



# S.M.A.S.H

SKILLS, MULTI-ACQUISITION, SPORTS & HEALTH  
PROGRAM

The S.M.A.S.H program is an innovative SPORT & SKILLS based program geared towards kindergarten to year six students. The S.M.A.S.H program has been running in N.S.W for the past 20 years, winning numerous sports awards and returning outstanding success in a wide variety of educational settings. Sanctioned by the NSW Department of Education & Training and Aussie Sports, the S.M.A.S.H program is the product of the collective efforts of many leading sports professionals and the North Coast based Sportz Specific Pty. Ltd.



### **How will the S.M.A.S.H program benefit my Students?**

There are many benefits in providing your students with the opportunity to take part in the S.M.A.S.H program. Students will enjoy a wide range of activities designed to increase their hand-eye skills, co-ordination, gross motor skills, movement control, perception and team-work. It promotes bilateral movement to exercise both left and right brain hemispheres. This form of 'Brain Gym' is an exciting way to open up learning pathways, and is ongoing throughout the term of the program. The correlation in using this type of program [and its specially designed equipment] with open learning in the classroom is well documented and leads to more intellectually balanced students.

### **How is the S.M.A.S.H program structured?**

S.M.A.S.H is a highly innovative Sport and Skills based program performed by fully qualified instructors delivering the optimum level of coaching for all students. The program runs for a school term (10) weeks, one day per week. Each session is approximately 45 minutes in duration. Sessions are structured around skills related games using a circuit format and the buddy principal (working in pairs) is encouraged. The session includes a warm up session. The children progress their skills each week, working towards mastery of a wide range of skills. There are no children standing idle as the whole class is active at the same time. There is no queuing in the S.M.A.S.H program.



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### **How much will S.M.A.S.H cost?**

The cost of the program is as follows, and can be made in a number of ways.

Single Child Families:           \$30.00 per term  
Multiple Child Families:       \$56.00 per term

By way of this cost effective payment scheme, it does help the larger families by not charging the third, or any subsequent children. Payments can be made by cheque and are made payable to our company (Sportz Specific Pty. Ltd.) This will alleviate the problem of the school having the burden of collecting monies.

It has been our experience that school P&C Associations are happy to help with part payment of this highly valuable program.

### **Can the S.M.A.S.H program cater for students with special needs?**

The S.M.A.S.H program is taught by using modified sporting equipment to suit the size, strength and ability of each student. Equipment is highly specialised and can be adapted to cater for students with significant levels of special needs. All students are catered for and can enjoy the benefits of the S.M.A.S.H program.





### **How does S.M.A.S.H fit into the curriculum?**

Teachers are faced with an overcrowded curriculum and our program is designed to implement stage appropriate activities based around numerous Personal Development, Health & Physical Education outcomes. The program is not an 'extra' side activity taking up valuable teaching time, in effect taking part in the S.M.A.S.H program will actually satisfy many outcomes helping teachers cover the NSW PD/H/PE K-6 Syllabus content using resources not readily available to most schools.

The S.M.A.S.H program meets the following components of the NSW Personal Development, Health & Physical Education Syllabus as it:

- promotes physical activity
- is concerned with physical, social, cognitive growth and development patterns
- promotes an understanding and valuing of self and others
- promotes an active lifestyle
- develops fundamental movement patterns and coordinated actions of the body
- helps students develop skills that enable actions for better health and movement.



A Table of NSW PD/H/PE outcomes for each stage is included below.

Strand	Early Stage 1	Stage 1	Stage 2	Stage 3
Values & Attitudes	V5	V5	V5	V5
Interacting	INES1.3	INS1.3	INS2.3	INS3.3
Moving	MOES1.4	MOS1.4	MOS2.4	MOS3.4
Problem Solving	PSES1.5	PSS1.5	PSS2.5	PSS3.5
Active Lifestyle	ALES1.6	ALS1.6	ALS2.6	ALS3.6
Games & Sport	GSES1.8	GSS1.8	GSS2.8	GSS3.8



## Contact us

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