**Kelly Sports Bendigo-Virtual Sports Sessions FAQ**

**How can a virtual session substitute for an in person session?**

The sessions are very similar to our in person sessions except that you will be in the comfort of your own home. Each week you will be sent a list of at home equipment to prepare before the session and then each child will participate in activities as they normally would.

**Benefits of participating in our virtual sessions:**

- Develops critical fundamental motor skills (FMS)

- Brings back routine for you and your child

- Encourages children to associate physical activity with fun

- Fosters social interaction skills such as cooperation, taking turns, supporting and encouraging others

- Develops concentration and listening skills

**What equipment will I need for the session?**

You will need minimal equipment, we will use household items everyone has at home. As an added extra you will have the option to purchase some Equipment Packs from Kelly Sports

**What age group are the sessions for?**

Online sessions are for 4 – 12 year olds

**How much space will I need?**

Each session is planned on using minimal space you will need approx 3m x 3m for the session. This can be done indoors or outdoors.

**How do we participate in each session?**

Once you sign up for any of the virtual programs, we will send your Weekly Video link each Friday morning via email.

**When do you sign up/enrol?**

You can enrol into any program at any time as they are video packages, not live, however each sport (consisting of 2 sessions/weeks) will be rolled out fortnightly starting with Footy on Friday 1st May.  Please see below for roll out dates for when each sport will be available:

* Footy (Fri 1st May)
* Cricket (Fri 15th May)
* Soccer (Fri 29th May)
* Basketball (Fri 12th June)

* Dance (Fri 1st May)

**Can I watch on multiple devices?**

Yes! You can use any device that is hooked up to the Internet such as phone, laptops, iPads or Smart TV’s.

**Can I watch a replay of a session?**

Yes! All virtual sessions will be recorded and you will be able to watch back as many times as you like within a 7 day time frame.

**How much do the live sessions cost?**

$10 per week/session for the entire family.Eg. If you have 5 children it will cost them only $2 per week/session!

**What if something goes wrong with the link/download?**

Contact Brett on 0438 198 031 or [brett@kellysports.com.au](mailto:brett@kellysports.com.au) and we will get it sorted for you!