

RESILIENT Kicks



PROGRAM Overview

The Resilient Kicks program is facilitated through sports activities by various qualified professionals. The program supports young individuals with the common social and emotional challenges they face throughout their development.

**This program is
already endorsed
by schools &
health care
professionals**

Resilient Kicks follows an evidence based Emotional Resilience plan. The sports activities of each session are linked with theory and education that promotes psychological and emotional health and potential. Fostering emotional resilience enhances capacity and potential in life and is becoming an increasingly important area to implement with young individuals.

The program is offered as an after school activity that will be available for all year levels.

Our plan revolves around key values in promoting educational, social and emotional outcomes for individuals from a holistic framework and valuing the worth of each other.

"Resilient Kicks has been an overwhelming success. Our students have noticeably improved their resilience, attendance and general wellbeing. Strategies taught combined with the physical activity provides a perfect, non-threatening environment all participants have thrived in.

-Bill Trewartha (Rostrevor College)

STRUCTURE

Pre-school - Year 2

Every Wednesday starting 21st October (Term 4, week 2) - 2nd December (Term 4, Week 8).

Time: 3:05pm - 4:05pm

Venue: St. Joseph's Payneham School Oval

During these sessions the students will be focusing on the Resilient Kicks program facilitated through athletics with various trainings and activities, such as running/sprinting, relays, long jump, high jump, shot put and more!

Year 3 - Year 6

Every Thursday starting 22nd October (Term 4, week 2) - 3rd December (Term 4, Week 8).

Time: 3:05pm - 4:05pm

Venue: St. Joseph's Payneham School Oval

During these sessions the students will be focusing on the Resilient Kicks program facilitated through baseball/ t-ball with various trainings focusing on throwing and catching, batting, base running, fielding, game rules and game play!

**Book at least 3
days prior to
each session!**

**1st session in week 2 is
a FREE trial session
welcome to all!**

PRICE
\$10 per session



TO BOOK

Contact

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