# FUNDAMENTAL SKILLS PROGRAM



BOOK ONLINE NOW AT

**EXELLYSPORTS.COM.AU** 

# **INFORMATION**

FOR PARENTS

# FUNDAMENTAL SKILLS PROGRAM

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

## 8 WEEK PROGRAM FOR \$80 INCL. GST

When: Mondays 2:45pm-3:15pm

Commencing: 5th of February 2024

Concluding: 8th of April 2024

For Children in the Wombats aged 4-5

No Sessions on 11th of March & 1st of April

Website: kellysports.com.au/events

Contact: Ian Barnes

Email: lanbarnes@kellysports.com.au

**Phone:** 0421 888 400

Facebook: #KellySportsAdelaide

