGym Provider.

The Club agrees to all KinderGym Conditions for KinderGym Program Delivery:

- All KinderGym programs/classes/sessions are conducted by an accredited KinderGym Coach or a person who has attended and is in the process of completing post-course requirements of the KinderGym Coaching Course, and who is a SG technical member and on the NROC.
- KinderGym programs/classes/sessions conducted in accordance with the KinderGym Guiding Principles
- The use of the KinderGym logo and development of any promotional material and merchandise is in accordance with the Branding guidelines
- The Club has read and understood the KinderGym Guiding Principles

SIGNED for and on behalf of

Club: _____

Signature: _____

Name: _____

Position: _____

Date: _____

SIGNED for and on behalf of Singapore Gymnastics

Signature: _____

Name: _____

Position: _____

Date: _____