

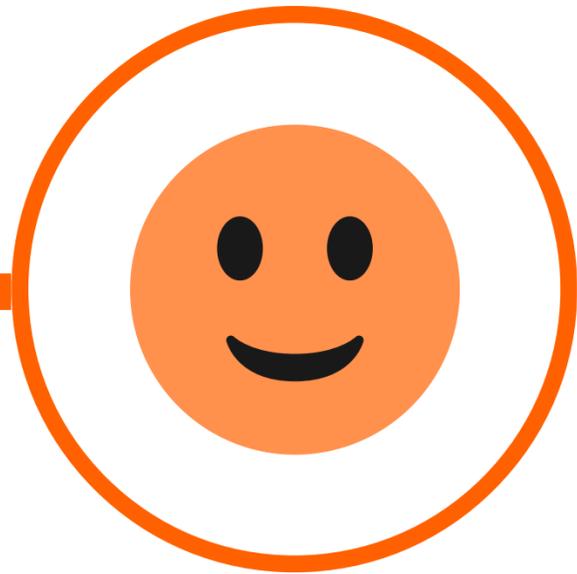


Playgroup Course Content

The many benefits awaiting your child...

minisport

TYPICAL CLASS FORMAT



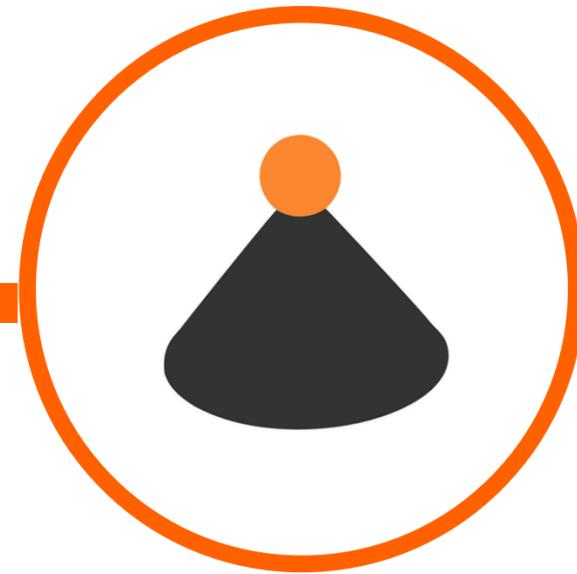
WARM-UP & INTRODUCTION

Children meet & greet their coach & classmates. Class rules & behaviours reinforced.



FUNDAMENTAL BALL SKILLS

Children play games that develop skills such as throwing, bouncing, kicking, striking & catching.



LOCOMOTIVE DEVELOPMENT

A range of obstacle courses and games build children's ability to move their bodies with confidence.



SPORTS FOCUS

Children are introduced to the equipment and techniques of football, tennis, basketball & rugby.

Playgroup Level Ball Skills



1 **HANDLING**

The ability to grasp, manoeuvre & control a ball with the hand.

2 **THROWING**

Projecting a ball forward towards a target or distance.

3 **KICKING**

Striking a ball with the foot.

4 **STRIKING**

Using an external instrument to propel a ball forwards.

5 **DRIBBLING**

Guiding a ball forward in a controlled manner, with the foot or external instrument.

Playgroup Level Locomotive Skills



1 CRAWLING

The ability to move along the floor using all four limbs.

2 STEPPING

The ability to step over obstacles.

3 RUNNING

Moving forward with acceleration.

4 BALANCING

Control of the feet and body to achieve stability.

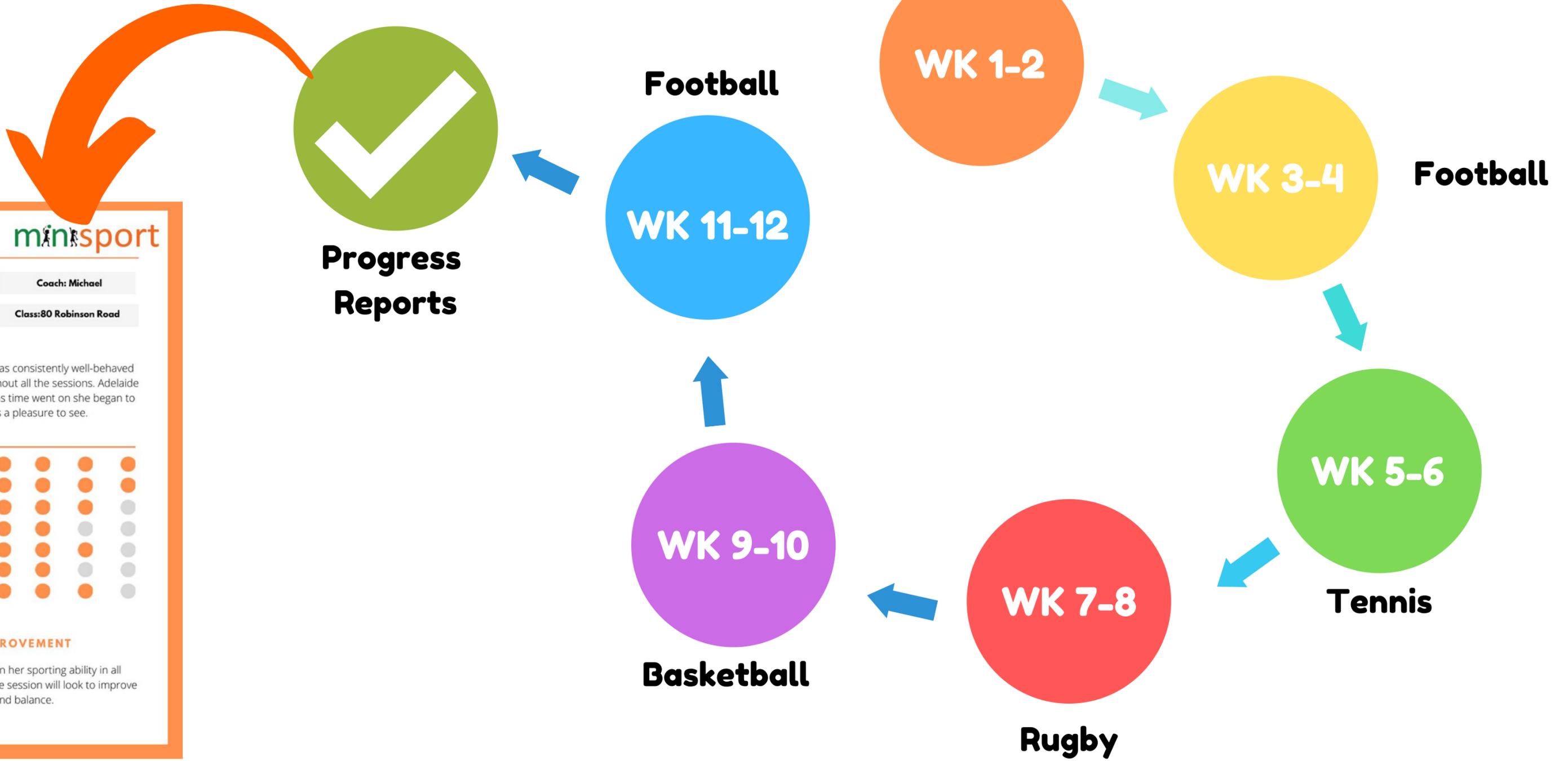
5 TURNING

Changing direction whilst walking/running.

6 JUMPING

The ability to elevate the body into the air from standing.

Sample 12 Week Sport Rotation



REPORT CARD

Name: Adelaide	Coach: Michael
Course: Mini-Tots	Class: 80 Robinson Road

Adelaide was a joy to coach. She was consistently well-behaved and showed great progress throughout all the sessions. Adelaide was very shy in the beginning but as time went on she began to engaged more and it was a pleasure to see.

Class Enjoyment Level:	●	●	●	●	●
Energy in Class:	●	●	●	●	●
Following instructions:	●	●	●	●	●
Interest in Football:	●	●	●	●	●
Interest in Tennis:	●	●	●	●	●
Interest in Rugby:	●	●	●	●	●
Interest in Basketball:	●	●	●	●	●

AREAS FOR IMPROVEMENT

Adelaide showed great promise in her sporting ability in all Minisport session. However, in future session will look to improve her coordination and balance.

*Playgroup students are exposed to the equipment of the above sports, however the focus will remain on fundamental skills
 *Note that all classes contain 15-25 mins of fundamental ball skill and/or locomotive development- which may not include the sports above
 *The above diagram is an example of a 12 week cycle. Sports wmay be delivered in a different order to that of above and also that some cycles are not exactly 12 weeks.