

# Position Description

## Children's Fitness Instructor



**POSITION TITLE:** Children's fitness instructor

**HOURS:**

- Casual as required
- Approx. 1-20 / week
- Possibility to increase
- Availability in school hours (8am-4pm) is a must
- Varying hours depending on the week/term
- Flexible hours around study etc

**POSITION OBJECTIVES:**

- To provide engaging movement sessions to school children across Adelaide, improving the physical and emotional wellbeing of young people.
- To encourage children throughout sessions, maintaining a positive demeanour and creating a fun, engaging group atmosphere celebrating music and movement.

**POSITION DESCRIPTION:**

- As a children's fitness instructor with MissFIT Movement you will be required to travel to various schools around Adelaide and deliver different sessions to children in grades Reception to Year 12. You will need to learn choreography and model movements to a high standard, while giving safe and effective verbal and non-verbal instructions.

**KEY DUTIES AND RESPONSIBILITIES:**

- Learning choreography (1 hour)
- Setting up / packing up equipment
- Delivering exercise sessions to 20-120 students aged 5-17
- Communicating to teachers and students in a professional manner
- Travelling by car to various schools across Adelaide (higher pay for travelling further)

**ORGANISATIONAL RELATIONSHIPS:**

Position reports to: Director

Supervision: Work autonomously with limited supervision

## **REQUIREMENTS OF THE POSITION:**

### **Skills and capabilities**

- To provide quality fitness/dance instruction focussed on positive mindset and mindfulness to allow children to feel happy and successful as they develop their fitness.
- Experience in dance/aerobics, gymnastics etc is beneficial but not required
- Skills in exercise leadership / fitness or dance instruction desirable but not required
- Currently studying Education is advantageous but not required
- Confident and able to speak in front of groups

### **Knowledge**

- Good knowledge of how to interact with children of varying ages
- Understating of the needs of students and how to engage professionally and politely
- Some knowledge of muscles and exercise principles – assistance provided for this

### **Experience**

- Some experience working with children of various ages is helpful but not required
- Some experience in dance or sport related activities is helpful but not required

### **Qualifications**

- Current WWCC / Child-related employment screening (can be organised by employer)
- Catholic schools clearance (to be organised by employer)
- Responding to abuse and neglect training
- Current driver's license and access to own car

## **TO APPLY, OR FOR MORE INFORMATION:**

- Contact Sara on:
- 0410 836 368
- [sara@missfitmovement.com.au](mailto:sara@missfitmovement.com.au)
- <http://www.missfitmovement.com/>

- Socials:    