



# FUNDAMENTAL SKILLS PROGRAM

TERM 1



 [KELLYSPORTS.COM.AU](http://KELLYSPORTS.COM.AU)

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

## TEN WEEK PROGRAM FOR \$90+GST

### For children aged 3-5 years

- Program run at Goodstart Early Learning Centre - Clapham
- Commences Friday 31st January 2020
- Concludes Friday 3rd April 2020
- 9:30am-10:00am

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