

KIDzHIT

Big Goals Big Play For Little People



WHAT IS KIDZHIT?

KIDZHIT is a small business dedicated to enhancing children's physical development. It offers a variety of services and has meticulously crafted several developmental programs aimed at improving the physical, mental, and social skills of children aged 2 to 17. Each week features a unique focus or theme, keeping children engaged and interested in the sessions. The program is led by Coach Samantha and concentrates on fundamental physical activities that promote various aspects of development.

MY MISSION

My main goal in starting KIDZHIT is to enhance physical learning and development in children. I believe that fostering strong physical abilities in young individuals lays the foundation for lifelong wellness and confidence. Through my tailored programs, I aim to create an environment where children can explore their physical capabilities, develop essential motor skills, and boost their overall health. By focusing on engaging activities that are both fun and challenging, kidzhit helps children build resilience, teamwork, and problem-solving. KIDZHIT encourages children to adopt healthy habits that will benefit them throughout their lives. Ultimately, my vision for KIDZHIT is to empower children to reach their full potential, both physically and mentally, ensuring they grow into healthy, active, and confident individuals.

SERVICES INCLUDE:

Group Play Sessions
Preschool Visits and Term Programs
School Visits and Term Programs
Birthday Parties
Neurodiversity Sessions
Sports Training Sessions
One on Ones 30-60 Minutes
1:1 Support Session
Children with Disability Sessions
Educational KIDZHIT Course
Play Therapy
Game, Sport Programs and More

DEVELOPMENTAL AREAS INCLUDING ;

- Physical Fitness: Promotes overall health and well-being.
- Physical Development: Supports growth in strength and coordination.
- Cognitive Development: Enhances problem-solving and critical thinking skills.
- Increased Fine Motor Skills: Improves hand-eye coordination and dexterity.
- Building Gross Motor Skills: Develops larger muscle groups through movement.
- Building Self-Confidence: Encourages children to try new activities and challenges.
- Fun and Enjoyable: Engaging activities that make learning exciting.
- Social Skills Development: Fosters teamwork, sharing, and communication.
- Healthy Education: Instills lifelong habits for a healthy lifestyle.
- Play While Learning: Integrates play into educational experiences.
- Increased Movement and Motivation: Encourages active participation and enthusiasm.
- Confidence Boost in Physical Activities: Helps children feel competent and capable.
- Skill Development: Focus on acquiring new physical and cognitive skills.
- Muscle Strength: Builds strength through various activities.
- Self-Awareness and Confidence: Promotes understanding of personal abilities and emotions.
- Exploration of Interests: Allows children to discover and pursue their passions.
- Flexibility: Enhances range of motion and physical agility.
- Mobility: Improves overall movement capabilities.
- Core Strength: Strengthens the core muscles for stability and balance.
- Agility: Develops quickness and coordination.
- Strategic Thinking: Encourages planning and decision-making during play.



SCHOOL PROGRAMS



OUR SCHOOL PROGRAMS

The KIDZHIT school program is thoughtfully designed to educate and support children while enhancing their physical development and fostering active learning. Recognising that each school has unique needs and interests, our program can be tailored specifically for your students. For instance, if the children are focusing on a particular theme, such as learning about shapes, the program can be arranged and adapted to align with that week's lessons.

This flexibility ensures that physical activities not only reinforce academic concepts but also make them more engaging and enjoyable for students. Our curriculum incorporates a variety of dynamic exercises, games, and challenges that help children explore and apply what they learn in the classroom. By integrating physical movement with educational themes, we stimulate both cognitive and physical growth, fostering a holistic approach to learning.

Moreover, the KIDZHIT program promotes collaboration and teamwork, as children participate in group activities that enhance their social skills and build lasting friendships. With the guidance of our experienced coaches, we create a supportive environment where children can thrive, developing not just their physical abilities, but also confidence, creativity, and a strong sense of accomplishment. Through this comprehensive and adaptable program, we aim to instill a lifelong love for learning and active living in every child.

PROGRAM INCLUDES

- Duration: 45 minutes.
- Session Structure:
 - Warm-Up: Begin with energizing activities to prepare for active learning.
 - Focus/Theme Introduction: Introduce the weekly theme to spark curiosity.
 - Activities: A range of skills and games will be conducted throughout the session.
 - Cool-Down: Conclude with relaxing activities to reflect on the day's learning.
- Each session includes feedback and updates on how the program is working, what was done, and the insights on what the kids have learned.
- Pop-up visits or KIDzHit Active Day.
- 8-9 Week Program: Designed to help children grow and learn.

KIDzHit is designed to cater to individual classes or entire schools, ensuring that all children have the opportunity to participate. We offer flexible payment options to support schools in providing this valuable program, allowing students to learn, grow, and enhance their physical activity in a fun and engaging environment. With KIDzHit, every child can benefit from the excitement of movement while developing essential skills for a healthier, more active lifestyle. Join us in empowering the next generation to thrive!





Meet the coach owner creator

Samantha Jordan: Owner and Creator of KIDZHIT; Born and raised in Temora, Samantha Jordan has a passion for fostering active play in children's lives. Her journey in childcare began in 2014, leading to a Diploma in Childcare in 2019.

While working in childcare, Samantha observed that many children struggled with physical development and motor skills. This inspired her to pursue Certificates III and IV in Health and Fitness, along with nine additional courses to deepen her knowledge in physical development.

Samantha's goal is to help children gain confidence and understand their bodies through early physical activity. KIDZHIT offers a variety of programs designed to guide children in their growth, learning, and fun.

Kidzhit philosophy

At KIDZHIT, our philosophy around the belief that active play is essential for children's physical, emotional, and social development. We are dedicated to creating a supportive and engaging environment where children can explore their abilities, build confidence, and develop a love for movement.

At KIDZHIT, we are committed to nurturing a generation of confident, active, and healthy children ready to take on the world!

**GET READY TO MOVE, GROW. AND HAVE FUN WITH
KIDZHIT!**

Call me for more information
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