


Move like a Mariner



New participating services:

-  **Receive free equipment kit**
-  **Free educators workshop delivered by Munch & Move and the Central Coast Mariners**
-  **WIN a visit from the Central Coast Mariners**

Returning participating services:

-  **Please see nomination link for what is on offer for returning services in 2024**



Central Coast
Local Health District

in partnership with



What is Move like a Mariner?

- 🏈 *Move like a Mariner* is a physical activity program encouraging educators and children in early childhood education and care settings to participate in intentional fundamental movement skills every day. This could be a whole-service approach or targeted to 3- to 5-year-olds.
- 🏈 Early childhood education and care services who nominate their service to participate will be asked to make a pledge to get active and *Move like a Mariner* every day for 6 consecutive weeks.
- 🏈 New participating services will receive free specialised training at a local workshop where they will take home their *Move like a Mariner* pack including pledge poster; educator guide and equipment kit.
- 🏈 All children who participate will receive a certificate and *Move like a Mariner Matchday Experience* from the Central Coast Mariners upon completing the program.
- 🏈 New participating services who participate every day for 6 weeks and complete an evaluation form will go in the draw to win a visit from the Central Coast Mariners A-league team.
- 🏈 Returning services who participate every day for the 6 weeks and complete an evaluation form will go in the draw to win a visit from two A-league Central Coast Mariners players and a 'Kick like a Mariner' activity kit.



How to get involved:

1. Complete nomination form (limited places, get in quick)
2. Attend an evening workshop (receive your *Move like a Mariner* pack)
3. Take a photo of your service making the 'pledge' and submit by emailing cclhd-healthpromotion@health.nsw.gov.au
4. Have fun! Participate every day for 6 consecutive weeks
5. Complete evaluation form and submit to cclhd-healthpromotion@health.nsw.gov.au

For more information contact:

📞 **Jasmin Wing 4320 9700**
✉️ cclhd-healthpromotion@health.nsw.gov.au

To nominate your service
[Click here](#) or scan the QR code.

