



#### SERVING

- *Matkomnai* Youth Group
- *Matkomnai* Primary School
- *Yenkenai* Primary School
- *Tapko* Primary School



#### IN PARTNERSHIP WITH

- Gallery-2 Sporting Goods (Tokyo)  
[www.gallery2.co.jp](http://www.gallery2.co.jp)
- Rotary Clubs (Japan/AUS)  
[www.rotary.org](http://www.rotary.org)
- Diocese of Daru-Kiunga (PNG)  
[www.missionfrontier.org](http://www.missionfrontier.org)



#### ADDITIONAL SUPPORT

- Hon. Dame Carol Kidu  
(PNG Minister of Community Development)
- Air Niugini
- P-One Clinic (Tokyo)
- Kubota Beauty College (Tokyo)
- Home Court (Tokyo)





**Tapko Primary School** (5th -6th Grade)

**Yenkenai Primary School** (5th-6th Grade)

**Matkomnai Primary School** (5th-8th Grade)

**Matkomnai Youth Group** (various ages, 16-32)

### I. For Who?

- Grades 5-8, and Youth Group members
- Younger children can watch and learn from elder siblings and classmates

### II. For What?

- Use new sports equipment to increase participation, enjoyment, and performance in competitive sport
- Stress the importance of good health and encourage fun, new approach to mind/body wellness
- Assist with individual goal-setting, personal achievement

### III. How to Implement?

- **Teacher Training:** Special practice session(s) for teachers, youth leaders, parents to learn the program
- **Supervised Practice:** work closely with students during the first 6 weeks (then at least once a week after that); remind them of the 'Five Guidelines' and main message of championship; encourage students to practice the 'Five Key Exercises' often in their free time
- **Fitness Workshops and Discussions:** have monthly lessons/meetings/assignments with 'Health & Wellness' themes
- **TEST:** hold an official 'Hope 81 Fitness Challenge!' once per month, and record student scores

### IV. Rewards & Incentives

- T-shirt or uniform for all participants
- Special items will be given to top boys and girls for each class, and top leaders of the Youth Group

### V. Long-term Goals

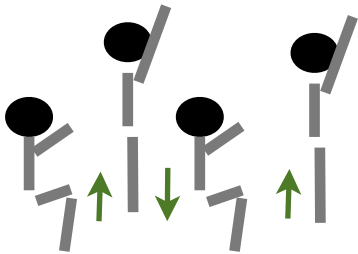
- **2010:** Learning & Evaluation
  - **2011:** Connect members of local 'Sports Associations' in Western Province, through events & activities
  - **2012:** Make stronger representation and compete at the District Level, then aim to deliver local athletes to annual *PNG National Games* in Port Moresby
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## Fitness Guidelines

1. **SAFETY:** start with a stretch & good warm-up
2. **EFFORT:** give your best effort, every time!
3. **TEAMWORK:** help your classmates & partners
4. **FAIR PLAY:** be honest about your score
5. **FUN:** enjoy your healthy life and a positive future!

***We can be champions  
in sport & life.***

### #5 JUMPS \*2 minutes



Same as “chair” position, keep eyes up and jump/explode straight up, return to chair position and stop for a moment between each jump; partner counts the number for your score in two minutes (#\_\_)

### #4 SIT-UPS \*2 minutes



Lie flat on your back, with knees slightly bent, hands touching your ears, sit up using your stomach muscles, don't pull the back of your head; partner holds your feet and counts the number for your score in two minutes (#\_\_)

START

Students get into pairs/partners

### #1 STRETCH

Warm-up for at least 5-10 minutes, remember to breathe deeply, 10-second count for each stretch, and work on main body parts (arms, back, legs)



### #2 BRIDGE



Hold your body in a “bridge” position, balancing on your arms and toes; partner counts the seconds/minutes for your score (:\_\_)

### #3 CHAIR



Squat down, bend your knees with your feet shoulder-width apart, keep back straight, eyes looking up, hold body in the “chair” position; partner counts the seconds/minutes for your score (:\_\_)

## Suggestions/Recommendations for Teachers

- **Be very careful to help the students use correct form and technique**, starting with slow demonstrations of the main exercises and repeating them (together with the entire class/group) during the first 6 weeks. To assure their complete safety, require that the students follow ALL instructions with care, at ALL times.

\*\*\*Some students may need additional care and support with their balance and muscle control. If any students feel pain or discomfort, ask them to stop for a rest until they feel 100% healthy.

- **Remind the students to keep track of their scores** in a special journal or notebook, so they can work to improve their TEST scores each month, and set new personal goals.
- **Encourage the students to improve their scores** by practicing the exercises with youth leaders and teachers during their free time. This will be an **important challenge** -- if they can use the fitness program to become more self-disciplined and self-motivated, in reaching for good health **and** their own individual life goals at once.
- **After completion of the first year (2010 schedule), instructors and youth leaders should attempt to evaluate the program** with student feedback and increase the level of difficulty -- according to the needs and skill level of the students.

\*\*\*For example: add 2-3 new exercises to the Fitness Challenge, using the same system of time (\_\_:\_\_) or # (\_\_\_).

- **Have FUN and be SAFE!**



*We can be champions in sport & life.*

## Contact

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## TERMS OF USE (DISCLAIMER)

### i) Beneficiaries:

This *Fitness Challenge* program has been voluntarily provided, free of charge, by Hope 81 -- a nonprofit organization based in Tokyo, Japan. The program has been designed primarily for the students, youth group, teachers, parents and other community members of *Matkomnai*, *Yenkenai* and *Tapko* villages; an area located in PNG's Western Province of Daru-Kiunga. While other communities may choose to adapt this program, Hope 81 will only provide resources and support for the *Matkomnai*, *Yenkenai* and *Tapko* area at this time.

### ii) Implementation Goal:

The *Fitness Challenge* program, as explained in this outline, should serve as a basic learning tool for teachers to further encourage health & wellness in the classroom, and for surrounding community members/youth leaders/parents to take on a supporting role in building healthy lifestyle choices -- whenever possible. While Hope 81 expresses general targets and aims for the participants to reach for, the most important goal is for the local community members themselves to begin shaping the program to suit local needs and interests.

### iii) No Promises, Only Hope:

The *Fitness Challenge*, and its creators (Hope 81), make no promises or specific guarantee of any particular results, outcomes, etc. beyond the general Rewards & Incentives plan (as explained in the 'Overview'). Rewards for program participants are to be provided by Hope 81/sponsors & partners in the form of annual donations of sportswear and equipment.

\*Target arrival date is for the beginning of September (*Matkomnai's* annual *Independence Day Festival*)

### iv) Communication & Support:

Hope 81 will provide ongoing support to local program leaders and community members involved in the *Fitness Challenge*, via online correspondence. In order to grow a successful *Fitness Challenge* program, teachers and youth leaders are asked to provide consistent updates and regularly share reports with Hope 81 on student progress. As a minimum requirement, reports should be provided once at the end of each school term, and additional updates, stories, and photos whenever possible.

\*On-site visits for Hope 81 members in PNG will be made according to budget and staff/volunteer availability.

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