

KIWISPORT

KiwiSport is the brand name for Sport and Recreation New Zealand's (SPARC) programme for primary and intermediate schools and sports clubs.

KiwiSports are sports that have had aspects modified to suit the capabilities of children, for example lowering the height of goal posts, reducing the size of courts and equipment, and making the rules simpler.

While modified sports remain an important part of today's programme, *KiwiSport* today is also about providing quality sport and physical activity for young New Zealanders, and setting them up to lead active, healthy lives.

The focus is on skill development, while eliminating unnecessary pressure to win.

"Sport can make young people feel good about themselves (self-esteem)

Sport can give young people self-confidence that flows on to life

Sport always requires self-discipline such that sport by itself is not only therapeutic but is essential for the successful development of every young person."

"NZ Coach", Autumn 2002



Refer to Contacts on page 42 for SPARC's contact details