



A report by Leanne Keet – Director of Masikhule

Our OT visits the 23 centres on a monthly basis to ensure that what is taught at these Teacher Enrichment Workshops are implemented and to offer further guidance and support. Here are some comments she made about the Physifun implementation:

School: ABC Educare

Findings:

Despite some limitations, particularly space as the truck still has not been removed, Rachel definitely does plenty of PhysiFun with her kids. They demonstrated many movements, including star jumps, animal walks, etc. She normally also will just carry on in the book and does the movements every morning with her kids. They also enjoy the balancing walks and the skittle throwing. Her kids absolutely love it and as always, her friendly and encouraging nature makes it a pleasure to learn from her!

School: Spring of Life

Ellen does PhysiFun with her kids every day in the morning. They normally choose 2 or 3 movements from the book and it keeps them busy for a few minutes.

School: Somlandela

Findings:

PhysiFun is being done twice a day: in the morning after snack time, as well as after lunch. Gloria took pictures which she will send to the TEW group. She reports that the children love it and that they do different moves every day. If the weather is not good she does the variety that can be done inside on a chair. She finds that when children are tired after a table activity, the PhysiFun moves refreshes their minds so they can learn again. She seemed very energetic and excited about the PhysiFun programme, which was great to see!

School: Happy Kids

Findings

Physifun is incorporated frequently into the daily tasks. It really works for the children. Short sessions are worked into class room time when the children get restless on the mat. It redirects their attention and allows them to focus again.

School: Brak en Jan

Findings:

Natasha is familiar with the program as she also learned about it through the Masikhule Advanced Course. A physifun booklet is always displayed in her classroom so that quick exercises are always at hand when the kids become restless and need a break. She mostly does the exercises daily in groups of 6 while the rest of the children are continuing with work inside. She has 30 children in her class and each child participates every day. She tries to make the exercises exciting by doing different ones every day. The children demonstrated some of the moves and it is clear that they too are very familiar, meaning it is done regularly.

School: Sonskyn

Findings:

Sharon has 39 kids in her class. They do PhysiFun twice a day, after snack time and again before home time.

She and another teacher do the moves in groups with their class, with each group being about 6 kids and then being busy for about 15 minutes. They work through the book from the front and normally chooses about 3 exercises per session.

Sharon has definitely noticed an improvement in what sounds like the kids' motor planning in particular. Initially they struggled with the over under ball passing, but this is going significantly better.

