

# FUNDAMENTAL MOTOR SKILLS!

TERM 3 2022



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**EXELLYSPORTS.COM.AU** 

## **INFORMATION**

### **FUNDAMENTAL MOTOR SKILLS**

Programmes run weekly, one day a week for half an hour.

#### This term we will focus on the following skills:

- ordination
- → Hand Eye Co- 
  → Safety in group 
  → Having fun with activities
- sports!

Kelly Sports runs programs to teach children the fundamentals of sport. This term's program is all inclusive with high participation. Our key aims are to develop and enhance the following skills - running, jumping, catching, throwing, passing, kicking and striking:

The Fundamental Skills Program includes:

- Motor Skill Development
- Balance and Hand- Eye Coordination
- Introduction to a variety of sports -Soccer, Basketball, Handball, Hockey, Football and more.

#### For Kinders enrolled at Parkside

#### PRICE - \$100 FOR 10 WEEK TERM

9:30am - 10:30am (two groups) Starts - 13/7/22

Concludes - 14/9/22

kellysports.com.au/events Website:

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