



At Action Kids we recognise the importance of the early years in a child's life and we believe music and movement is an important learning and development tool for social, language and physical development.

Our program is inspired by 'The Early Years Learning Framework'. This is Australia's first national early childhood curriculum framework and the first significant step in providing high quality early childhood education and learning. At Action Kids we have ensured that our program meets all the outcomes of 'The Early Years Framework' in order to provide a program that allows children develop and learn to their full potential.

There are 5 outcomes in 'The Early Years Learning Framework' and outlined below are the ways in which our Action Kids program meets the national standards:

Outcome 1: The children at Action Kids show a strong sense of identity

Being acknowledged and affirmed by important people in their lives leads to children gaining confidence and inner strength. They will want to explore, physically, socially and emotionally and become as independent as possible. (The Early Years Framework in Practice p.40)

Our program values each individual child. Each child has a turn at being greeted with a 'hello' from the educational leader. Greeting children by their name assists them to create a picture of their individuality as well as developing a positive sense of self.

We encourage children with special needs to participate in our program. Not only does the program assist with fine and gross motor development but the program also stimulates attention, cooperation, sensory processing, visual skills, speech and language development, and impulse control. Action Kids believes that experiences which involve rhythm and movement can help aid your child in many areas.

Our program also offers a variety of choice allowing for endless amounts of opportunity for children to explore, discover, create and imagine. When a child is provided with choices they develop a sense of control, build self-esteem, develop problem solving skills and are more likely to participate. Children at Action Kids are offered a variety of choices throughout the session including choices of musical instruments, coloured bean bags, balls, scarves, pom poms and much more.

Outcome 2: The children at Action Kids are connected to and are contributing to their world

When an educational leader creates an environment in which children experience mutual enjoyment, caring and respectful relationships with people and the environment, children respond accordingly. (The Early Years Framework in Practice p.25)

Our Alexandria studio provides children with a sense of wonder, curiosity and imagination with its amazing features such as a large disco ball, large mirrors, bubble machine and fluorescent lights. For children, their body is their window to the world. Sight, touch, sound and movement all together assist in children's learning and development. Music can be part of a rich environment that ensures more brain connections are made and critical periods for brain development are not missed.



At Action Kids we believe repetition is the mother of learning and is an essential key to physical development of a child's brain. The more something is repeated, the more likely children are to remember it. Repetition in a variety of forms also increases the likelihood of reaching children with different learning styles and provides a more comprehensive understanding of concepts.

After each musical experience children are encouraged to help tidy up the props provided. At Action Kids we believe involving children in tidying up assists them to develop good habits, not just for now but for their lifelong learning. They learn to value other's belongings, learn to sort and categorise, and learn that being part of a group includes a shared responsibility to make their environment more enjoyable.

At Action Kids we create an environment that is energetic and physical where children feel safe, happy and secure allowing them to sing, dance and most importantly, have fun. During the sessions parents can sit at their child's level to offer them reassurance, support and encouragement. Parent participation is also encouraged throughout the session especially during parachute games, so fun can be had by all!

Outcome 3: The children at Action Kids demonstrate a strong sense of wellbeing

Wellbeing includes good physical health, feelings of happiness, satisfaction and successful social functioning. It influences the way children interact in their environments. A strong sense of wellbeing provides children with confidence and optimism which maximises their learning potential. It encourages the development of children's innate exploratory drive, a sense of agency and a desire to interact with responsive others. (The Early Years Framework in Practice p.30)

Action Kids allows children to energetically engage in fun music and movement experiences that are being safely and enthusiastically modelled by an educator. Early, positive experiences with active play helps to provide the foundation for ongoing positive participation in physical activity and promote a sense of wellbeing.

Music allows children to express themselves, develop important skills, learn about the world around them and build positive attitudes and enjoyment. It also develops body awareness, a sense of beat and rhythm, tones and sounds.

At Action Kids we believe our music and movement experiences assists in developing:

- Participating in a group
- Social skills
- Beat and rhythm
- Expression of emotions
- Refine listening skills-noticing changes in tempo or pitch
- Awareness of space, movement and body positions
- Creativity and imagination
- New words and concepts
- Understanding of cause and effect
- Large motor skills
- Balance, coordination, and rhythm through dance and movement activities
- Small motor skills through hand actions and musical instruments

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Our Alexandria studio also offers “Fizzical Fun” classes on Fridays. These sessions not only give children the music and movement experience but also the opportunity to further develop balance and coordination through our soft gymnasium set up. Children will be able to climb, crawl, balance, jump and move through obstacles to challenge their gross motor skills.

Our amazing venue can also be hired out for parties and other celebrations. Having a celebration for your child in an environment that is familiar provides them with a sense of security, confidence, ample enjoyment and wonderful memories.

Outcome 4: The children at Action Kids are confident learners

Through research we believe music and movement is a valuable way to explore, identify and negotiate and create meaning. Music and movement helps children to build and strengthen brain pathways through simple children’s songs, games and rhymes and are a valuable neurological exercise because sight, sound, movement and emotions are involved. (kidshealth.org – introducing children to music)

Our teaching style is deliberate, purposeful and thoughtful. It actively promotes children’s learning through stimulating experiences and interactions that are planned out carefully to ensure a child’s problem solving and thinking skills are challenged at all times. At Action Kids we do this through demonstrating, explaining and questioning the children throughout our sessions.

Outcome 5: The children at Action Kids are effective communicators

From birth, children communicate with others using gestures, sounds, language and assisted communication. They are social beings who are intrinsically motivated to exchange ideas, thoughts, questions and feelings, and to use a range of tools and media, including music, dance and drama, to express themselves, connect with others and extend their learning. (The Early Years Framework in Practice p.38)

At Action Kids we believe music is a fantastic learning tool to assist to further develop language. We provide a range of resources that enable children to express meaning using dance, drama and music. Rhymes and children’s songs introduce children to auditory discrimination, speech patterns, vital movement strategies and sensory motor skills.

Our educational leaders encourage imagery and fantasy throughout our music and movement sessions. Children are provided with the opportunity to discover their ability to do things such as roar like a dinosaur, dance while using fun props and sing for the pure joy of hearing their own voices in a safe place allowing them to explore all of the possibilities their bodies, mind, and voices hold for musical and bodily-kinaesthetic development.

So come and join us at Action Kids for lots of music, fizzical fitness and fun!

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