

Live Class FAQ

How can an online session substitute for an in person session?

The sessions are very similar to our in person sessions except that you will be in the comfort of your own home. Each week you will be sent a list of at home equipment to prepare before the session and then each child will participate in activities as they normally would.

Benefits of participating in our live sessions:

- Develops critical fundamental motor skills (FMS)
- Brings back routine for you and your child
- Encourages children to associate physical activity with fun
- Fosters social interaction skills such as cooperation, taking turns, supporting and encouraging others
- Develops concentration and listening skills

What equipment will I need for the session?

You will need minimal equipment, we will use House Hold items everyone has at home. As an added extra you will have the option to purchase some Equipment Packs from Kelly Sports

What age group are the sessions for?

Online sessions are for 5 - 10year olds

How much space will I need?

Each session is planned on using minimal space you will need approx 3m x 3m for the session. This can be done indoors or outdoors.

How do we participate in each session?

Once you sign up for the term 2 program we will send your Weekly Video on Monday morning in addition you will be able to join your coach for a weekly live session!

The Live Sessions are run through Zoom, before each session you will be sent an invitation to join, please make sure you have downloaded the app before the first session. This application can be downloaded onto your phone, laptop or tablet and is free of charge. <https://zoom.us/>

When do you sign in?

We recommend that you sign in 10mins before the scheduled session start time

The Scheduled time doesn't suit can I have another time

Live sessions are run once a week if you miss your scheduled time dont worry because you will have the recorded sessions to catch up and complete as many times as you want during the week.

Can I watch on multiple devices?

No you can only use 1 device for the live session this can be phone, laptop or ipad

Can I watch a replay of a live session?

Yes all Live sessions will be recorded you will be able to watch back as many times as you like

How much do the live sessions cost?

Live sessions are included as part of the Terms Program there is no extra cost!

What if something goes wrong with the Live Class?

Each Session will be recorded so you can watch the session back.