



Bush Fit Mob

ISSUE 17, May 2019

NEWSLETTER

United, engaged and active!

BFM Month in Review

The Bush Fit Mob May program saw many exciting activities and events. From our daily school activities to competing in an off-Eylandt 3on3 basketball competition, there were no shortage of exciting opportunities for the children and young people of Groote to get involved in healthy and fun activities. Read on below for all the details!



New Zealand, Poi was traditionally used for games and physical exercise to improve coordination, increase flexibility and sharpen reflexes.

Nowadays, Poi is used all around the world for the same reason, and has shown to support both physical and mental health and wellbeing. Poi, known as a type of performing art involves swinging tethered weights in rhythmic and geometrical patterns. Often incorporating dance and music, the Poi Program offers a new way to stay active whilst also allowing individuals to express themselves in a new and fun way.

The Poi sessions that have begun within Bush Fit Mob have so far been a hit, with so many students showing true interest and natural ability to learn new Poi tricks and concepts in just a single session alone. We look forward to continuing Poi in the communities and seeing how everyone's new skills progress!

BFM Introduces New POI Program

As part of our goal to provide engaging sport and recreational activities to our local communities, Bush Fit Mob would like to introduce the new and fun recreational Poi Program. Originating from traditional Maori culture of

Continuing Staff Professional Development

Here at BFM we are always striving to better ourselves as both an organisation and as individuals when it comes to our ability to make a difference in community. One way we work towards this ambition is through Professional Development, providing our staff with opportunities to expand their knowledge through training in areas which will improve each and everyone's skills to efficiently and effectively work together towards our organisational goals.



This month for Professional Development, Bill Adams from Charles Darwin University flew to Groote Eylandt to facilitate training sessions for our staff whom are studying for a Certificate II or III in Sports and Recreation. Since last year, Bill Adams has been regularly coming to Groote and assisting our staff in completing their assessments in order to work towards gaining these accreditations.

The assessment activities completed in this month's visit involved working as a team and organising a BBQ and Sports Activity Day in Umbakumba. During this, our staff demonstrated their ability to contribute to activity planning and preparation, assisting in providing the activity for the community to engage in and following up with a review and evaluation of how the overall activity both worked well and could have been improved. We are very grateful to be able to provide these opportunities for our staff to learn and work together and look forward to continuing our Professional Development and supporting our team in gaining their Certificate accreditations.

Groote Women's Basketball Team Represents at Gunyangara 3on3 Tournament

This month a group of young women were selected to participate in the East Arnhem Regional Council 3on3 Basketball Tournament in Gunyangara NT. Teams from all around the Region made the journey to participate in the event. The women were fierce competition getting themselves to the final four and nearly missing out on a spot in the finals. Special shout out to Adriana Mamarika



for winning the 3 point contest and Helen Nundhiribala for winning tournament MVP!

This trip and the upcoming Barugna Festival women's basketball trip in June are the culmination of a developing women's basketball program on Groote and hard work and dedication by those chosen to make the trips. Stay tuned to next month's newsletter which will feature the Groote Eylandt women representing at Barunga Festival for the second straight year!

What's Coming Up?

June 7-9: BARUNGA FESTIVAL

June 21-23: DEADLY FUN RUN CHAMPIONSHIPS IN ULURU

June 24-26: ATHLETICS AUSTRALIA

June 27: INTER-SCHOOL ATHLETICS NITRO CARNIVAL

June 29: BFM GROOTE EYLANDT RUNNING FESTIVAL IN ANGURUGU



Bush Fit Mob is an Anindilyakwa Land Council funded initiative.