



**THREE accreditation packages in ONE:
Mini Moves Physical Activity & Nutrition Programs for 5-8 yr olds /
Mini Moves Fitness Circuits for 6-12 yr olds / Kinder Moves for 3-5 yr olds**

Now you can deliver a complete package to children of all ages!

Are you a qualified fitness instructor or personal trainer and want to really do something about childhood obesity? Become a Mini Moves/Kinder Moves/ Mini Moves Circuit Accredited Instructor and you'll be fully equipped to conduct a full fitness program for Kids. With Mini Moves, you'll really make a difference!!

The Mini Moves/ Kinder Moves / Mini Moves Circuit Instructor Accreditation program is a Nationally accredited course, supported and delivered by Fitnation, that qualifies you to promote and conduct Mini Moves programs.

Mini Moves Mission

To provide a fun way for children to be physically active without fear of failure nor the negative aspects of sport.

Mini Moves Motto:

Fitness through fun!

Program Outlines:

ONE: MINI MOVES PHYSICAL ACTIVITY & NUTRITION FOR 5-8 YEAR OLDS	TWO: MINI MOVES CIRCUITS FOR 6-12 YEAR OLDS	THREE: KINDER MOVES FOR 3-5 YEAR OLDS
<p>Mini Moves sessions are pre-choreographed addressing all areas of fitness. You will gain 10 pre-choreographed programs that you can deliver for 2-3 weeks each. So, upon completion of the course you will receive up to 30 weeks worth of sessions to conduct!. The Mini Moves programs follow the format below:</p> <p>Duration 1 – 1.5 hours warm up activities & ice breakers cardiovascular fitness and strength sport skills/ fun games / balance and stretch food and nutrition – children make & eat a healthy snack</p> <p>Mini Moves Program/session themes include: Colors / Winter Wonderland / Animal Crackers / Under the Sea / Summer Time Fun / Transport / Olympic Games / Outer Space / Jumping Jellie Beans / Have a Ball</p> <p>This is a great program to deliver for school holidays!</p>	<p>Mini Moves Fitness Circuit instructors will be equipped with 16 pre-choreographed circuit classes that will be repeated for 3-4 consecutive weeks each. This is 45-60 weeks worth of circuit classes. The circuits are so dynamic, boredom will never be an issue and children will always be challenged in every area of fitness.</p> <p>Sessions include:</p> <ul style="list-style-type: none"> • A group warm up activity • 10 stations alternating from strength, balance, skill & cardio activities • Plenty of cardio between stations • A group cool down/stretch 	<p>Kinder Moves is a series of fun themed physical activity sessions specifically designed for 3-5year olds. The sessions are 30-40 minutes and involve various activities to assist children to participate in structured physical activity & learn & practice a wide range of skills including ball handling skills like throwing, catching, rolling in a fun, social environment.</p> <p>Kinder Moves Themes</p> <p>Each Kinder Moves session follows a specific theme that is repeated for 2-3 weeks in a row to provide children with a sense of familiarity and confidence before introducing new activities. The Kinder Moves themes are: Nursery Rhymes, Numbers, Alphabet, Winter Time, Summer Fun, Animals, Stop and Go, Magical Circus, Fishy Business & Colours</p> <p>Kinder Moves Activities include:</p> <ul style="list-style-type: none"> • Warm Up activity • Cardiovascular activity • Skill Based activity • Fun game • Balance/Stretch <p>Great for pre-schools & kinders!</p>

FULL PACKAGE & KIT FOR COMBINED MINI MOVES, KINDER MOVES & MINI MOVES CIRCUIT ACCREDITATION

MINI MOVES PHYSICAL ACTIVITY & NUTRITION PROGRAM		MINI MOVES CIRCUITS		KINDER MOVES	
1 set	Mini Moves Manuals – 1. Mini Moves Operational Guidelines 2. Mini Moves Program Manual 3. Mini Moves Nutrition and Recipes	1 set	12 Full Planned Circuit Classes presented in a manual. Circuit outlines include photos illustrating every activity and an illustration of circuit set up	1 set	Kinder Moves Course Manuals – 1. Early Childhood Development Manual
1 set	Mini Moves Programs x 10 program booklets bound into one portable manual	12 sets	Station Cards to use for each circuit – colour coded for easy storage and access	1 set	Kinder Moves Programs – 10 x program outlines bound into one portable manual
3	DVDs demonstrating all of the Mini Moves Programs (or 1 DVD if attending in Nov)	1	Mini Moves Circuit Operational Manual	1	DVD demonstrating all of the Kinder Moves Programs
1 set	Templates & Forms – Mini Moves General Forms	1 set	Templates & Forms – Mini Moves Circuits	1 set	Templates & Forms – Kinder Moves

Plus

EQUIPMENT:					
If you do not want the equipment kit listed in this table please indicate this on the enrolment form. Items with an asterisks are included in all options					
1 *	CD Music	1	Ladder	1	Mat
1	Set of shape Bean bags	2	Dumbbells 0.5-1kg	1	parachute – mini size
20	Cones	20	balloons	1	parachute – large size
3 *	t shirt (1 x instructor & 2 kids)	12	Tennis balls	1set	stretch cards
1	Drink Bottle	48	Ping Pong balls	10	hoops
1	Cap	3	Hurdles	40	sashes
1 *	Recipe Book	10	Skittles	1 set	Number Cards
4	small skipping ropes	20	Scarves	1	Beach ball
12	rubber spot floor markers	2	Swissballs	4	Mini Play Balls
12	Medium size Balls	1	Launch board	1 set	Alphabet Cards
1	Balance board	2	Boxing gloves	1	Target mat
20	Bean bags	2	Hockey sticks		Assessment & office support
2	Waffle bats	4	Quoits	Metro areas	Postage & handling fees inc *(if outside metro areas an additional freight fee may be incurred – we will advise you prior to shipment if this is necessary)
1	Ball Pump	1	Net Bag		

Prerequisite:

Cert III in Fitness (minimum) plus Children's Fitness Certificate (equivalent to SRFCHA00IA of Cert IV)

Fees:

- Full package: \$1460 (members), \$1500 (non members)
- Package without equipment: \$550 (members), \$600 (non members)
- Plus Children's Fitness Certificate (if you have not already completed it): \$200

All Mini Moves Instructors must have a criminal background check or gain the relevant 'working with children' card in your State (we will provide forms/info but this is at your expense – approx \$20-\$50 depending on your state).

Mini Moves instructors must have current first aid qualifications.

Mini Moves, Mini Moves Circuit, Kinder Moves Enrolment Form

Name: _____
 Address: _____ P/Code _____
 Telephone:(day) _____ (m) _____
 Email: _____

Please enrol in the course on: _____ Venue: _____ Or,
 Please enrol me by **Correspondence**

I also wish to become a member

I AM A MEMBER:	I AM A NON-MEMBER:
<input type="checkbox"/> \$1460 Full course Package (please provide a copy of your Children's Unit SRFCHA001A or equivalent) <input type="checkbox"/> I do not want the equipment listed in the "Equipment" table: Fee \$550 <input type="checkbox"/> +\$200 for Children's Fitness Certificate - SRFCHA001A *Plus Postage & Handling fee if outside metro area	<input type="checkbox"/> \$1500 Full course Package (please provide a copy of your Children's Unit SRFCHA001A or equivalent) <input type="checkbox"/> I do not want the equipment listed in the "Equipment" table: Fee \$600 <input type="checkbox"/> +\$200 for Children's Fitness Certificate - SRFCHA001A *Plus Postage & Handling fee if outside metro area

Cheque (Note: Cheques payable to "Fitnation Pty Ltd")
 Money Order Visa Mastercard Amount: \$ _____

I wish to pay by instalments (See below for conditions)

Credit Card Number: _____ | _____ | _____ | _____
 Card Holder's Name: _____
 Expiry Date: _____ Signature: _____

Payments by instalments for the full package can be arranged under the following guidelines:

*There is a \$15 fee to set up instalments and this is added to the deposit amount:
 Members: Deposit \$775 + 7 x \$100 monthly instalments or \$875 + 8 x \$100 monthly instalments (for CFC)
 Non Members: Deposit: \$815 + 7 x \$100 monthly instalments or \$915 + 8 x \$100 monthly instalments (for CFC)*

Refunds:

After enrolment, no refunds will be given once the resources have been sent.

- For students enrolled in the full course refund requests must be received no later than 7 days prior to commencement of the course. Refunds will be given less an administration fee (\$100) and Fitnation membership fee (\$85 if purchased with enrolment). No refund will be given if all resources have been received.
- If students have already been issued the CFC prior to applying for a refund the full non-discounted fee for the CFC will be deducted - \$390 plus \$100 admin fee.
- If any materials are damaged in any way please inform us immediately and we will arrange replacements promptly.

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