

Level 1 Course Content

**3.5-5
YRS**

The many benefits awaiting your child...

TYPICAL CLASS FORMAT



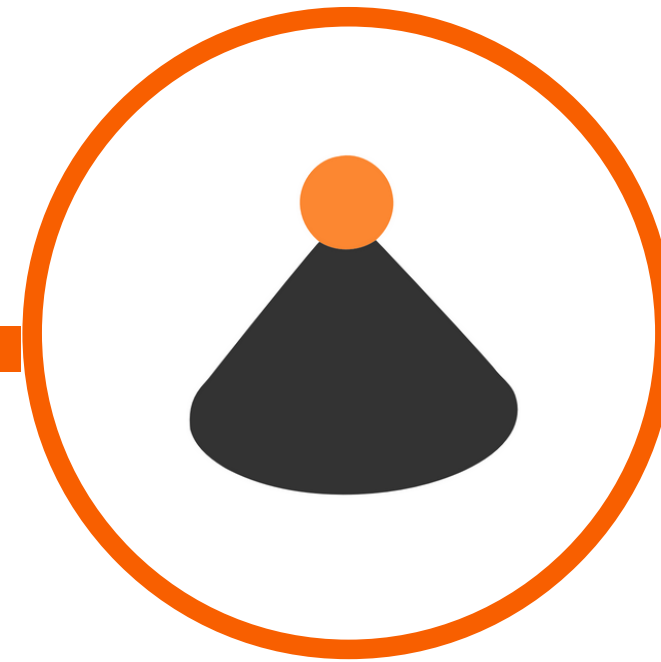
WARM-UP & INTRODUCTION

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

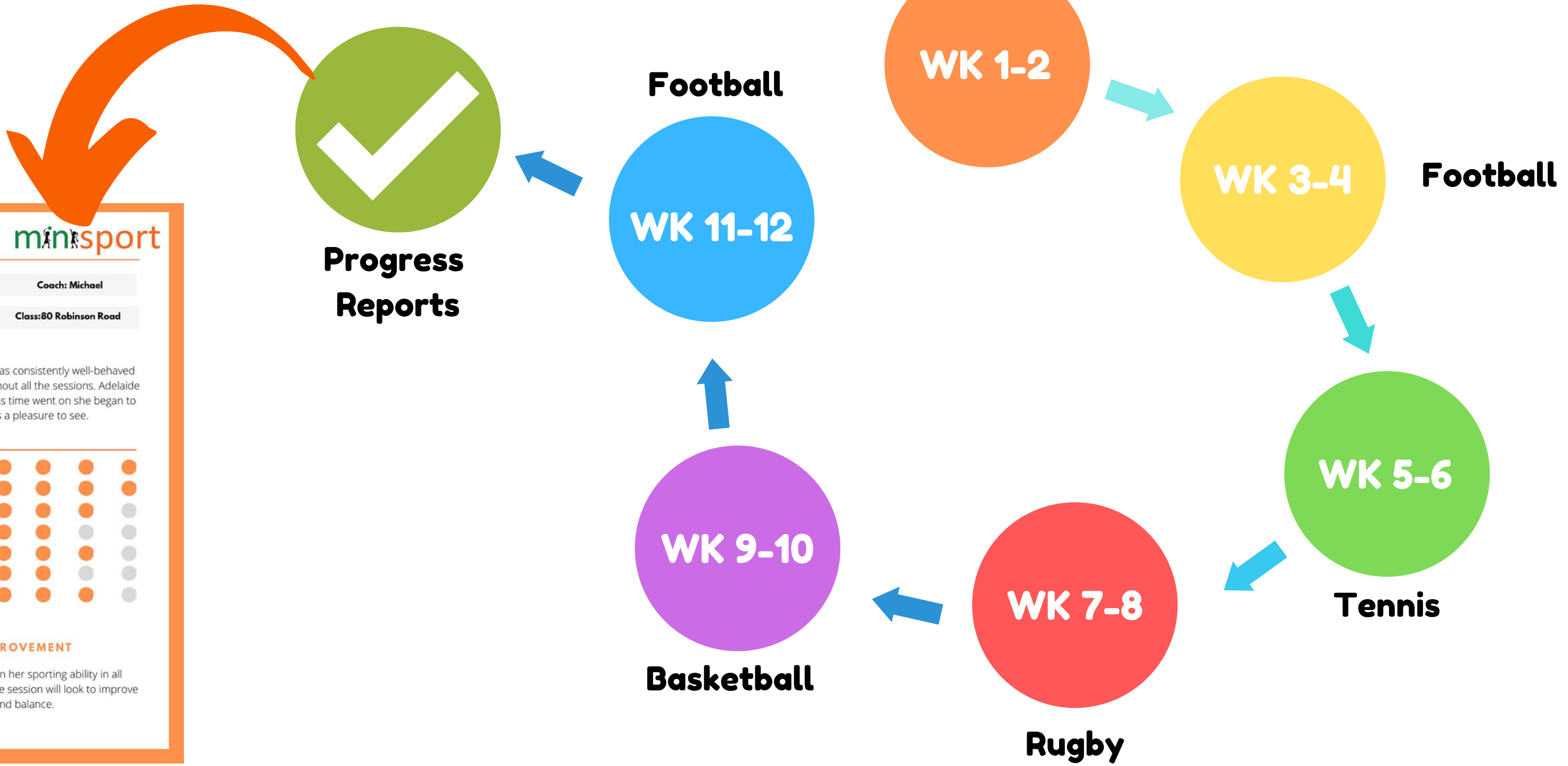
A range of obstacle courses and games build children's ability to move their bodies with confidence.



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.

*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 may be delivered in a different order to that of above and also note that some cycles are not exactly 12 weeks.
 *Reports are not issued to classes that do less than 12 sessions.

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.

**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

Level 1 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.