

# PRE SCHOOL CLINICS

Get your little ones active, with Kelly Sports!

**Kelly Sports is coming to**

**Pine Street Kindy, Manly!**



## Background

Kelly Sports has been operating sporting clinics in over 300 pre schools and childcare centres around Australia. The professional and experienced leadership team at Kelly Sports understands the importance of physical activity in young children and endeavours to provide children and parents fun and organised sporting activities.

## Kelly Sports Team

The success of our program depends upon the ability of the Kelly Sports team. Our team of coaches are rigorously screened and trained in all aspects of program operation. Kelly Sports Motto is SAFE, SKILL, SMILE and participation in our programs offer children positive, skill based learning in an enjoyable and safe environment. The Kelly Sports Way is a unique way of gaining respect for and from the children. We educate our team of coaches to understand and constantly reinforce this philosophy.

## Why exercise for children matters

Children were born to move. Activity and movement helps kids develop not only their bodies, but also their brains, their ability to learn, and their social skills. It impacts not only physical development, but cognitive, social, and emotional development - the whole child. Childhood is the best time to establish good habits, so that kids seek and enjoy exercise instead of avoiding it. And of course, starting early means reaping the benefits early! Moderate to vigorous physical activity feeds the brain with water, glucose, and oxygen, which we all need for optimal performance and it gets those endorphins going, so we feel better too.

## Early Childhood Movement Programs

The Kelly Sports Fundamental Skills programs fits within the National Quality Standards (NQS), which is a key aspect of the National Quality Framework. The National Quality Framework is a nationwide approach to early learning and sets the benchmark for kindergarten programs. Our Fundamentals Skills Program fits within Quality Area 3 - Physical Environment, by touching on Standards 3.1, 3.2, and 3.3.

## Features of the Program

- Includes all mainstream sports
- Uses equipment suitable for 3 - 5 year old children
- Taught by qualified coaches
- Runs weekly in term time, 30 minute lessons
- Includes fine motor, and gross motor skills, hand-eye coordination and foot-eye coordination
- Wet and hot weather is catered for

## Benefits for Children

- Develops critical fundamental motor skills (FMS)
- Encourages children to associate physical activity with fun
- Fosters social interaction skills such as co-operation, sharing, taking turns, supporting and encouraging others
- Develops concentration and listening skills
- Skills learned will assist in transition to primary school

