

pr*activity*®

HEALTH, MOVEMENT & WELLBEING



**WE COME
TO YOU!**



*We promote health and wellbeing
through physical activity*



We have been using Proactivity for a number of years now. They offer such a good range of high intensity and enjoyable classes! The instructors who come to us are always so enthusiastic and energetic, they never fail to get the best out of each student. Their positivity is inspiring and the care they show for each student is always so appreciated.

Shelford Girls' Grammar



The term Proactivity has become synonymous with high quality programs that promote healthy pursuits and encourage children to be confident, active members of their community.

Founded by two friends in 2007, Proactivity has continued to build on the original premise of a need for quality movement experiences for children and today is responsible for offering high quality programs in sport, health and wellbeing, sustainability, leadership and skill development.

The selection of high quality coaching staff is a key to the success of Proactivity. We understand the importance of leaders who are passionate about movement and the role it plays in building confident children who love to be active. That's why we have staff who are qualified in the areas of sport, education and movement. We have comprehensive public liability insurance and all coaches are certified with first aid and a Working With Children Check.

Our 12 years of experience only continues to inform our methods of best practice, in both coaching and leading children of all ages to become the best they can be. Our team offers single sessions or term programs that allow students to explore the world of movement and develop their motor skills, teamwork and build self esteem.

Proactivity is proud of the continual development and innovation that inform our practice and allows us to deliver dynamic programs that engage children and young adults, ensuring that movement is regarded as an important way of life.



Early Years Education	<ul style="list-style-type: none">• Sport Development• Circus Skills• Gymnastics
Primary Schools	<ul style="list-style-type: none">• Fundamental Motor Skills• Gymnastics• Dance• Athletics• Team Building Activities• Ninja Warrior
Secondary Schools	<ul style="list-style-type: none">• Self Defence• Dance and Movement• Operation Energise• Cheerleading• Yoga and Pilates• Fitness Training Methods
School Holiday Programs	<ul style="list-style-type: none">• Splashtastic Water Games• Multi Sports• Boxercise• Hip Hop Dance
Birthday Parties	<ul style="list-style-type: none">• AFL• Basketball• Soccer• Ninja Warrior• Mini Olympics
Community Events	<ul style="list-style-type: none">• Giant Inflatables• Ninja Warrior• Sport Themes and Novelty Games• Yoga• Fitness Bootcamp• Cardio Boxing

See something you like?

All of these activities can be adapted to suit the needs of your school or organisation and there are even more ideas available on our website www.proactivity.com.au

We ensure that activities are developmentally appropriate and offer participants the opportunity to achieve success. At Proactivity we have a variety of equipment and programs that can be adapted to suit the needs of your community.

We come to you and tailor our programs to suit your space and needs. Our enthusiasm, dedication to quality education, reliability and approachability has built our reputation for exceptional client service.

Movement and Sport Opportunities for Primary Schools

Every primary school environment needs to ensure that each student has the knowledge, understanding and skills to be engaged, confident and capable learners, however in a busy curriculum that asks teachers to achieve a wide variety of educational objectives, it is difficult to always have the expertise and time to implement active experiences successfully.

At Proactivity, we understand the many different ways that students learn and can be engaged in activity. Our staff are experts in health and wellbeing and understand the important role that positive learning environments play in ensuring that children engage in an active lifestyle.



Primary School Programs

Our aim is to support schools to achieve the learning outcomes of the Australian Curriculum and ensure that your students have positive movement experiences that will inspire them to include activity as a part of their healthy lifestyle.

Our programs are suitable for:

- **Transition Days**
- **House Sports**
- **Year Level Programs**
- **Sporting Schools**
- **Leaderships Days**

Foundation to Year 2

- Locomotor and Non-locomotor Play
- Ball Skills
- Fundamental Movement Skills
- Movement to music

Year 3 & Year 4

- Athletics
- Karate
- Gymnastics
- Circus Skills

Year 5 & Year 6

- Dance
- Yoga
- Ninja Warrior
- Boxercise

Tabloid Sports

Our Tabloid Sports days are designed for primary schools to allow students to experience a variety of physical activities in a positive learning environment.

Tabloid Sports are station rotations and can be conducted for individual grades or whole school events. Sport themed events are also a popular way to expose your students to a variety of sports skills and games and may include:

- **Athletics**
- **Dance Styles**
- **Footy Fun days**
- **Challenge and Recreational Pursuits**

School Incursion Programs



Our programs are designed to complement and enhance the learning opportunities that are offered to your students. We use modified games and equipment to maximise the engagement of your students in activity and ensure that they are supported in their efforts through positive practical experiences. All programs are designed to build self esteem and self confidence and our coaches role model fair play and good sportsmanship.

All Abilities Programs



At Proactivity, we believe in everyone having the opportunity to be a part of the lesson. We understand the benefits of inclusive activities and promote working together, developing ourselves to be our best and forming friendships. Our coaches aim to make every session accessible to all your students and adapt activities to ensure successful outcomes for all members of the group



Secondary School Services

The clearest benefits of school-based sports programs can be seen in the overall physical health of teenagers. Over the past 20 years, many studies have looked at the correlation between the rising rates of obesity and the declining opportunities for students to participate in activities that they enjoy.

Our coaches understand that being a teenager is a time of change both physically, mentally and socially. That's why we have a variety of sports and recreational activities that will engage the individual needs of all students in your classes.



At Proactivity, we are able to offer programs that will engage your students through dance, fitness, sport and recreation.

Our coaches are passionate about movement and the many different ways that we can learn about our bodies and ourselves through physical activity, sport and mind activities. We are able to offer activities that are tailored to the needs of your students, can be gender specific, all equipment is provided and are at affordable prices for your budget.

- Our programs are suitable for:
- **Health and Physical Education Classes**
 - **House Sports Days**
 - **Year Level and Elective Programs**

Teaching VCE Physical Education

At Proactivity, we understand the importance of students not only learning about the theory of this exciting subject, but being engaged in physical activities which give greater meaning to the concepts of the study design.

Our coaches have expertise in a variety of VCE Physical Education themes and will lead your class through learning activities that will engage them in their VCE lessons. Call our team today and discuss the programs that we can facilitate at your school.



The study of VCE Physical Education challenges students to develop their knowledge and understanding of the theoretical underpinnings of performance and participation in physical activity with practical applications.

2017-2022
VCAA, Study Design

Early Years Education

Proactivity provides a stimulating framework which enhances the ways that children learn and play. In the early years, children's brains develop rapidly, and they delight in learning and movement. Our programs will inspire your students to practice new skills learned in our active games and programs.

At Proactivity we ensure the coaches allocated to your centre are qualified and experienced in working with Early Years Education. They understand the importance of play when working with early years children and are talented in the ways that they engage young children and ensure they have a positive movement experience.

Features of our early years programs include:

- **30-45 minute sessions**
- **Developmentally appropriate activities**
- **All equipment provided**
- **Competitive prices**
- **Activities can be adapted for both indoor and outdoor settings**





Play-Based Learning for Early Years Centres

At Proactivity, we understand that to create confidence in movement, it is vital to provide positive experiences that will influence the rest of children's lives. Our programs are designed to allow children to develop their physical, mental and emotional intelligence.

Proactivity play-based programs create a love of movement and promote physical health. Active play is important for the development of physical skills and increases health benefits of improved energy and metabolism in young children.

Our programs are diverse and engage children in a variety of ways that all results in a love of movement.

Some of our programs include:

- **Circus Skills**
- **Yoga**
- **Dance**
- **Locomotive skills**
- **Coordination skills**

Check out our website to discover the many ways that our coaches can engage your children in meaningful movement experiences.

www.proactivity.com.au





Community Events

At Proactivity, we tailor fun-filled sporting experiences for your club, community or organisation. Our team caters to the needs of your event to engage your people, maximise participation and ensure your group has a dynamic and engaging sporting experience that will be enjoyed by all.

Our services can include specific sport based events including football clinics, ninja warrior courses or adult fitness classes. Call us today and discuss with our team ways you are able to engage your community in fun sporting experiences.

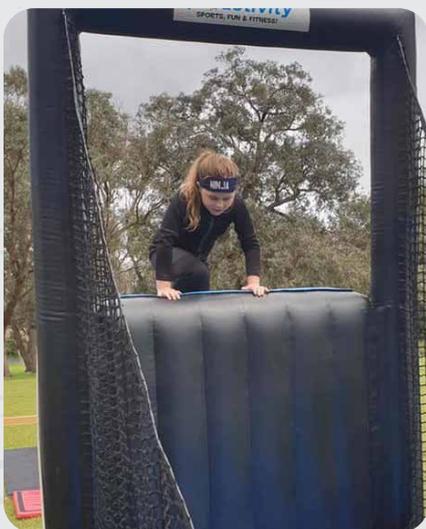




Birthday Parties

We are proud of our birthday party themes and our clients have no hesitation in recommending these experiences to others. Birthday parties are very special and we understand the important role we play in creating great memories for the birthday child and their friends.

We have a variety of sports and recreational themed parties that will engage and delight and we will facilitate the party at your nominated venue -backyards, parks, halls and gymnasiums. At Proactivity we cater to the interests of your child, allowing them to choose their favourite sports and games. Check out our website for ideas and themes for your next birthday party.



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