

NEWSLETTER

SPRING 2018



**KELLY
SPORTS**
LIFE LONG LOVE OF SPORTS

GYMEA BAY HOLIDAY PROGRAM

The Kelly Sports Spring Holiday Program was action packed! We had heaps of fun over the two weeks, with a range of different activities happening each day. We learnt new skills, made friends and get involved and active every day. We hope you can join us next time in January!

Check out the daily highlights!

Book now
for next holidays!

15, 16, 17th
22, 23, 24th
JAN 2019

Tuesday 2nd October

After a big weekend of footy finals, the kids were keen to emulate their hero's today! Warm ups & team building began the day, then kicking practice & tip games were on. Bailey & Suhan were awarded prestigious title of biggest kicks of the day. After the kids sharpened their skills, we were lucky to have a professional rugby league player from the Wests Tigers visit, & taught the kids how to dodge, duck & weave around defenders! The kids raced to get a signature of their new favorite player before starting a big game of footy. Congratulations to the kids for being little footy superstars!

Wednesday 3rd October

DODGEBALL TOURNAMENT!

Today's theme was dodgeball! All the kids were split into their respective age groups & given different teams. They were responsible for naming their own teams for the dodgeball games which came later in the day. The first activity was based around kids being able to throw the ball effectively and also testing their reactions. During afternoon games it was time for dodgeball! All the kids had a blast playing in some friendly competition, three teams becoming victors for the day. It was then home time & all the kids went safe & happy!

Thursday 4th October

ATHLETICS CARNIVAL!

The theme of the day today was athletics! As all the kids very excited when they arrived we started off the morning with a few agility games to make sure their minds were sharp for the rest of the day. As we progressed into our morning activities we worked on our discus throwing and shot put technique. Throughout the afternoon we moved onto some running races and then we finished with a mini Olympics! Everyone thoroughly enjoyed the day and managed to go home with a smile!

Tuesday 9th October
FLIPS, TRICKS,
GYMNASTICS!

First day of Week Two and it was Gymnastic Day. We began with a warm up of stretching and practicing our gymnastics skills. After recess we moved into obstacle courses and specialised gymnastic skills. After lunch we had a professional gymnast come in and teach the kids high bar, trampolining and flipping. Some of the favourite parts were rob the nest, time trial & learning some new gymnastics and dance moves.

Wednesday 10th October
CRAZY CRICKET COMP!

Coming to the middle of our second week & today's theme was cricket! We started the morning with some throwing & catching games to sharpen up our skills for the games which came later in the day. After lunch it was time to get into the thick of things with a game called diamond cricket, all the kids competed in good spirit! Just before the day wrapped up we finished with a very good game of continuous cricket which was played in very good spirits between both teams. All the kids left the day with a smile on their face & some new cricket skills!

Thursday 11th October
STRATEGY GAMES!

Today's theme for the holiday program was strategy games! All of the coaches tried to challenge the kids with games that require thinking, strategy, being strategic. For the morning activities we had detective games, cup stacking challenges, & lots of fun mini games. Later, we participated in sports games outside until it was time to finish! The games required team work & a lot of energy! We ended the day giving out certificates & prizes, everyone finished the holiday program on a high, we are looking forward to summer!



Do you go to GyMEA Bay Public School?

Why not try our after school multi sport program every Wednesday afternoon during the term? Footy, Soccer, Netball, Athletics, Dodgeball, Basketball, Volleyball and much more!
Bookings are open for term four, 2018 on our website.



**FIND US ON
FACEBOOK**

For more information visit
www.kellysports.com.au



For any enquiries contact M 0497 065 621 T (03) 9384 2204
Lara May-Whitcombe E theshire@kellysports.com.au