

Become a Superhero!

NB Physical Literacy, Coach NB, and Recreation NB are excited to bring to you our “Superhero” themed training. To become a “Superhero”, front-line leaders must be trained and able to deliver quality programming that offers children opportunities to learn fundamental movement skills in a fun, safe, and positive environment. The Superhero Training is open to front-line leaders and facilitators working directly with children between the ages of 5 and 12.

Educating and training leaders means giving them the necessary skills and tools they need to develop the whole child. This will ensure that children participating in their programs can successfully participate in a variety of different activities, while learning the social and psychological skills that give them motivation, and confidence to lead a healthy; active lifestyle as part of their everyday life. We also want to ensure that leaders understand that the quality programs they deliver to children will not only provide the opportunity for the child to be physically active for life, but to also become a better citizen of their community as a whole, whether as a future role model or champion of the cause.

The Superhero Training will be delivered in one full day (8h) and will include:

Recreation NB’s HIGH FIVE® PHCD (3.5h)

HIGH FIVE® uses principles of healthy child development to provide a range of training, assessment tools and resources and ensures that leaders, coaches, and instructors have the necessary knowledge to nurture a child’s mental health while creating positive experiences.



The experiences children have early on in sport and recreation settings can have a life-long impact. HIGH FIVE® enhances positive experiences in these settings to help children become capable, caring adults who contribute more effectively to the community in the future. Join hundreds of other organizations that use Canada’s only quality assurance program for recreation and sport and help show your commitment to ensure every child has a positive sport and recreation experience.



Coach NB’s Fundamental Movement Skills (3.5 h)

The fundamental movement skills of throwing, catching, jumping, sticking, running, kicking, agility, and balance and coordination, form the basis for future sport skill development and for the life-long enjoyment of physical activity. Learn how to OBSERVE and IMPROVE the fundamental movement skills through the format listed below which is best suited to you and your line of work.



Coach NB’s Fundamental Movement Skills (3.5 h) – CONT’D



The benefits of Fundamental Movement Skills (FMS) Certification – Overall, the workshop will prepare leaders to: Create safe games where children can practice fundamental movement skills; apply a six-step teaching process to fundamental movement skills; model responsibility behaviour in a leadership role; apply National Coaching Certification Program (NCCP) values in decision-making; lead children in activities that will promote the development of fundamental movement skills.

NB Physical Literacy Wrap up: Creating a physical literacy experience through fun safe games (1h)

HIGH FIVE® and Fundamental Movement Skills are the building blocks to creating a quality physical literacy experience. This section of the training is aimed to provide leaders with a summary of concepts learned, the connection with physical literacy and finally how to integrate these concepts in programs through fun and safe games.

