

▫

## Is sports for pre-schoolers

Over a 12 month period we will offer an introduction into a variety of sports and have heaps of fun along the way. Maybe your child has a hidden talent for golf or athletics!

[Come along to our open day on July 24<sup>th</sup> to find out more](#)

**Classes are filling fast so as not to be disappointed you can pre register at**

[www.smallsports.co.nz](http://www.smallsports.co.nz)

## Our goals for your kids

The Small Sports program has been designed by pre-school sports professionals to make sure your child learns valuable techniques and skills that they can take with them through the rest of their childhood.

## What Sports will your Child cover?

Over a 4 term year your child will be taught the basics of;

Hockey, T-Ball (Softball), Cricket, Golf, Athletics, Netball & Basketball, Soccer, Rugby, Tennis

The 45 minute sessions will be skill-based with a focus on fun!

## What skills will your child learn?

Small Sports works on seven key basic skills and learning principles that cover both body capability and learning, along with attitude and enjoyment. We believe that learning is important but by making things fun, you make them easier to learn and to make things fun, you need to play fair.

### **The Skills and Learning Principles**

1: **Body awareness;** Knowledge of body parts, spatial awareness of body, what each body part can do

2: **Team work;** sharing, talking, playing together, being kind, praising and supporting peers.

3: **Fun;** laughing, feeling of achievement, making friends, winning prizes, Mum and Dad joining in, individual and team games.

4: **Body coordination;** games to improve balance, agility and flexibility; climbing, jumping, crawling, obstacle courses, relays.

[www.smallsports.co.nz](http://www.smallsports.co.nz)

5: **Hand eye coordination**; eye contact following moving objects, Small ball skills - passing, aiming, catching, hitting and throwing balls.

6: **Strength and power**; grip of ball, bat - using hand muscles, climbing, stance and strength in legs,

7: **Fitness**, speed and endurance.

### **The Atmosphere and environment to expect:**

Individual sports equipment for each child – bats, balls, beanbags etc.

Large, safe indoor space

Positive atmosphere and encouragement at all times

Caring staff

Comfortable environment

Non-stop activity

Clean changing rooms

Our Opening Term Special is \$110

For this you will get 9x 45min sessions

Small classes (maximum of 10 children per session)

New equipment

Professional program filled with heaps of fun.

Fully trained and experienced staff