

# Level 1 Course Content

---

The many benefits awaiting your child...

# TYPICAL CLASS FORMAT



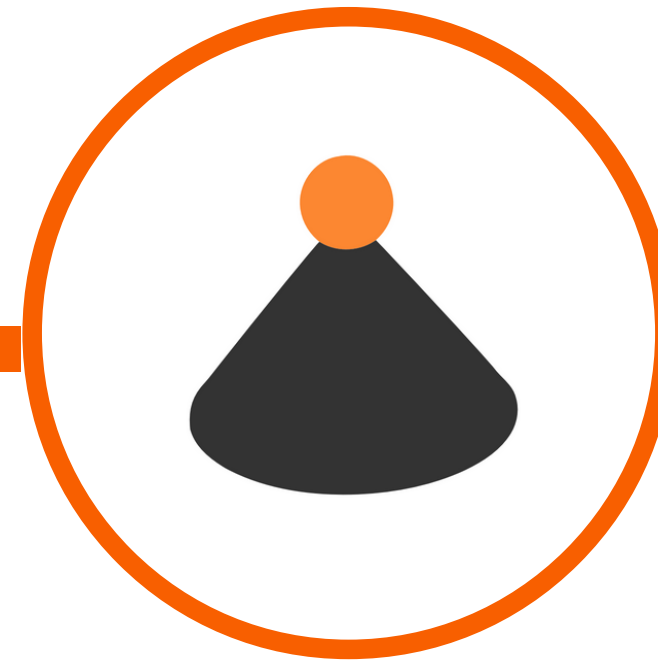
## WARM-UP & INTRODUCTION

Children meet & greet their coach & class mates. Class rules & behaviours reinforced.



## FUNDAMENTAL BALL SKILLS

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



## LOCOMOTIVE DEVELOPMENT

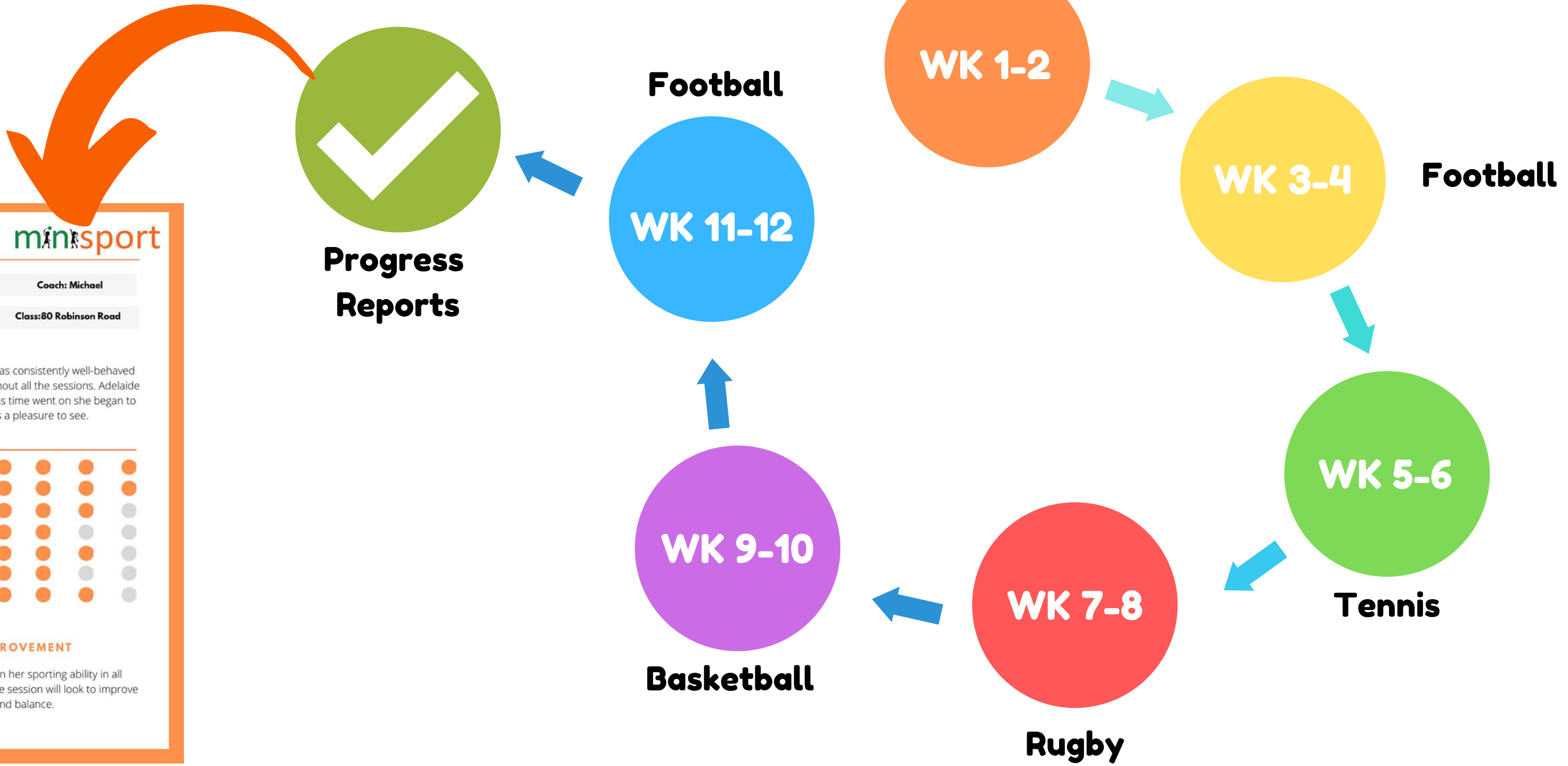
A range of obstacle courses and games build children's ability to move their bodies with confidence.



## SPORTS FOCUS

Children are introduced to real sporting techniques involved in football, tennis, basketball & rugby.

# Sample 12 Week Sport Rotation



**REPORT CARD** minisport

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 bt the focus will remian 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.

# Level 1 Ball Skills



## 1 TRACKING

Stopping a ball that is moving away from the child's body.

## 2 BLOCKING

Stopping a ball that is approaching the body.

## 4 CATCHING

Grasping a ball that is being projected at a child's body.

## 5 RECEIVING & STRIKING

Receiving a ball that is being projected at the body and striking it in one motion.

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

**minisport**

# Mini-Tots Locomotive Skills



**1** LATERAL  
MOVEMENTS

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

**2** BALANCING

The ability to step over obstacles.

**3** EVASION

Moving forward with acceleration.

**4** AGILITY

Control of the feet and body to achieve stability.