



**KELLY  
SPORTS**



# PROGRAMME

INFORMATION FOR SCHOOLS

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# AN INTRODUCTION

TO KELLY SPORTS



Kelly Sports started in Australia in 1994 and expanded into New Zealand in 2007 – so we're celebrating 25 years! We now have over 50 offices throughout Australia and New Zealand, with over 60,000 children participating in Kelly Sports programmes every week.

**At Kelly Sports, our purpose is to get kids active and instil a lifelong love of sports.**

**We teach foundational sporting skills such as: running, kicking, jumping, catching, striking and throwing, giving kids the ability and confidence to join their local sports clubs.**

Our programmes cater to kids of all abilities from preschool to secondary school age, and are held before school, at lunch, after school and integrated into the school sports curriculum.

Kelly Sports is continually building strong relationships with schools, preschools, sporting bodies and clubs, as this is paramount in keeping kids active and involved in sport.

# A TRUSTED PROVIDER

## OF SPORTS PROGRAMMES

*“St Mary’s Ascot Vale has had a long history with Kelly Sports’ lunchtime dance and after-school multi-sport programmes. Kelly Sports’ coaches are always professional and engaging. The children always learn valuable fundamental skills including teamwork, taking turns, following instructions, hand-eye coordination and spatial awareness.”*

**Principal Paul Hogan**  
St Mary’s Primary School,  
Ascot Vale, Victoria



*“Jasper looks forward to Kelly Sports each week. He has learned invaluable skills, not only developing his hand-eye coordination but also taking turns, self-confidence, teamwork, listening and taking instruction. It’s been great to see Jasper’s development.”*

**Katie Leliard**  
Parent, Ascot Vale Primary School



*“Kelly Sports has facilitated our PE programme for over 15 years. Our school lacked the skills and experience to teach sport effectively, so we engaged Kelly Sports. They now also run extracurricular programmes such as dance and a multi sports. Kelly Sports are easy to deal with and our parents love them!”*

**Kathy Lowe**  
Principal, St Bernadette’s School Ivanhoe





# MULTI-SPORT

## PROGRAMME



Kelly Sports multi-sport programmes take place once a week at the children's school, so they don't need to travel to their activity.

### **Kelly Sport programmes allow children to participate in:**

- |              |               |                   |
|--------------|---------------|-------------------|
| ✓ Soccer     | ✓ Cricket     | ✓ Gymnastics      |
| ✓ AFL        | ✓ Touch rugby | ✓ Handball        |
| ✓ Basketball | ✓ Athletics   | ✓ Ultimate Frisby |
| ✓ Netball    | ✓ Volleyball  | ✓ Golf            |
| ✓ T-ball     | ✓ Dodgeball   | ✓ Tennis          |
| ✓ Hockey     | ✓ Circus      |                   |

Our programmes teach children the essentials in a fun and enjoyable environment, improving their motor skills and coordination. Kids develop an enthusiasm for sport which gives them the confidence to join sports clubs and teams in the future.

This programme is best suited for Prep – Year 4 students.

Specific term-time sports can also be facilitated for Year 4-6 students to complement existing team sports.



Kelly Sports Dance programmes take place once a week at the children's school.

Students will have a fantastic time learning new moves in our high-intensity, excitement-filled dance environment. Our experienced coaches incorporate lots of fun through dance-related games and activities.

### Styles of dance covered

- ✓ Cheerleading
- ✓ Jazz/Funk
- ✓ Modern Contemporary
- ✓ Hip Hop

### The programme aims to:

1. Increase the students' awareness of dance, creative movement and music.
2. Introduce them to different styles of traditional and modern dance.
3. Increase their flexibility, coordination, creativity and confidence.
4. Enable students to perform a choreographed dance and create their own routine.

# IN-SCHOOL

## CURRICULUM PROGRAMMES



Kelly Sports Curriculum-based programmes are designed to align with your school's term-by-term sport and PE focus.

Our in-school programmes include fundamental movement and ball skills, athletics, gymnastics, fitness testing (including full results summary), circus skills, Perceptual Motor Program (PMP) and sport-specific clinics.

### These programmes are:

- ✓ Specific to an age range
- ✓ One-off sessions or multiple weeks
- ✓ Designed to deliver quality sporting programmes to children whilst providing PD for teachers
- ✓ Inclusive of lesson plans and materials provided to teachers
- ✓ Designed to train and support teachers to continue to deliver the programme
- ✓ Able to ensure children learn while having fun



# FUNDAMENTAL

## MOVEMENT-SKILLS PROGRAMME



This Kelly Sports programme is designed to teach children the fundamentals of sport. It is all-inclusive with high participation.

**We aim to develop and enhance the following skills: running, jumping, catching, throwing, skipping, kicking and striking.**

Fundamental movement skills form an important part of a child's development and enable them to develop the specific skills required for sport, games and recreation, preparing them for a healthy, active life.

This programme recognises that children love to play games and learn best while actually doing, often without even realising that they are practising certain skills.

By playing games, we engage all children and ensure the sessions are positive, fun and encouraging.

**The programme improves children's self-esteem, confidence, concentration, positive well-being and teaches social development skills like cooperation, communication, fair play and interaction.**

# FITNESS FUN

## PROGRAMME



Our children are becoming more and more sedentary, and with childhood obesity rising at an alarming rate, there is an increasing need to incorporate health and fitness into their daily activities.

This programme aims to help children develop an active and positive lifestyle to benefit them throughout their lives.

**This fitness programme, especially designed for children, is fun, action-packed and helps them develop:**

- |               |                |
|---------------|----------------|
| ✓ Endurance   | ✓ Speed        |
| ✓ Stamina     | ✓ Coordination |
| ✓ Strength    | ✓ Agility      |
| ✓ Flexibility | ✓ Balance      |

In addition to the physical benefits of this programme, studies show that increased participation in physical activity can enhance cognitive function, memory, concentration, behaviour and academic success.



# COACHING & OFFICIALS



Kelly Sports can officiate or coach football, soccer, netball and basketball at your next inter-school competition. Just send us the draw, and we'll do the rest! We cover all your HR requirements and can tailor an induction for your school.

## **The Coaching & Officials programme covers the cost of:**

- ✓ Uniforms as applicable
- ✓ Sourcing & recruitment of coaches and officials
- ✓ Allocation of coaches and officials to matches
- ✓ Insurance

*“We engaged Kelly Sports to provide our umpires and we were really pleased with the quality of the officials they provided. They related to the kids with a professional approach and made good decisions. Kelly Sports were easy to work with. I just sent them the term's draw and they did the rest.”*

**Stef Defran**  
**Bialik College**

# SPORTS DAYS

TEACHER RELEASE DAYS & FETES



Let Kelly Sports' experienced managers and coaches take care of your whole-school, syndicate or class sports days. We can do anything you need to make your sports days hassle-free for teachers and fun for all.

Kelly Sports ensures that the activities and games are suitable for children of all abilities.

## Teacher Release Days

Free your teachers up to attend professional development courses while our trained coaches deliver fun and active sessions.

## School Fetes

*(Information or sleepover nights can also be provided)*

Kelly Sports can create a fun event for the whole family, including face painting, jumping castles, circus activities, gymnastic games and more. We'll provide childcare and onsite entertainment in a safe environment. Our highly-trained staff will look after everything, including supplemental promotion and marketing.

# PRESCHOOL

## SPORTY SHORTIES PROGRAMME



**Kelly Sports' preschool programme 'Sporty Shorties' is specially designed for preschool-aged children.**

We've run sporting clinics in over 300 preschools and childcare centres around Australia, instilling a love of physical activity in young children. Each weekly session runs for 30 minutes and uses equipment suitable for 2.5 to 5-year-old children. All our coaches are rigorously screened and fully trained to run fun, engaging programmes in a safe and encouraging environment.

The Sporty Shorties programme includes all mainstream sports and helps preschool children improve their fine and gross motor skills, hand-eye coordination and foot-eye coordination. It also teaches social interaction, sharing and taking turns, concentration and listening, and empathy.

*“It is a wonderfully inclusive programme, inspiring confidence in children of all abilities.”*

**Maria Tzavellas**  
Centre Director, Villa Bambini





# SPORTING SCHOOLS

## PROGRAMME



Kelly Sports and the Sporting Schools Programme (SSP) 2015 pilot programme. Since then, we've developed a strong relationship with the Australian Sports Commission (ASC) and National Sporting Organizations (NSO), conducting over 5,000 sessions across Australia.

**All Kelly Sports staff are accredited and endorsed through each NSO to deliver SSP at your school. We have facilitated a wide range of sports, including:**

- |            |              |             |
|------------|--------------|-------------|
| ✓ Hockey   | ✓ Tennis     | ✓ Netball   |
| ✓ Softball | ✓ Badminton  | ✓ Athletics |
| ✓ AFL      | ✓ Volleyball | ✓ Golf      |

Sports may vary between Kelly Sports zones.

*“Our ongoing relationship with Kelly Sports delivering the SSP started four years ago. Coaches are highly skilled, effective, engaging and our students love attending Kelly Sports.”*

**Paul McAloon**  
Numeracy Leader, Mount Pleasant Primary, Ballarat



Our Academy programmes are for students who show strong sporting potential. This quality programme offers sports extension to children who would like to develop their skills further in a fun but challenging environment.

**The Academy programme covers the following aspects of sport development:**

- ✓ Goal setting
- ✓ Fitness testing
- ✓ Speed, agility and strength exercises
- ✓ Food and nutrition
- ✓ Teamwork and team building
- ✓ Coping with success and failure

This programme can be run before-school, after-school or in school time and is non-sport specific so children playing all sports can join in. It is best suited for year 3-6 students.

# HOLIDAY

PROGRAMME



Kelly Sports facilitate over 40 Holiday Programmes across Australia and New Zealand. We focus on giving children aged 5-12 the opportunity to do things they enjoy in a safe, supportive and encouraging environment.

**These programmes are packed with variety to entertain and inspire children and are full of exciting activities to ensure every kid has a great time.**

*“Kelly Sports have been a wonderful partner with helping Racing Victoria set up our Saddle Up School Holiday Programme. I couldn't have been happier with their enthusiasm and can-do approach. Friendly, engaging, hardworking, well presented – all that we could ask for and more. I look forward to a long relationship with Kelly Sports and could not recommend them more highly.”*

**Nicole Coughlan**  
**Marketing Manager, Community Racing Victoria**



# WHY KELLY SPORTS?

At Kelly Sports, our goal is to enhance every child's physical education and well-being by providing expert coaching and maximum participation opportunities. This enables all children at every skill level to try sports they may not have previously tried before, or a chance to develop their existing skills. Our focus is on having fun in a safe environment; therefore, Kelly Sports ensures no physical contact.

Kelly Sports looks after the entire organisation and running of any school programme, supplies the equipment and coaches, and produces reporting for your school. All applications go directly through us, and you are not required to supply any additional staff. We integrate seamlessly with your existing after-school programmes – as our clinics finish, we return the children to aftercare, and do not leave until every child has been picked up.

Safety is a priority at Kelly Sports. We have a maximum ratio of 1 coach per 14 students. All staff are fully police checked and complete Protecting Children: Mandatory Reporting and other obligations required by the early childhood sector. Kelly Sports is fully insured for both public liability and professional indemnity.



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