

## PINE STREET KINDERGARTEN, MANLY

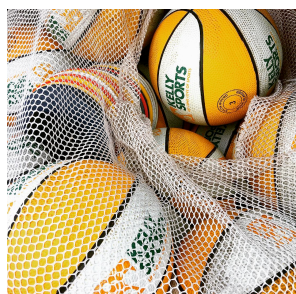
What a fantastic start to Kelly Sports at Pine Street! We are so happy to see a full class from week one as we started our first sport focus in our fundamental motor skills program. Sports will go for two weeks at a time, progressing skills and encouraging maximum participation and active fun! This term we are focusing on throwing and catching, please encourage your kids to continue skills at home and ask them about what they learnt!

### Basketball: Week One

On Thursday 29<sup>th</sup> March we introduced basketball as a sport, many of the kids said they had played before! Warm up included animal freeze and stretching. Then, using bean bags and smaller sized basketballs, we learnt to throw and catch our basketball. The children practised throwing and catching on their own and with a partner. Some of the children advanced onto bouncing and catching the basketball. Our main two skills we learnt were how to chest pass and bounce pass. Finishing our session, we played rob the nest. Having a game at the end of the session uses the skills we learnt during the session in fun way!



### Basketball: Week Two



On Thursday 5<sup>th</sup> April we continued our basketball focus, introducing basketball hoops! We warmed up our muscles with some safety mat freeze! Then, using our smaller sized basketballs, we went straight into our two main skills for the day; dribbling the basketball by giving the ball 'high fives.' and 'shooting hoops'. The children chose what was most comfortable for them, a chest shot or an overhead throw in order to get their ball in the basketball hoop. Finishing our session, we split into two teams, and had a play off – dribbling the ball one by one to the end of the court and shooting a hoop! The kids encouraged each other in turns, and they all got a chance to show off their new skills!

**If you have any questions, please feel free to contact me anytime!**

**Coach Lara ☺**

