

FUNDAMENTAL SKILLS PROGRAM



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KELLYSPORTS.COM.AU

INFORMATION

FOR PARENTS

FUNDAMENTAL SKILLS PROGRAM

Programmes run weekly on one day a week

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



KINDERS - \$92 INC GST

When: Tuesdays - 9 week program Time: Kinders 10:30am - 11:15am

Commencing: 5th August 2025

Concluding: 30th September 2025

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