



# LITTLE & MATYSIK

COOK ISLANDS LAWYERS

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## Youngsters all in step to take on gymnastics

Tuesday February 28, 2017    Written by [Rashneel Kumar \(/itemlist/user/3916\)](#)    Published in [Other Sports \(/sport/other-sports\)](#)



## Cook Islands Gymnastics Federation has intensified their effort to spread the gospel of the sport at the grassroots level in Rarotonga.

Together with their sport development officers and Gymnastics Australia's Oceania development manager Brooke Kneebush, they have visited Te Uki Ou and Takitumu Schools to conduct fundamental movement programmes with preschool and primary students.

The programme has been made possible through Cook Islands Sports and National Olympic Committee's All Sports Funding and support from the International Gymnastics Federation.

The gymnastic equipment has been funded through an Australian High Commission direct aid programme grant.

Cook Islands Gymnastic Association secretary Teina Taulu said the GymSchools programme had been designed to give students the opportunity to learn, practise and enjoy moving through a wide-range of activities that will help them to develop physically, socially and cognitively.

"Research tells us that children who have these fundamental skills are far more likely to participate in sport and recreation throughout life and that movement can be an effective cognitive strategy to strengthen learning, improve memory and enhance learner motivation," Taulu said.

"Teachers are mentored through the weekly practical student sessions and a teacher education workshop will be conducted to provide further brain development opportunities for their students through movement and to highlight the links between the programme and the school curriculum."

She said schools would receive Gymnastics Australia LaunchPad Lesson Plan and Activity Card sets, enabling them to conduct ongoing programmes.

The culmination of the programme will be a finale performance with each class learning a sequence to be performed to music.

"The response already from students and teachers alike has been very positive," Taulu said.

"The activities are not only fun, but involve opportunities to develop a wide variety of skills ranging from maths concepts such as counting and rotation to social skills such as taking turns, sharing and respecting others."

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