



# READY RUGBY

IT'S ALL ABOUT THE GAME

Newsletter

February 08

## Parents Corner

Welcome to our February Newsletter.

This month we decided to tackle the following topics;

### Making Fitness Fun

The best type of exercise for your child (and you for that matter!) is the one that they enjoy doing most.

### Characteristics of 6-8 year olds

We all know every kids has their own characteristics, however, hear are some characteristics have at certain ages.

### Thirst-Quenching Tips

So do you have to drink eight glasses of water a day? No, but you do need to drink enough to satisfy your thirst, and maybe a little extra if you're sick or if you're going to be exercising.

Enjoy your reading and don't forget if you have a topic you would like covered e-mail it to [jason@readyrugby.com.au](mailto:jason@readyrugby.com.au)

Yours in Rugby  
The team at Ready Rugby

## Personality Type:

### \* Solo

Try: yoga, power walking, Pilates, swimming, bushwalking, rock climbing, running, cycling, triathlon.

### \* Social

Try: netball, rugby, cricket, soccer, dog walking, outward bound activities, rowing, rollerblading in the park.

### \* Competitive

Try: tennis, netball, hockey, soccer, cricket, rugby, rowing, swimming

### \* Creative

Try: surfing, martial arts, dance classes, yoga, bushwalking, gymnastics, diving, fencing.

### \* Outdoors

Try: Nippers (surf school kids programmes), dog walking, outdoor ball sports such as Rugby or soccer, tennis, surfing, rollerblading, skateboarding, horseriding.

### \* Indoors

Try: dance classes, martial arts, yoga, indoor rock climbing, fencing, gymnastics, aerobics, gym workout, boxing

# Making Fitness Fun

The best type of exercise for your child (and you for that matter!) is the one that they enjoy doing most. An enjoyable, fun activity is far more likely to be continued than one that feels like a chore and a bore. If joining the school netball or soccer team hasn't fired up your child's enthusiasm for getting active, don't despair. Take a look below at the many and varied physical activities available – there is one for everyone.

## Personality Type: time out alone

If your child can entertain themselves by themselves then they might prefer to do a solo, self-motivating activity. There are plenty of wonderful activities to do alone (even if performed as part of a bigger class) for some exercise and time out.

## Personality Type: Social

If your child loves to be part of a crowd then team sports are for her. Look into activities that engage him with other children and teach him useful team-building skills too, such as ones related to leadership, organisation and sharing.

## Personality Type: Competitive

If your child is a competitive type then choose a sport that harnesses their competitive nature and fires up their will to win. Your child will keep going back, again and again, and they can vent constructively on the field their desire to be number one.

## Personality Type: Creative

If your child is a creative type who enjoys self-expression and is more into the journey than destination, get them to try physical endeavours that explore bodily movements and feel free-flowing and engage their innate creativity.

## Personality Type: Outdoors

If your child loves the great outdoors come rain or shine, enlist them in a sport or activity that allows them to be outside, rather than to feel confined indoors.

## Personality Type: Indoors

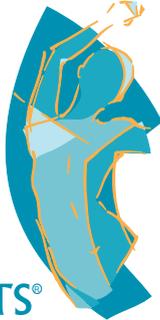
Some children prefer the comfort and warmth of four walls, however bright and sunny it might be outside. Go with the flow of your child's personality and find activities that they can pursue indoors.

## Characteristics of 6-8 year olds

### 6 years

Most 6 year olds...

- may have a best friend (friends are important)
- want to “win” and be “the best”
- are enthusiastic
- are easily upset when hurt
- learn best through discovery
- get tired easily
- seem to always be in a hurry
- like to explain things
- begin to show interest in other times and places



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Take your child to the local library. Let your child share books with other children. Six-year olds like to tell jokes and play guessing games. They enjoy spelling and printing.

Six-year olds are interested in easy arithmetic activities and games. Your child will like helping you cook. Using measuring cups and spoons will help your child understand math.

Moods of six-year olds change a lot. One minute your child may be friendly, generous, and loving and the next moment be jealous, tearful, and demanding. Be patient and understanding. A hug or a smile will help your child know you care.

### 7 years

Most 7 year olds...

- have many hurts, real and imagined
- enjoy one-to-one conversation
- are interested in secret languages and passwords
- still like to be read to
- enjoy board games
- want to discover how things work
- have strong likes and dislikes
- like to do things over and over again
- enjoy being with other children of the same age, may have special friends or join clubs

### 8 years

Most 8 year olds...

- like to work cooperatively
- have difficulty with limits
- bounce back quickly from mistakes
- enjoy challenges and like to complete activities (math projects, writing books, woodworking, drawing, arts, crafts)
- learn new words quickly
- have short attention spans
- often overestimate their own abilities



**Take a positive step**  
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**It's that time again**  
**- the holidays are**  
**almost on us and**  
**you want to get the**  
**kids active.**

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When eight-year olds say, "I'm bored," they often mean that something is too hard. You may need to offer your child some suggestions to help complete an activity.

Listen to the longer, more detailed stories your child writes. Enjoy a children's movie together and talk about it afterwards. Your child will be excited and encouraged by your interest. Eight-year olds can develop and use a simple calendar of family activities. Join your child in building or making something (putting together a model or finishing a sewing project). Your eight-year old will learn to understand and follow directions. Your child can learn about money by helping you as you pay for groceries at the store or for food in a restaurant.

Eight-year olds have a growing interest in "rules" and being "fair," but it's difficult when they don't win in games. Hearing "I know it's hard when you don't win" will let your child know that you understand. Talk with your child about why rules and cooperation are important.

## Thirst-Quenching Tips

So do you have to drink eight glasses of water a day? No, but you do need to drink enough to satisfy your thirst, and maybe a little extra if you're sick or if you're going to be exercising. The best drink is water, of course, but milk is another great drink for kids. Juice is OK, but choose it less often than water and milk. Sports drinks are fine once in a while, but water should be considered the drink of champions.

Limit soda and other sugary drinks, such as fruit punches, lemonades, and iced teas. These drinks contain a lot of sugar that your body doesn't need. Some of them also contain caffeine, which is a diuretic (say: dye-yuh-reh-tik). This means that caffeinated drinks cause you to urinate (pee) more often than normal. In other words, they tell your body to get rid of fluids. And as you now know, that's the opposite of what you need to do if you're dehydrated!

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