



# FUNDAMENTAL SKILLS PROGRAM

TERM 1



BOOK ONLINE NOW AT

 **KELLYSPORTS.COM.AU**

Programmes run weekly on one day a week for 30 minutes.

The Kelly Sports Fundamental Skills Program teaches children the fundamentals of sport with an emphasis on teamwork and social skills. This sports program is all inclusive with high participation in a safe and fun environment.

## BENEFITS FOR CHILDREN

- Develops critical fundamental motor skills
- Encourages children to associate physical movement and activity with fun and learning
- Fosters social interaction skills such as co-operation, sharing, taking turns, supporting, working in a team and encouraging others
- Develops concentration and listening skills
- Skills learned will assist in development and transition into primary school

### This term we will focus on the following skills:

- ✓ Running
- ✓ Catching
- ✓ Kicking
- ✓ Jumping
- ✓ Throwing
- ✓ Passing

## ELEVEN WEEK PROGRAM FOR \$99+GST

### For children aged 3-5 years

Goodstart Semaphore South - Tues 9:30am

Goodstart Semaphore Park - Tues 10:15am

Goodstart Mawson Lakes (Elder Dr) - Wed 9:30am

Goodstart Mawson Lakes (Avocet Dr) - Wed 10:30am

Goodstart Glenelg - Wed 9:30am

Goodstart Somerton Park - Wed 11:45am

**Website:** [kellysports.com.au/events](http://kellysports.com.au/events)

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