

Kelly Sports Pre-School Curriculum Overview

FUNDAMENTAL MOTOR SKILLS PROGRAM

Week 1- Soccer
Week 2- Soccer
Week 3- Tennis
Week 4- Tennis
Week 5- Cricket
Week 6- Cricket
Week 7- Footy
Week 8- Footy
Week 9- Hockey
Week 10- Hockey

Weeks 1-2: Soccer - Developing kicking techniques with a Soccer focus. Introducing basic game rules and strategies. Emphasizing teamwork and sportsmanship

Weeks 3-4: Tennis - Focusing on basic strokes (forehand, backhand, serve). Introducing volleying and rallying. Encouraging hand-eye coordination and agility

Weeks 5-6: Cricket - Developing throwing, catching and striking skills with a Cricket focus. Introducing basic game rules and strategies. Emphasizing teamwork, sportsmanship and hand-eye coordination

Weeks 7-8: AFL - Developing kicking, handballing and marking skills through AFL. Introducing basic game rules and strategies. Emphasizing teamwork, sportsmanship and agility

Weeks 9-10: Hockey - Developing stick handling, passing and shooting skills through Hockey. Introducing basic game rules and strategies. Emphasizing teamwork, sportsmanship and hand-eye coordination

Program Goals

- Develop sport-specific skills and knowledge
- Enhance fundamental motor skills through game-based activities
- Foster teamwork, sportsmanship and social skills
- Prepare children for primary school physical education classes
- Promote physical activity, health and wellbeing

KELLY SPORTS – GIVING CHILDREN A LIFE LONG LOVE OF SPORTS

