

Runyaway fitness provides sporting programs that encourage and motivate our future generation to establish healthy habits for life.

We offer children the opportunity to view physical activity as a way of life and promote the importance of a sound healthy lifestyle.



For further enquiries, please call:

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HealthyStart focuses on the fundamental movement skills in a vast array of sport, leisure, recreation and activities of daily living in a fun and safe environment. Skills are developed through play, dance, gymnastics, games and sports. Students are assessed and given valuable feedback to help in their learning and development.

www.runyaway.com.au



The HealthyStart school program is syllabus based for students to gain the knowledge and understanding of skills, values and attitudes which are needed to lead healthy and fulfilling lives.

**PRIMARY SCHOOL
FITNESS PROGRAM**

Gymnastics



The HealthyStart gymnastics program develops children's foundational movement skills which are built on the Gymnastics Dominant Movement Patterns and integrates a mix of participation and skill development.

Dance

Through our dance program, students are encouraged into an active lifestyle, being introduced to a range of various dance styles and will also be given the opportunity to learn and develop basic dancing skills such as timing and quality movements. Dance styles include bush dance, funk, formal, ballroom, contemporary and indigenous.



Basketball

The HealthyStart Basketball program develops children's foundational movement skills found in most ball sports through a structured basketball program. Basketball has 8 major skills which will be taught across the range of lessons.

Passing, Catching Dribbling Jumping, Shooting, Running, Defensive stance, Acknowledging the rules

healthySTART

SCHOOL PROGRAM



General fitness

The general fitness program is targeted to improve overall fitness and focuses on the individuals major muscle groups. Furthermore, it aims to increase exercise adherence while having fun.

General fitness has 4 disciplines with each discipline being represented across the range of lessons. These include:

- Strength
- Cardiovascular Endurance
- Flexibility
- Power

Athletics



The Healthy Start Athletics program allows children to commence various types of athletic activities and teaches them the fundamental athletics skills. The activities in the program allows children to participate, succeed and more importantly to have fun while they learn. These include sprints, baton changes, shotput, discus, high jump, long jump etc.

Ball Sports



Our Ball Sports program allows for students to build and develop a foundational grounding in hand to eye coordination in a fun, team-building environment. In particular, students will be introduced to a variety of games and activities associated with balls which aim to develop personal, teamwork and communication skills. Sports included are soccer, softball, netball, newcomeball, basketball, oz tag, tennis, cricket, AFL.