

WAVE Award

Lake Tekapo School Physical Activity - Fitness Course 2016

Lake Tekapo School achieved their WAVE Award for Physical Activity through adding value to the school's playground by the generosity of time and with the skills and engagement of many. The idea for a fitness course started with visiting ski teams who were using the grounds as an area to meet and run through their ski fitness programmes. An application was made to the "For Everyone Trust" and a grant was received to help with costs. With the co-ordination and assistance of Greg Newton from WAVE, the project was planned out as a staged fitness course for the students. The School's Board of Trustees rallied, along with the parents group, and their goal of linking the playground, newly established bike track and their fitness programme was reached.

Community lead from the front, Nathan Monk from Monk Fencing arrived and gave his time to mark and prepare the grounds for the parent working bee. This preparation work was invaluable, and with the help of Lake Tekapo School's practical parents group, the fitness course was able to be completed. The course has now become part of the school's fitness programme as well as another option for children during break times. It is another community project which will be a great community resource and well used by the Lake Tekapo community.



*Lake Tekapo School Students and Principal
with their WAVE Award*



*Nathan Monk from Monk Fencing preparing
the grounds*



WELL-BEING AND VITALITY IN EDUCATION

2016

