



# FUNDAMENTAL & PERCEPTUAL MOTOR SKILL PROGRAM

COMMENCING NOVEMBER 2021



BOOK ONLINE NOW AT

 **KELLYSPORTS.COM.AU**

Programmes run weekly on one day a week for one hour.

**This term we will focus on the following FMS & PMP skills:**

- ✓ Catching
- ✓ Throwing
- ✓ Jumping
- ✓ Hand-eye coordination
- ✓ Kicking
- ✓ Striking
- ✓ Running
- ✓ Locomotion/Agility

This weekly programme gives children the skills and confidence in a fun and enjoyable environment. It also encourages their enthusiasm and passion for sport – giving them increased confidence leading into the future. Our introductory skill based program will give your child a kick start to achieve enhanced FMS & PMP skills that can be transferred across a variety of sports and facets of physical activity.

**For Preschool aged children**

**\$126 FOR 7 WEEKS**

**Venue: Crook St Park**

**Day: Friday**

**Start Date: 5th of November, 2021**

**End Date: 17th of December, 2021**

**Time: 10am - 11am**

**BOOK EARLY & SAVE**

Book before the 1st of November to save 10% on your booking!

**Website:** [kellysports.com.au/bendigo](http://kellysports.com.au/bendigo)

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