



SENSORIMOTOR PROGRAMS MEDIA KIT

GYMBAROO SENSORIMOTOR PROGRAMS FOR CHILDCARE, PRESCHOOLS AND PRIMARY SCHOOLS

Thank you for taking the time to look at the material included in this kit. The information within provides irrefutable proof that sensorimotor movement programs ensure the neurological organisation essential for learning success is firmly in place and should play a key role in the education of all babies and children. This is confirmed by the latest information on neurodevelopment and the results of recent studies that cannot be ignored. By implementing a GymbaROO sensorimotor movement program you will not only positively affect the neurological growth, learning ability and happiness of the children attending your centre/school, you will also be helping to bring about an important change to the future of education by delivering students that are significantly more developmentally ready to learn, more emotionally and socially mature and more able to participate constructively in the classroom. With the implementation of this program, parents can also be assured that their children are being given the best chance to develop to their potential at your establishment.

Let's all work together to make the world a brighter place, one child at a time.

Dr Jane Williams

Dr Jane Williams (PhD, BMgt, RN(Paed)) is one of Australia's leading experts on child neuro-development. She lectures extensively and appears on media worldwide. She is frequently the keynote speaker at both national and international forums. Dr Williams is the Research and Education General Manager for GymbaROO and KindyROO. More on Dr Williams:

<http://www.gymbaroo.com.au/contents/dr-jane-williams>

<http://activebabiesmartkids.com.au/about/meet-our-experts/>

GymbaROO is known as KindyROO in South East Queensland and internationally. Our program for babies from birth to twelve months is known as BabyROO. Throughout this document GymbaROO, KindyROO and BabyROO will come under the collective banner of GymbaROO.



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GYMBAROO KINDYROO BABYROO

WHO WE ARE

Margaret Sasse founded the first GymbaROO centre in Australia in 1983. GymbaROO has been providing quality neurodevelopmental programs to parents, babies and children for over thirty years now and is indisputably Australia's most popular and successful parent-child education program. Our programs come highly recommended by professionals and our GymbaROO classes are enjoyed by thousands of babies, children and parents in Australia and worldwide. Our programs are gaining even greater popularity as more and more evidence is being documented confirming the long-term benefits of GymbaROO. Children who have been through our programs are excelling academically, on the sporting field and in leadership roles. Read more here: www.gymbarooonews.com.au

GymbaROO classes are age appropriate and are run by professionally trained and qualified instructors. Parents bring their

babies/children (birth-five years) to a class once a week. Here they join other local families and experience the wonderful socialisation, learning and movement opportunities involved in our internationally acclaimed program. Parents learn important developmental information and together with their child, enjoy hundreds of fun, easy activities and ideas that help build key brain pathways essential for healthy neurological development, ensuring that their child has the opportunity to lay down the crucial foundations for later learning.



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WHY THE BABIES AND CHILDREN AT YOUR CENTRE OR SCHOOL NEED A SENSORIMOTOR PROGRAM AS A PART OF THEIR EDUCATION AND LEARNING

THE LATEST NEURODEVELOPMENTAL RESEARCH

The supporting documentation is now vast and undeniable. Neuro-scientific studies confirm that the experiences a child has in the earliest years of life are absolutely critical for brain development and for laying down the foundations for all future learning. How well children behave, read and learn at school is directly related to the kinds of stimulation they experienced in the years before school. As a result, these formative years shape a child's future health, happiness, development, learning ability and achievement at school.

Research into brain development clearly shows that in the early years, brain connectivity occurs as a result of movement experiences. Introducing the correct movement experiences into babies and young children's daily lives from the earliest months will have a profound influence on neurological organisation, brain growth and intelligence. Babies and children who

have the right early movement experiences are found to have improved coordination, concentration, memory, perception and improved confidence, communication and socialisation skills.

What babies and children need are parents, carers and teachers who understand neurodevelopment and act on this knowledge.

Childcare centres, schools and governments are constantly seeking ways to improve learning outcomes. However, despite the Government spending billions on education, each year has passed with NAPLAN scores flatlining or declining.

This declining ability of our student population is both alarming and concerning. Developmental readiness for learning is a major causal factor. Today as many as one in five children begin school with developmental immaturities

that affect learning. Children who are not neurodevelopmentally ready to take on the tasks of higher academic learning will struggle at school regardless of class size or dollars spent per child. This lack of increase in literacy and numeracy ability is almost certainly linked to the percentage of children who are developmentally not ready for school. Research confirms that children's literacy skills at school are closely linked to developmental immaturities and vulnerabilities that exist when children begin school.

However it is not just a matter of addressing the issue of children at risk for learning difficulties. The learning outcomes for all children in childcare, preschool and primary school will benefit from the implementation of a sensorimotor movement program.

PHYSICAL ACTIVITY VS SENSORIMOTOR PROGRAMS

Regular physical activity is crucial and has long been associated with improving physical health, cardiovascular fitness, reducing weight and more recently, with enhancing brain health. Conversely, sedentary lifestyles are on the increase across all age groups. Reduced physical activity is further exacerbated during school hours as the educational sector strives to improve numeracy and literacy results by increasing the focus on academic classroom-based strategies and reducing opportunities for active play at school.

More physical activity is imperative, however, according to recent research, **physical activity programs for children should initially focus more on developing motor skills rather than physical fitness**, allowing the maturation and integration of all areas of the neurological system that prepare the child for the challenges of school learning as well as physical capacity and ability. Once these are in place, fitness can then become the focus.

Research increasingly reveals the link between motor development and cognitive skills and confirms that children who

have excellent motor skill development are more likely to achieve success at school – not just academically, but socially, emotionally and physically as well. Regular sensorimotor movement exercises in school aged children has been shown to improve executive function, working memory, cognitive control, attention, behaviour in the classroom and playground, and academic performance.

Young children who have lots of sensorimotor movement experiences are found to have improved motor function and coordination, improved concentration, memory, perception and objectivity and improved communication and socialisation skills. Studies that measure improvements in the classroom when children participate in regular, specific sensorimotor movement programs have shown statistically significant results in reading comprehension, concentration, classroom and playground behaviour, fine motor skills, visual and cognitive skills and early mathematical concepts.



03

THE GYMBAROO PROGRAM FOR CHILDCARE AND PRESCHOOL

GymbaROO has run sensorimotor programs in childcare centres for many years. Experienced teaching staff have found these programs to be extremely rewarding and they are often the highlight of the week for the children and carers at their centres.

The GymbaROO program for childcare and preschool focuses on healthy neurological development and includes fun, age appropriate, sensorimotor movement activities and ideas that help babies and children to reach developmental milestones, build key brain pathways and lay down crucial foundations for later learning. These activities are also designed to stimulate children's physical, psychological and social development.

For example:

- In the baby room we show the staff how to give babies the most important experiences needed to get the best start in life, including exercises and activities that stimulate movement and the senses.

- In our toddler age groups, the program encourages the consolidation of the bilateral developmental stage especially; body awareness, balance, locomotion skills, eye-hand and eye-foot coordination and the beginning of directionality.
- Our classes for 3-5 year olds work on refining earlier skill sets and developing more sophisticated skills essential for later learning at school; lateralisation, motor planning, visualisation and perception are key areas of emphasis.

Included in all age groups are sensory stimulation activities that involve the visual, tactile, kinaesthetic and auditory systems and the beginnings of postural control.

HOW THE GYMBAROO PROGRAM WOULD WORK IN YOUR CENTRE

In childcare centres and preschools, GymbaROO sessions run for non-mobile babies and children up to five years of age. Classes run between 30 and 45 minutes depending on the age of the children. The sessions are guided by a GymbaROO teacher and are run in the first lesson each week for all age groups undertaking the program. Centre staff are involved in the session and parents can also be encouraged to participate so they can continue to do the activities at home with their little ones.

It is anticipated that centre staff will replicate the activities throughout the following week, as neurological wiring occurs more effectively and efficiently as a result of frequency, intensity and duration.

Some weeks you may need to change the order of the activities to cater for the needs of the children. The times are suggestions only. Some activities will take longer and some will take less time.

While the complete program takes 30-45 minutes, the activities may be done independently of each other if this suits a class.

The program is usually conducted inside in the classroom. Older children have a circuit program, which includes some of the larger climbing equipment normally owned by the childcare centre or preschool. Our staff will provide great ideas for equipment set-ups that will assist with the development of essential skills. This can be inside or outside, depending on the weather and space allocation.

GymbaROO has specifically recorded music that is 'beat appropriate' for the development of the children's brains. Centres would be asked to purchase the CD's or download the music online. Two CD's per term are usually required.



WHAT GYMBAROO PROVIDES

- A weekly program overview sheet.
- A GymbaROO teacher once a week to run the program. Childcare and preschool teachers are required to participate to develop an understanding of how to do the activities with the children and why these sensorimotor movement experiences will make such a difference to learning and behaviour.
- Explanations on how the activities promote neurological development.

WHAT YOU PROVIDE

- Small equipment such as a parachute, beanbags, rhythm sticks, shakers etc. Your GymbaROO teacher will provide you with a list in advance of each term. (If resources are not available they can be purchased through your local GymbaROO centre).

COST

As cost will vary due to each individual centre's needs, please contact your local GymbaROO Franchisee for pricing details. Centre contact information here: www.gymbaroo.com.au/franchise



A CASE STUDY: GYMBAROO IN CHILDCARE CENTRES IN CANBERRA

In 2012, GymbaROO Canberra was approached by a childcare centre to educate their carers about child neurodevelopment and to give the staff ideas of activities they could do during the week to help the children in their centre reach their developmental milestones. Today, GymbaROO sessions are operating in four childcare centres in Canberra.

One of the predictable, yet thoroughly rewarding observations we see, is that children who have participated in the program from a young age are reaching their milestones with ease and confidence, showing clear evidence that their foundational building blocks for learning are securely in place. All later learning depends on this. Furthermore, we see the children becoming independent and eager to try new skills at an earlier age.

The best results are achieved when the weekly session of activities run by the GymbaROO staff are, with the encouragement of centre staff, practiced regularly by the children. Repetition is important for mastering skills and achieving milestones, so it's what children do every day, whether at home or whilst in care, that makes a difference!

The children and staff are fully engaged for the whole session and have a wonderful time while learning. For many of the children and staff it is a highlight of their week in care. We have even had some parents changing their childcare days so they can participate in the program! The feedback from parents, children and childcare staff is extremely positive. The GymbaROO staff members who teach at the centres find it to be highly rewarding too!

Kristie Ryan: GymbaROO Canberra



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GYMBAROO FOR KINDERGARTEN AND PRIMARY SCHOOL: THE UNLOCKING POTENTIAL (UP) PROGRAM

ABOUT THE UNLOCKING POTENTIAL PROGRAM

Unlocking Potential is a unique neurodevelopmental sensorimotor movement program specifically designed for Australian primary schools. This program focuses on motor skill development and draws on the latest neurodevelopmental research to assist the stimulation of brain development important to learning, skill development and behaviour. At GymbaROO we firmly believe that all students need to be given the opportunity to lay the crucial neurological building blocks essential for learning and thus given the chance to reach their optimum level of both mental and physical function. This program proposes to unlock the potential for all children.

Recent studies involving the inclusion of the GymbaROO UP sensorimotor movement program in primary schools, clearly show significant improvements in student performance across all developmental domains important for learning and classroom activities – cognitive, social, emotional and physical. For example, these reports show statistically significant positive effects on children's academic achievement with a considerable reduction in the number of children scoring in the lowest NAPLAN bands across all subject areas and an increase in the number of children scoring in the highest NAPLAN bands. Very importantly, schools implementing the program report that these effects are holding in later literacy and numeracy assessments.

The students involved with UP found the program motivating and enjoyable, which encouraged performance of the developmental exercises and activities.

Alongside the latest neurodevelopment research, the results of these studies have major implications for teaching strategies in educational and childcare establishments and for the development and learning potential of all children.

The UP program has been trialled in five schools with statistically significant results.

Schools and governments are constantly seeking ways to improve learning outcomes and the UP program in coordination with systematic and foundational teaching strategies, is now where the focus needs to be.

THE UP PROGRAM STUDIES AND RESULTS THAT CANNOT BE IGNORED

The following two recent studies involved primary school aged children participating in the GymbaROO UP program for 25 minutes daily, over a 10-12 month period during their school day. The UP program was incorporated into the daily school routine in place of normally scheduled literacy or numeracy classes.

Study One: Kids learning ability increased dramatically after doing the UP movement program...and the more often the better!

This study of over 400 primary school children, found that the average neurological age of those participating in the UP program three times a week, increased by an average of nearly **two years** in the 10-12 month testing period. Children who completed UP activities five times a week showed even better results, jumping nearly **three years** in their neurological development in just one year! The same report records that students from the 'randomised' class mixes and school cohorts who did not undertake UP did not improve outside the norms.

Study Two: NAPLAN results improve with LESS reading and maths and MORE movement

A second study clearly showed again, a significant improvement in academic achievement. Those children who completed the UP program five times a week scored well above average on their NAPLAN results. As well as improved NAPLAN results, teachers also reported noticeable improvements in classroom and playground behaviour, concentration, handwriting, letter reversals, ability to follow instructions, coordination, fitness, morale and overall happiness at school.

The Principal of the participating school commented: "One of our highly experienced teachers – one of the best I have seen – was cautious at first of adopting the GymbaROO program. However, she now swears by it and will not let anything take away from sensorimotor time."

The GymbaROO UP program also has vast implications for helping to reduce the increasingly alarming number of children presently struggling with learning difficulties. Teachers reported that due to their increased knowledge and the daily implementation of the UP program, children with developmental challenges had become easier to identify. As a result, referrals and support services were expedited. The Principal reported that these children were "few" after a year on the program.

Read more on these reports here:
www.gymbaROOnews.com.au



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HOW THE GYMBAROO UP PROGRAM WOULD WORK AT YOUR SCHOOL

The UP program is a 25 minute, daily lesson program of classroom activities that enhance brain development and readiness for learning, while fulfilling requirements for physical activities as part of the daily school curriculum. The program includes neurodevelopmentally supportive movement games and activities that enhance sensory stimulation, vestibular function, balance and posture, coordination, perceptual skills, developing conceptual abilities and more.

The UP program consists of nine modules of lesson plans each containing ten different lessons, totalling ninety lessons that can be used over a full school year. The lesson plans can be broken down into shorter segments according to indoor or outdoor environments, equipment availability or

time restraints. The activities are fully described and illustrated in the program and come with accompanying music CDs. This is a structured program which busy, practicing teachers will find encouraging, practical and powerful.

The UP program is designed to train teachers in assisting students to ensure baseline motor skills are in place. This training includes explanations as to how the UP activities:

- Promote neurological development.
- Provide the foundation for more complex physical skills and the increased challenges of academic learning.
- Will make such a difference to all children's learning and behaviour.

School staff are trained over a two-day period by professionally qualified GymbaROO teachers, allowing the schoolteachers to run the daily sessions throughout the year. Where available, local consultant support for implementation and on-going teacher training can be provided.

The UP program needs to be a regular, daily commitment conducted over a sustained period of time. How the brain is structured and how well it functions is determined by the frequency, duration and the intensity of activity. Neurodevelopmentally based movement programs run only once a week will do little to change the course of development or learning outcomes.

UNLOCKING POTENTIAL PROGRAM: THE COST

The first 100 schools to take up the program and allow GymbaROO to collect data (DAP, teacher feedback and NAPLAN results) are eligible for a special licence rate and training fee.

The fee includes:

- Five year 'Unlocking Potential' program operation licence.
- Two full days of staff training.
- Mid-year review: Follow-up by a GymbaROO teacher trainer who will come to your school to watch Unlocking Potential classes being run and provide feedback.
- A one hour seminar session can be included for teachers and/or parents if requested.
- Eight copies of the Unlocking Potential Manuals for Kindy (Preps) (4-5 year olds), Year 1 and Year 2 (5 – 7 year olds) or older age groups if required.
- Accompanying CD's (two or three per set depending on age group. (One set per classroom recommended).

Data collection permitted (DAP, NAPLAN, teacher feedback):

Five year 'Unlocking Potential' program operation licence: **\$5,500 (inc GST)**.

OR

Payment plan option: **\$2200** Year 1, then **\$775** per year for 4 years.

Data collection not permitted:

Data collection not permitted: Five year 'Unlocking Potential' program operation licence: **\$11,000 (inc GST)**.

OR

Payment plan option: **\$5500** Year 1, then **\$1650** per year for 4 years.



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CONTACT US

For further information regarding the implementation of the GymbaROO UP sensorimotor program in your primary school, please contact: office@gymbaroo.com.au

For further information regarding the implementation of a GymbaROO sensorimotor program in your childcare centre or preschool, please contact your local GymbaROO Franchisee: www.gymbaroo.com.au/franchise

