



# Schools Program Model

An overview of Australian Taekwondo's national  
schools participation program

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# What is Taekwondo Kickstarters?

The Taekwondo Kickstarters program is a modified taekwondo program, developed by Australian Taekwondo, for delivery in schools. The program is designed to create a level of consistency with respect to curriculum and content to provide schools and participants with a quality taekwondo experience that can be delivered nationally.

Features of Taekwondo Kickstarters include:

- A nationally accredited framework to help delivery in the schools system.
- It is a safe, fun and inclusive program for girls and boys.
- It teaches kids from K-6 the fundamental skills and values of taekwondo, specifically those with minimal experience in the martial art.
- It is aligned with the Australian Education Curriculum.

# Why Develop Taekwondo Kickstarters?

Taekwondo Kickstarters has been developed as a driver to increase taekwondo participation in schools nationally. With that in mind, Australian Taekwondo has worked with various industry partners to develop this program.

The purpose of Taekwondo Kickstarters is:

- To offer an attractive taekwondo program that school's want delivered and aligns to curriculum outcomes.
- To give kids a fun first taekwondo experience, aiming to create a strong attachment to the martial art.
- To create a consistent program experience with easy to deliver lessons and supporting resources.
- To provide taekwondo centres across Australia with greater opportunity to engage with schools and transition participants into community centres.

# Schools Pilot

Australian Taekwondo undertook a pilot of the Taekwondo Kickstarters program throughout Term 4 2019 to refine the core components of the program. This pilot aimed to gather feedback from program coaches and schools to validate the program curriculum, resources and support mechanisms prior to a national Taekwondo Kickstarters roll out.

## **Sporting Schools – Entry Approved for Term 4 2020**

Australian Taekwondo worked closely with Sport Australia to have a taekwondo program offering included in the Sporting Schools program. This opportunity is a strategic priority for Australian Taekwondo as it will provide much greater access for taekwondo centres across the country to deliver programs in schools. The learnings gained from this pilot was a vital step in the process of having Taekwondo Kickstarters being included in the Sporting Schools program.

# The Taekwondo Kickstarters Experience

A vital part of the Taekwondo Kickstarters program is that the participant experience is consistent from one program to the next. It is expected that coaches will facilitate an experience that:

- Is fun and inclusive for all girls and boys.
- Allows students to be physically active throughout every session.
- Sees students learn the fundamental skills of taekwondo, with alignment to the Australian Education Curriculum.
- Promotes the social and emotional benefits from participating in taekwondo including discipline, self-esteem, concentration and focus.
- Leaves kids knowing what options there are to continue participating in taekwondo.

# Program Structure

Taekwondo Kickstarters has been designed to align with the current ACARA HPE National Curriculum lesson principles for F-6. The program also provides a medium for anti-bullying and wellness messages.

- Taekwondo Kickstarters is an easy to deliver program with 6 x 45 minute sessions as a base, although this structure can be modified depending on the needs and convenience of the school and participants.
- Lessons can be delivered with minimal equipment that all schools will have on hand (e.g. cones) or, where possible, can incorporate the use of paddles, mitts and pads.
- Lessons have been designed to cater to students of varying abilities and ensure maximum engagement.
- Taekwondo Kickstarters lessons are designed to provide a guide on delivery as well as flexibility for the coach in terms of the warmup, technique development and fun games. The messages developed for each lesson are required to be consistent with each coach.

# Why Become a Taekwondo Kickstarters Coach?

There are many reasons why coaches want to be involved in Taekwondo Kickstarters. Some reasons include:

- Gaining access to the sporting schools program.
- Having access to a suite of coaching resources that can be used to deliver taekwondo in schools.
- Gaining experience in delivering taekwondo programs to school-aged children.
- Exposing more children to the sport of taekwondo and transition them to community programs.
- Building stronger relationships with schools in your local area.
- Gaining financial benefit from delivering the program in schools.
- Increased access to schools to promote your local taekwondo centre to children and parents.

# Sporting Schools Financial Model

- Schools apply to Sport Australia to get 2 terms worth of funding for Sports to come in and deliver programs.
- Clubs/Instructors invoice schools directly for Sporting Schools Programs. Schools will pay for the Taekwondo Kickstarters program using Sporting Schools grant funding.
- A provider will earn \$100 per session per class. For example if you deliver 6 sessions for 6 classes you can earn up to \$3600 for that term. Australian Taekwondo will take \$160 per school per term to manage and coordinate the program. You need to sort out with the school how many sessions they would like and can get funding for.



# Financial Model for the Program If Delivering Privately (outside of Sporting Schools)

Coaches have the discretion to negotiate with schools a rate based on the services they can provide. This will differ from school to school. Some key points to note:

- Some schools may have limited to no funding and/or have their funding tied up in the Sporting Schools Program.
- The goal of this pilot program is to gain access to the National Sporting Schools funding for our coaches.
- In some cases, delivering a session to a class for an hour a week free of charge may be required to gain a foothold in the school. In this case it may bring you new students to the club but also helps our goal of gaining Sporting Schools accreditation.
- When Sporting Schools accreditation is gained a specific financial model will be developed.

# What Do Coaches Need to Do?

To deliver a successful Taekwondo Kickstarters program, coaches will be required to:

- Complete the coach accreditation process.
- Deliver the program with quality and consistency.
- Promote the Taekwondo Kickstarters program through your school network.
- Liaise with school contacts to schedule sessions and prepare program logistics.
- Provide Australian Taekwondo with details of completed programs.
- Transition school participants into local Taekwondo centres.

# What Will Australian Taekwondo Do?

Australian Taekwondo are committed to providing a high level of support to coaches to ensure the success of Taekwondo Kickstarters. This includes:

- Responsibility for the ongoing development of the Taekwondo Kickstarters program.
- Development of Taekwondo Kickstarters resources (see following page):
  - Curriculum and delivery resources
  - Accreditation and training materials
  - Promotion and communications support
  - Online booking process
- Management of the Taekwondo Kickstarters coach accreditation process and the schools booking system.
- Providing an avenue for program feedback with coaches and teachers.

# Program Resources & Support

	Resources/Support	Purpose
Curriculum & Delivery	Lesson Plans	Easy to deliver lesson plans promoting a consistent student experience and curriculum outcomes.
	Coach Handbook	Provides coaches with tools and knowledge to deliver a fun and engaging program for kids and teachers.
Accreditation & Training	Accreditation Process	A process to support coaches in preparing to engage with schools and deliver a quality program.
	Online Quiz	Part of the accreditation process, this mandatory quiz ensures coaches have sufficient program knowledge.
Promotional Support	Program Website	Taekwondo Kickstarters will have a stand alone website promoting the program and providing key information.
	Marketing Material	Australian Taekwondo will create program specific marketing collateral and communication templates.
Booking Support	Online Booking Process	The program website will contain a booking form that will be managed by Australian Taekwondo.

# What's Next?

Australian Taekwondo are excited for you to be part of the Taekwondo Kickstarters Schools Program. To get started, here are some steps to take to prepare yourself for program delivery.

- Familiarise yourself with the program resources, particularly the Taekwondo Kickstarters Lesson Plans and Coach Handbook.
- Undertake the Taekwondo Kickstarters accreditation process.
- Once you have completed your accreditation and are confident with the program content you can reach out to your schools network to advise them about the Taekwondo Kickstarters program and start securing program bookings.
- Don't have a schools network yet? Australian Taekwondo can assist you with identifying schools in your local area.
- For any questions, please email [kickstarters@austkd.com.au](mailto:kickstarters@austkd.com.au).