



TAG
SPORTS





Move For Life

TAG Sports is committed to fostering a positive relationship with physical activity, building skills, confidence and resilience in our children to encourage movement for life.

TAG Sports is a unique sports program exclusively crafted by The Atlantis Group. It has been developed using the principles from SportAUS and the Physical Literacy Framework.

With a focus on fundamental sports such as AFL, Basketball, Tennis, Netball, Athletics, Soccer, Softball and many more, TAG Sports utilises sport and physical activities to develop core competencies during a child's formative years. By doing so, it equips them with crucial life skills such as problem-solving, communication and emotional regulation that are essential for both school and adulthood.

By integrating TAG Sports into our weekly programs across all our OSHC & Early Learning services, we will lay the groundwork for a healthy future for our children and a lifetime of vitality.

Interested in discovering when TAG Sports will be available at your OSHC or Early Learning service? Enquire now to get all the details and embark on a journey to Move For Life.

Background

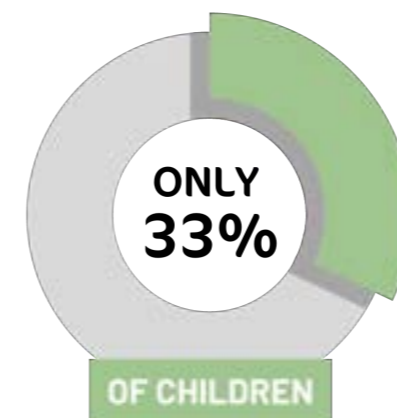
Australians are renowned for their passion for sports, which often serve as the beating heart of our local communities. This love for sports is closely tied to our stunning natural environment. Engaging in sports and staying physically active brings a wealth of benefits that reach far and wide. It enhances social connections, boosts local economies, better our physical and mental well-being and fosters inclusivity, inspiration and motivation, all while instilling a sense of community pride.

Participating in sports is also closely linked to academic success, motivating young Australians to develop skills and habits that promote lifelong health. It imparts essential personal qualities like character, resilience,

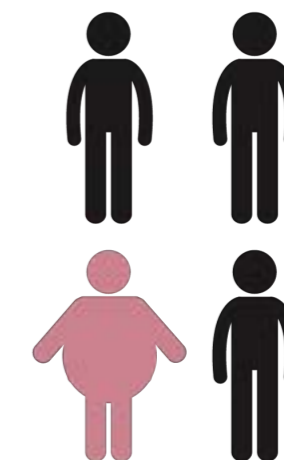
and teamwork. Moreover, sports teach valuable life lessons, both in winning and losing.

However, there's a concerning trend identified by SportAUS: fewer Australians are actively playing sports and staying physically fit and this trend needs to be reversed.

Inactivity is now the fourth leading cause of chronic health conditions in Australia, and our nation ranks among the most obese in the world. Shockingly, only 19% of Australians aged 5-17 meet the recommended daily guideline of 60 minutes of moderate to vigorous physical activity, while this age group spends an average of 2-3 hours daily on digital devices.



AND 1 IN 10 YOUNG PEOPLE MEET THE PHYSICAL ACTIVITY RECOMMENDATION OF 60 MINUTES PER DAY



1 in 4 YOUNG PEOPLE ARE OVERWEIGHT OR OBESE

LESS THAN 30%



OF YOUNG PEOPLE (5-17 YEARS OLD) MEET THE RECOMMENDED "NO MORE THAN 2 HOURS OF SCREEN-BASED ENTERTAINMENT" PER DAY.

RESEARCH SHOWS THE AVERAGE CHILD IN 2015 WOULD FINISH 250m BEHIND THE AVERAGE CHILD FROM THE 1980s OVER A 1.6km RUN.



We firmly believe that people of all ages should have the opportunity to engage in sports and physical activities at every stage of life, starting from the time infants and children first start moving and walking. This early engagement sets the groundwork for a prosperous future and a lifelong passion for physical activity. Research from SportAUS reveals that fitter children achieve better academic results and are more likely to stay in school longer. Playing sports as a child has a strong correlation with higher lifetime earnings, thanks to the life skills it instills, such as teamwork, fair play and resilience. Children who grow up playing sports are also 10% more likely to remain active as adults.

One of SportAUS' primary missions is to reduce inactivity among Australian's by 15% by 2030. At The Atlantis Group, we aim to assist in achieving SportAUS' mission by engaging people of all ages in sports and physical activities across our OSHC and Early Learning Services. This initiative will not only improve physical and mental health but also enhance personal development, strengthen our communities and contribute to economic growth.



Physical Literacy





Physical Literacy

Physical literacy is the foundation of a lifelong love for movement.

It encompasses the skills, confidence and motivation to lead an active and healthy life. While it begins at birth, much of our understanding of movement and play is shaped during primary school.

To foster physical literacy, we have developed our own TAG Sports Physical Literacy Framework and have incorporated our unique sports program into our OSHC and Early Learning curriculum, aiming to fuel young bodies and promote lifelong vitality.

As a community-focused business serving

countless families, we hold ourselves accountable for instilling a passion for movement in children, contributing to the promotion of physical literacy.

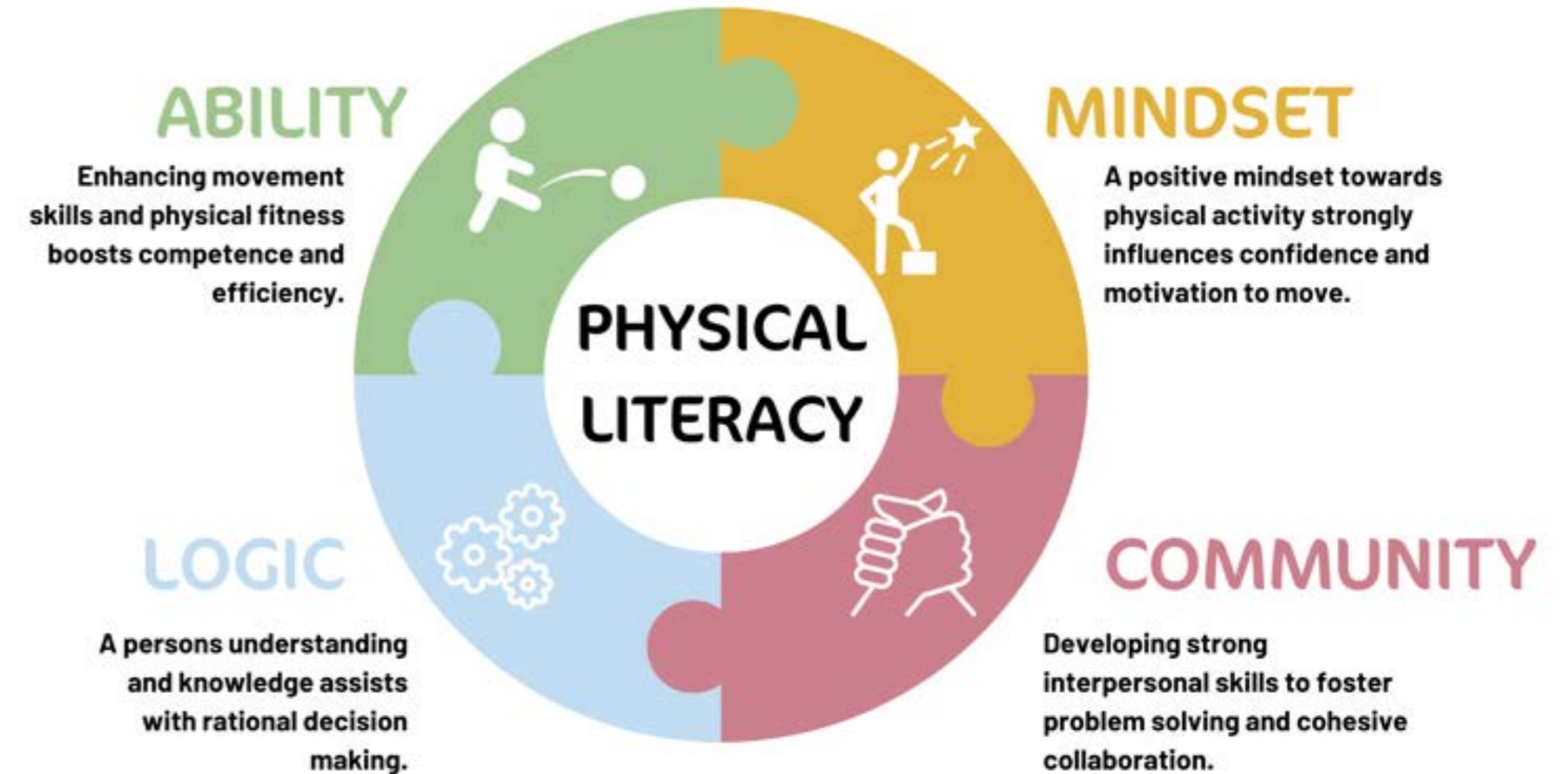
This holistic concept integrates ability, mindset, community and logic to support active and fulfilling lives. It unites efforts in childhood development and commits us to a lifetime of healthy behaviours.





Framework

The TAG Sports Physical Literacy Framework involves holistic lifelong learning through movement and physical activity. It can help everyone at every stage of life develop and maintain positive physical activity and delivers ability, mindset, community and logical health and wellbeing benefits.





Guiding Principals

The physical literacy framework is the basis of our TAG Sports program across our OSHC & Early Learning services.

When using the framework to develop our sports activities and plans, we carefully take into the consideration the following guiding principles.

- 1.** We all have the potential to learn through movement and physical activity.

The framework provides an aspirational example of what an individual can work towards to develop physical literacy, rather than a prescriptive expectation.

- 2.** Everyone will progress at different rates through the stages of the framework.

We want all children to develop physical literacy and be active and healthy throughout their lives. Physical Literacy is an individual journey and should not be compared to others.

- 3.** Sport is an excellent way to develop physical literacy, but it can be increased through physical activity and incidental movement.

We incorporate basic movement into every day play and activities to increase incidental movement as a means of striving towards physical literacy.

- 4.** Use consistent and accessible language when using and promoting the framework.

We use clear and simplistic language when promoting the TAG Sports program to ensure our children, families and the local communities understand the importance of physical literacy.

Components

Our TAG Sports Physical Literacy Framework is developed into four key elements that contribute towards the development of physical literacy.



ABILITY



Enhancing movement skills and physical fitness boosts competence and efficiency.

- Movement skills
- Moving using equipment
- Object manipulation
- Coordination
- Muscular endurance
- Cardiovascular endurance
- Stability/balance
- Flexibility
- Agility
- Strength
- Reaction time
- Speed

MINDSET



A positive mindset towards physical activity strongly influences confidence and motivation to move.

- Engagement & enjoyment
- Confidence
- Motivation
- Connection to place
- Self perception
- Self regulation (emotions)
- Self regulation (physical)

COMMUNITY



Developing strong interpersonal skills to foster problem solving and cohesive collaboration.

- Relationships
- Collaboration
- Ethics
- Society & culture

LOGIC



A persons understanding and knowledge assists with rational decision making.

- Content knowledge
- Safety & risk
- Rules
- Reasoning
- Strategy & planning
- Tactics
- Perceptual awareness



Stages of Development

Each element has five stages of development that outline how an individual can progress through.

The goal is to ensure individuals progress in proficiency through these key stages in each element. Development across the stages may be independent from one element to another and from elements in other domains.

Stage 0

PRE-FOUNDATIONAL

At this stage a person is experiencing, playing or exploring limited forms of movement.

Stage 1

FOUNDATION & EXPLORATION

At this stage a person is learning and exploring their capabilities for movement.

Stage 2

AQUISITION & ACCUMULATION

At this stage a person is frequently practicing and refining their capabilities for movement.

Stage 3

CONSOLIDATION & MASTERY

At this stage a person is able to perform and analyse their capabilities for movement.

Stage 4

TRANSFER & EMPOWERMENT

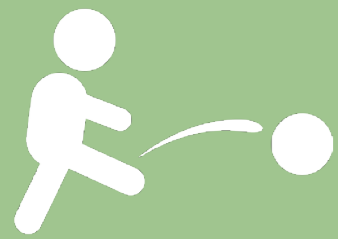
At this stage a person transfers their capabilities for movement to new and different situations.

Domains



Ability Domain

Introduction



The Ability domain focuses on movement skills, body control and overall fitness that a person acquires and applies through movement.

The Ability domain includes the coordination and application of these skills to perform the movements required in different situations and environments, such as land, water, ice or snow.

The Ability domain is about being able to demonstrate:

- Throwing
- Catching
- Kicking
- Dodging
- Jumping
- Weaving or striking an object
- Balancing on one foot, on a beam, with/without a partner, arms in/out.



Physical Domain Elements

- Movement Skills
- Moving with Equipment
- Object Manipulation
- Coordination
- Stability/Balance
- Flexibility
- Agility
- Strength
- Muscular Endurance
- Cardiovascular Endurance
- Reaction Time
- Speed



Mindset Domain

Introduction



The Mindset domain focuses on the feelings, attitudes and emotions towards movement and physical activity.

The Mindset domain includes developing self-esteem, confidence and motivation and understanding the emotional responses linked to movement and physical activity.

The Mindset domain is about being able to demonstrate:

- Being focused and engaged in activities
- Feeling happy, included, fulfilled or excited about participating in sport or physical activity.



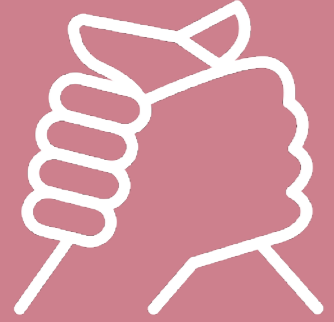
Physical Domain Elements

Management & Enjoyment
Confidence
Motivation
Connection to place
Self Perception
Self-Regulation (Emotions)
Self-Regulation (Physical)



Community Domain

Introduction



The Community domain focuses on the ability to interact with others in relation to movement.

The Community domain includes the development of social skills such as collaboration, fair play, leadership and communication, that help us enjoy participating and interacting effectively with others.

The Community domain is about being able to demonstrate:

- Empathy and compassion
- Developing friendships
- Being part of a team, sharing with others
- Taking turns, developing trust and camaraderie.

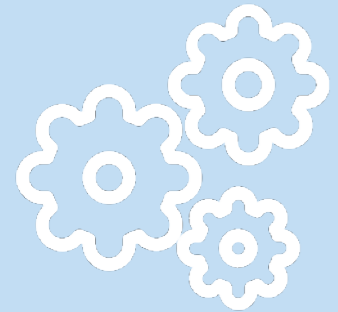


Physical Domain Elements

Relationships
Collaboration
Ethics
Society & Culture



Logic Domain Introduction



The Logic domain focuses on the development of knowledge and understanding required for movement and physical activity.

The Logic domain includes developing a person's understanding of how, when and why to move in particular ways, as well as the knowledge and awareness of the benefits of movement and physical activity.

The Logic domain is about being able to **demonstrate**:

- Understanding the importance of being active
- Team roles
- Game strategies
- Analysing risk
- Planning milestones as part of the process of achieving a bigger goal.



Physical Domain Elements

Management & Enjoyment
Confidence
Motivation
Connection to place
Self Perception
Self-Regulation (Emotions)
Self-Regulation (Physical)





Locations

We are thrilled to offer TAG Sports as part of our weekly program across Atlantis and Tall Tree OSHC and Early Learning Services.

To discover when TAG Sports will be running at your service, please contact your OSHC Manager or Centre Manager at your enrolled service.

TAG Sports is more than just a sports program; it is a commitment to fostering a positive relationship with movement, building skills, confidence, and resilience in our young ones to encourage a lifelong love for staying active.

Secure your child's spot and book now!

OSHC Service Locations

Alkimos Primary School

340 Benenden Ave, Alkimos
0499 901 159

Alkimos Beach Primary School

200 Leatherback Bvd, Alkimos
0478 568 287

Butler Primary School

30 Tollesbury Ave, Butler
0434 232 700

Kinross Primary School

64 Kinross Dr, Kinross
0499 013 701

Peter Moyes Anglican Community School

Elliston Parade, Mindarie
0499 949 769

Atlantis Education Centre Ocean Keys

19-20/61 Ocean Keys Blvd Clarkson
0477 661 000

Yanchep Beach Primary School

100 Lindsay Beach Blvd, Yanchep
0458 087 030

Two Rocks Primary School

51 Resolute Dr, Two Rocks
0437 771 194

Manning Primary School

60-80 Ley Street, Manning
0421 240 436

Rosalie Primary School

101 Onslow Road, Shenton Park
0422 013 899





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Tall Tree
EARLY LEARNING

TAG Sports is proudly crafted exclusively by The Atlantis Group.

www.tagsports.com.au