FUNDAMENTAL SHORTS SKILLS PROGRAM



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EXELLYSPORTS.COM.AU

INFORMATION

FOR PARENTS

FUNDAMENTAL SKILLS PROGRAM

Programmes run weekly on one day a week for 30 minutes.

The Kelly Sports Fundamental Skills Program teaches children the fundamentals of sport with an emphasis on teamwork and social skills. This sports program is all inclusive with high participation in a safe and fun environment.

BENEFITS FOR CHILDREN

- Develops critical fundamental motor skills
- Encourages children to associate physical movement and activity with fun and learning
- Fosters social interaction skills such as co-operation, sharing, taking turns, supporting, working in a team and encouraging others
- Develops concentration and listening skills
- Skills learned will assist in development and transition into primary school

This term we will focus on the following skills:

Running

✓ Catching

Kicking

Jumping

✓ Throwing

Passing

8 WEEK PROGRAM FOR \$90 INCL. GST

When: Mondays 2:45pm-3:15pm Commencing: 2nd February 2026

Concluding: 30th March 2026 (no session 9th March) For Children in the Wombats group aged 4-5 years

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