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Flip for Function Program Development to Increase Effectiveness of Current and Future Program Offerings

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Flip for Function Program Development to Increase Effectiveness of Current and Future Program Offerings



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Faculty Mentor: Kristin Mecha, OTD, OTR/L, BCP, CLC



Mission and Vision

Mission:

To inspire self-confidence in every child through adaptive athletics and child-led activities.

Vision:

To be a catalyst for a world where every child, regardless of their unique needs, can access activities that nurture and ignite their self-confidence.



Agency Needs

- Curriculum to allow for documentation of progress and steps of progression through different gymnastics levels
- Specific training modules to create a baseline of knowledge and understanding of expectations, foundational information, and concepts to be incorporated into classes for new employees
- Updated programming to expand and increase opportunities for clients
- Increase marketing strategies to further promote the company

Project Goals

- Increase satisfaction for every individual involved in Flip for Function
- Improve the onboarding process for new employees
- Provide education on neurodivergent children
- Design appropriate curriculum for class offerings
- Generate ideas for new programs that Flip for Function can implement to expand their offerings

Project Outcomes and Deliverables

- Eight-week curriculum program: each week consists of a theme with corresponding skills of the week, warm-up activities, and self-regulation strategies
- Gymnastics skill sheets to document the child's current skill level and their progression over the eight weeks of curriculum. Five different skill sheets created based on age, type of class, and ability (physical, social, emotional, etc.)
- Training manual for new hires including company information, basic gymnastics skill checklists, sensory information, and an overview of challenging behaviors.
- Six-week Kindergarten readiness program that incorporates fine motor, developmental, and socioemotional skills in a movement-based environment.
- Programming for future facility offerings
- Marketing for current and future programming

Curriculum and Skill Sheet



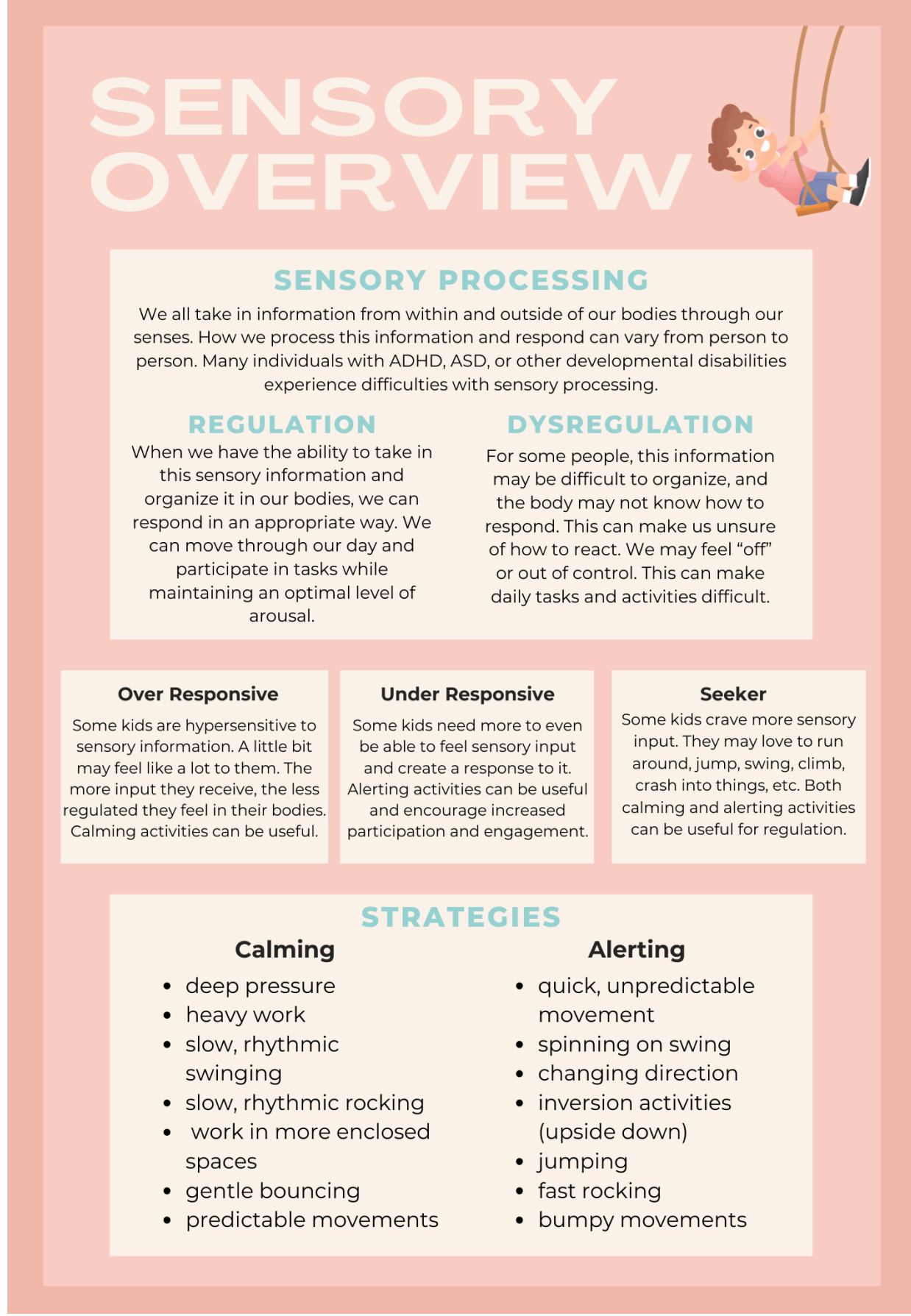
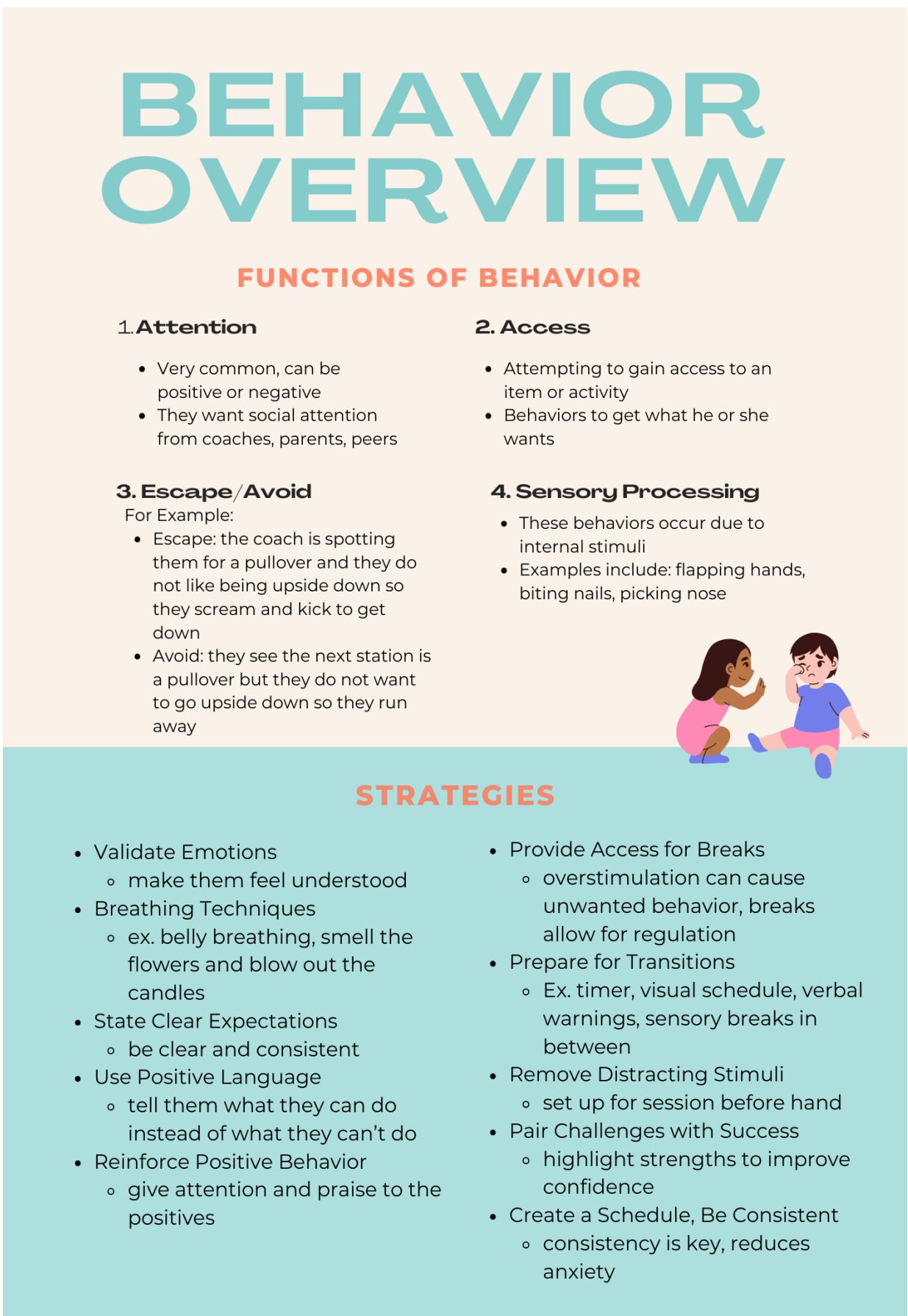
Roly Polys Goal Sheet

Name: _____

Social/Emotional	1	2	3	4	5	6	7	8
able to follow one to two step directions with adult or visual support								
able to attend to task for at least 1 minute; given prompting and cues								
able to engage with objects presented independently								
able to redirect attention with adult support or cueing								

Gymnastics	1	2	3	4	5	6	7	8
Log roll								
Forward roll down wedge								
Walk across floor beam independently								
Crawl across low beam								
Static hang from bar at least 5 seconds								
Tuck hold on bar at least 3 seconds								
Jump with two feet								
Jump and freeze on trampoline								
Tuck jump								

Pages from Training Manual



Acknowledgements

I would like to express gratitude for Flip for Function, including the gymnastics facilities, staff, and families who allowed me to integrate myself into their classes. Thank you to my expert mentor, Chasity Hagerty, for the support, encouragement, and guidance. Thank you to my faculty mentor, Dr. Kristin Mecha, for her mentorship.