

Fundamental Movement Programs

Our Fundamental Movement Programs focus on developing essential motor skills, coordination and balance.

These skills include jumping, kicking, bouncing, throwing and catching, dodging, spatial awareness and striking skills.

These skills are taught in an engaging atmosphere that allows for maximal participation and involvement.

Each session runs for a duration of 30 minutes and includes the following components:

Warm-up • Skill activity • Team games • Conclusion



All of our preschool programs are age-appropriate for 1-5 year olds and can be adapted to meet the specific requirements of the age group.



LET'S CONNECT

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Introducing children to a world of fun and fitness with our specially designed sports programs for 1-5 year olds





SPORTY SHORTIES PROGRAM



The Sporty Shorties Program is tailored for younger children, introducing them to a variety of sports in a playful and supportive environment. This program encourages social interaction, teamwork, and the development of basic sports skills.

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|-------------|------------|
| FOOTBALL | SOCCER |
| TENNIS | ATHLETICS |
| TOUCH RUGBY | CRICKET |
| FRISBEE | BASKETBALL |
| NETBALL | HOCKEY |



GYMNASTICS PROGRAMS

Within our gymnastics programs, children will learn basic gymnastics movements including:

- Balance • Agility • Strength • Jumping and landing • Climbing skills • Rolling with correct technique • Handstands • Cartwheels • Bridges • Body positioning • Core strength

DANCE PROGRAMS



Our dance program offers a creative outlet for children to express themselves through movement. This program introduces various skills including:

- Beat Awareness • Timing • Movement Skills: toe-taps, knee lifts, foot patterns • Directional Movement • Spatial Awareness • Creative Expression • Imaginative Play • Group Dynamics

PERCEPTUAL MOTOR PROGRAMS (P.M.P)



A tabloid of super-engaging sports activities that focus on enhancing balance, eye-tracking, fitness, agility, locomotion, hand-eye coordination, and foot-eye coordination.

Small-sided activities are set out for the children to engage in, and our qualified coaches assist the children in completing the tasks.

This program also promotes problem-solving, sharing and turn-taking, accepting others' ideas and opinions, and communication skills.



All skills are taught through engaging and age-appropriate activities, with all equipment provided by our experienced team.

