

## Welcome to Bishops Kinderkinetics

Hello Parent(s)!

My name is Jeanne Botha and I am your child's new Kinderkineticist at school. I am looking forward to 2024 with your child. We will move a lot, develop new muscles, reach milestones and have lots of fun together!

### More about myself:

I grew up in a small town in the North of Natal, but am excited to be able to call the Western Cape my home now. After completing my Honours Degree in Kinderkinetics at the University of Stellenbosch, I went to work abroad for a bit. I now look forward to being able to live out my passion for sports and motor development here at Bishops.



In my spare time I am always ready for the next adventure. I spend most of my time in nature or outdoors. My values lie firmly in my family, friends and my faith.

### Communication:

If you have any questions or concerns during the year, please do not hesitate to contact me via email or Whatsapp.

### What is kinderkinetics?

Kinderkinetics is a specialized paediatric field, which focuses on the gross motor and physical development of children from new-born to 13 years of age. This is done by stimulating, promoting and rectifying age specific neuro-motor and physical skills.

At its core, Kinderkinetics focuses on providing children with fun and engaging activities that help them develop essential motor skills, improve coordination, boost cognitive abilities, and enhance social interaction. Kinderkineticists, create structured scientifically based physical activity programs tailored to each child's age and developmental stage.

All programmes within this profession have a preventative, stimulating, developing and rehabilitative nature. In summary, it has the following goals:

- Promote functional growth and proper motor development of young children.
- Focus on certain movement activities to promote/facilitate sport specific skills.
- Implement appropriate rehabilitation programmes for children with growth and/or developmental disabilities in order to maintain an active, healthy lifestyle.

### Pre-School Program (2-7yrs)

This program is a fun-filled perceptual-motor developmental program that is specifically taught to meet the various aspects of gross motor development such as balance, body awareness, spatial orientation, coordination, rhythm and timing. This program is also

designed towards the neuro-motoric development of the child, and aims to prevent educational implications from a motor point of view.

Lessons will be designed uniquely according to the different age groups as well as the developmental phases of the children. Children are assessed using the latest version of national and international recognized test batteries to determine if a child's motor development is on par.

Should the child be delayed in his/her development, the correct intervention can be followed in order to ensure optimal motor development, thus helping a child to reach his/her full potential.

### **Sport Development Program (8-13 yrs)**

This program is a group-based sport development program where different sport skills are taught in a fun and exciting manner. It also focuses on fitness and ensures that the basic fundamental skills underlying the various sporting skills are established before moving on to specialising in a specific sport.

Children participating in this program can also be assessed using Internationally recognised test batteries. The assessment used will specifically focus on the children's object manipulation and locomotor skills. The Wellness program focuses on children 10 – 14 years of age.

The program helps children to develop an active, healthy lifestyle by encouraging both girls and boys to get moving via fun exercises, by encouraging both boys and girls to get moving via fun, age-appropriate exercises.

In conclusion, Kinderkinetics offers a holistic approach to child development, combining physical exercise with cognitive stimulation, social interaction, and emotional support. It's a wonderful opportunity for children to learn, grow, and thrive in a supportive environment.

As the first Kinderkineticist at Bishops I am thrilled to introduce this program to our school community and to have the opportunity to work with your children. My goal is to foster a holistic approach to child development, ensuring that every child has the opportunity to thrive physically, cognitively, socially, and emotionally. I am dedicated to creating a nurturing environment where children can discover their potential, build confidence, and develop the skills they need to succeed in all aspects of life. Together, let's embark on this journey of growth and discovery, empowering our children to become well-rounded individuals who are poised for success.

For further information about Kinderkinetics in practice, please visit our website at <https://kinderkinetics.co.za>

Kind Regards

Jeanne Botha

[jbotha@bishops.org.za](mailto:jbotha@bishops.org.za)

0795073570