



Playgroup Course Content

The many benefits awaiting your child...

minisport

TYPICAL CLASS FORMAT



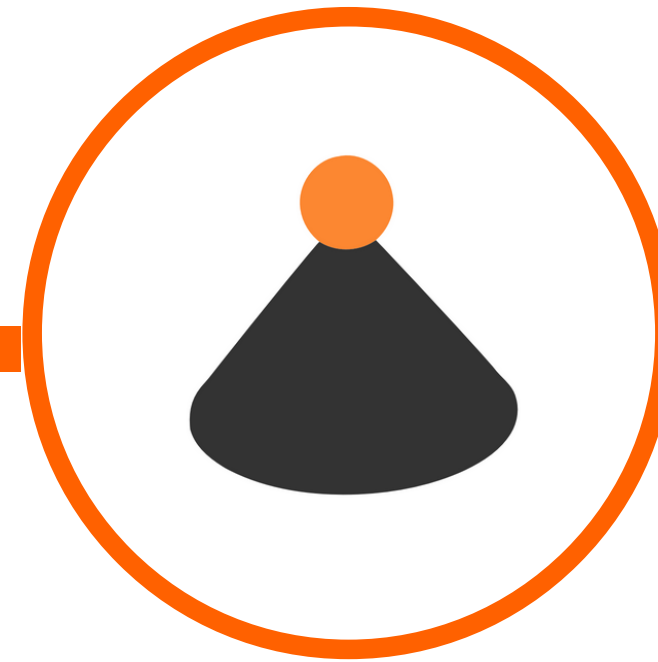
WARM-UP & INTRODUCTION

Children meet & greet their coach & classmates. Class rules & behaviours reinforced.



FUNDAMENTAL BALL SKILLS

Children play games that develop skills such as throwing, bouncing, kicking, striking & catching.



LOCOMOTIVE DEVELOPMENT

A range of obstacle courses and games build children's ability to move their bodies with confidence.



SPORTS FOCUS

Children are introduced to the equipment and techniques of football, tennis, basketball & rugby.

Playgroup Level Ball Skills



1 HANDLING

The ability to grasp, manoeuvre & control a ball with the hand.

2 THROWING

Projecting a ball forward towards a target or distance.

3 KICKING

Striking a ball with the foot.

4 STRIKING

Using an external instrument to propel a ball forwards.

5 DRIBBLING

Guiding a ball forward in a controlled manner, with the foot or external instrument.



Playgroup Level Locomotive Skills



1 CRAWLING

The ability to move along the floor using all four limbs.

2 STEPPING

The ability to step over obstacles.

3 RUNNING

Moving forward with acceleration.

4 BALANCING

Control of the feet and body to achieve stability.

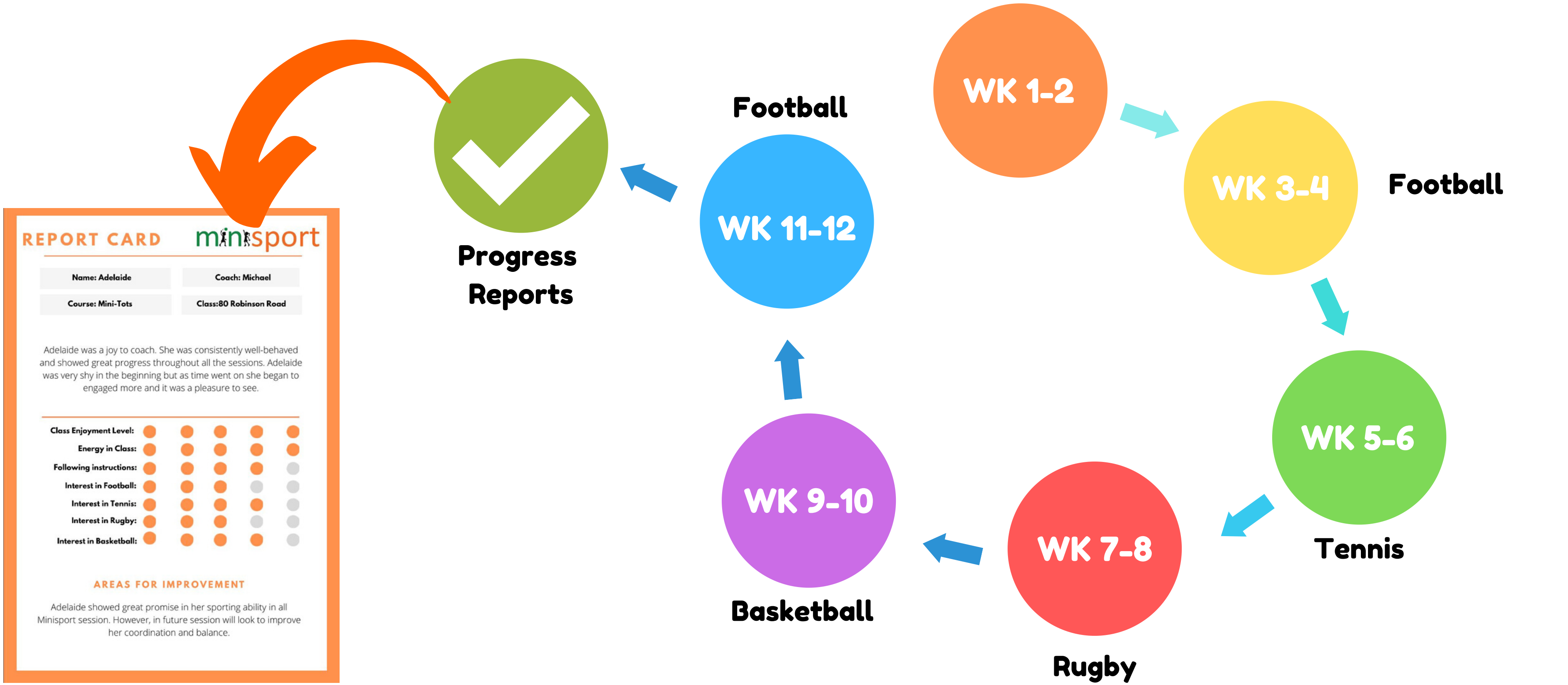
5 TURNING

Changing direction whilst walking/running.

6 JUMPING

The ability to elevate the body into the air from standing.

Sample 12 Week Sport Rotation



*Playgroup students are exposed to the equipment of the above sports, however the focus will remain on fundamental skills

*Note that all classes contain 15-25 mins of fundamental ball skill and/or locomotive development- which may not include the sports above

*The above diagram is an example of a 12 week cycle. Sports wmay be delivered in a different order to that of above and also that some cycles are not exactly 12 weeks.

Mini-Tots Course Content

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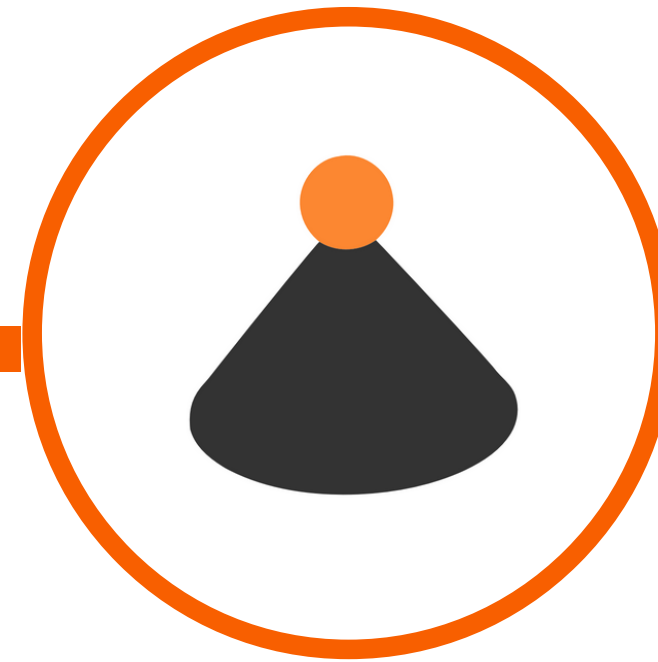
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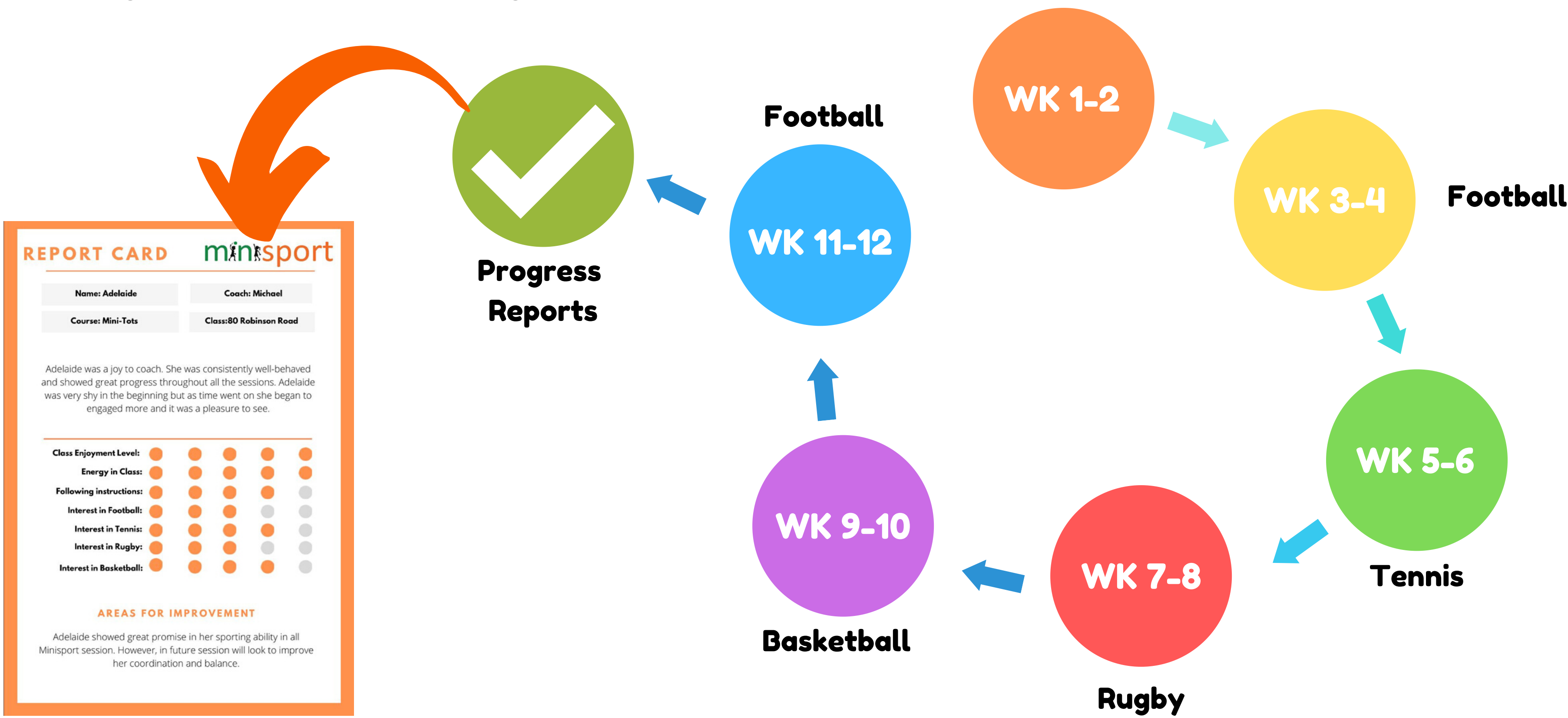
A range of obstacle courses and games build children's ability to move their bodies with confidence.



SPORTS FOCUS

Children are introduced to the equipment and techniques of football, tennis, basketball & rugby.

Sample 12 Week Sport Rotation



REPORT CARD

Name: Adelaide	Coach: Michael
Course: Mini-Tots	Class:80 Robinson Road

Adelaide was a joy to coach. She was consistently well-behaved and showed great progress throughout all the sessions. Adelaide was very shy in the beginning but as time went on she began to engaged more and it was a pleasure to see.

Class Enjoyment Level:	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
Energy in Class:	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
Following instructions:	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
Interest in Football:	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
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Interest in Basketball:	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

AREAS FOR IMPROVEMENT

Adelaide showed great promise in her sporting ability in all Minisport session. However, in future session will look to improve her coordination and balance.

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Mini-Tots Ball Skills



1 TRACKING

Stopping a ball that is moving away from the child's body.

2 BLOCKING

Stopping a ball that is approaching the body.

4 CATCHING

Grasping a ball that is being projected at a child's body.

5 RECEIVING & STRIKING

Receiving a ball that is being projected at the body and striking it in one motion.

Guiding a ball forward in a controlled manner, with the foot or external instrument.

Mini-Tots Locomotive Skills



1

**LATERAL
MOVEMENTS**

Moving & shuffling from side to side.

2

BALANCING

The ability to maintain stability when moving in various directions and manners.

3

ACCELERATION

Running with increasing acceleration.

4

AGILITY

Control of the feet and body to achieve stability.

Level 1 Course Content

The many benefits awaiting your child...

TYPICAL CLASS FORMAT



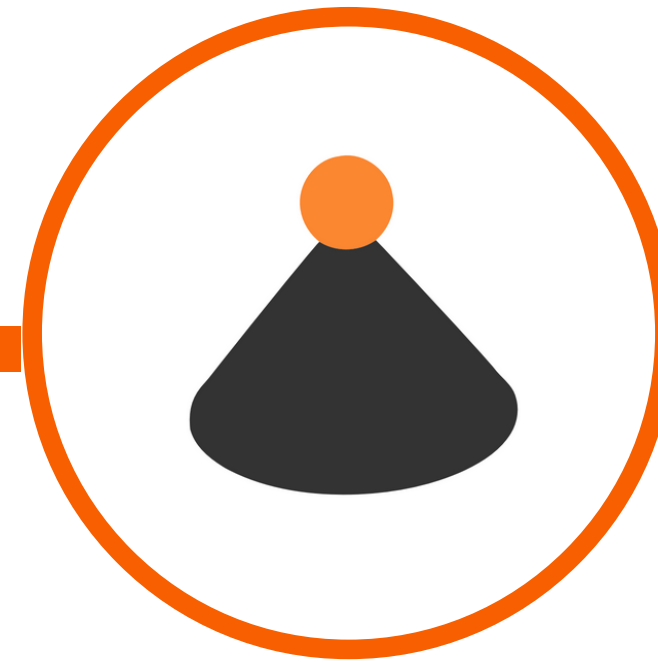
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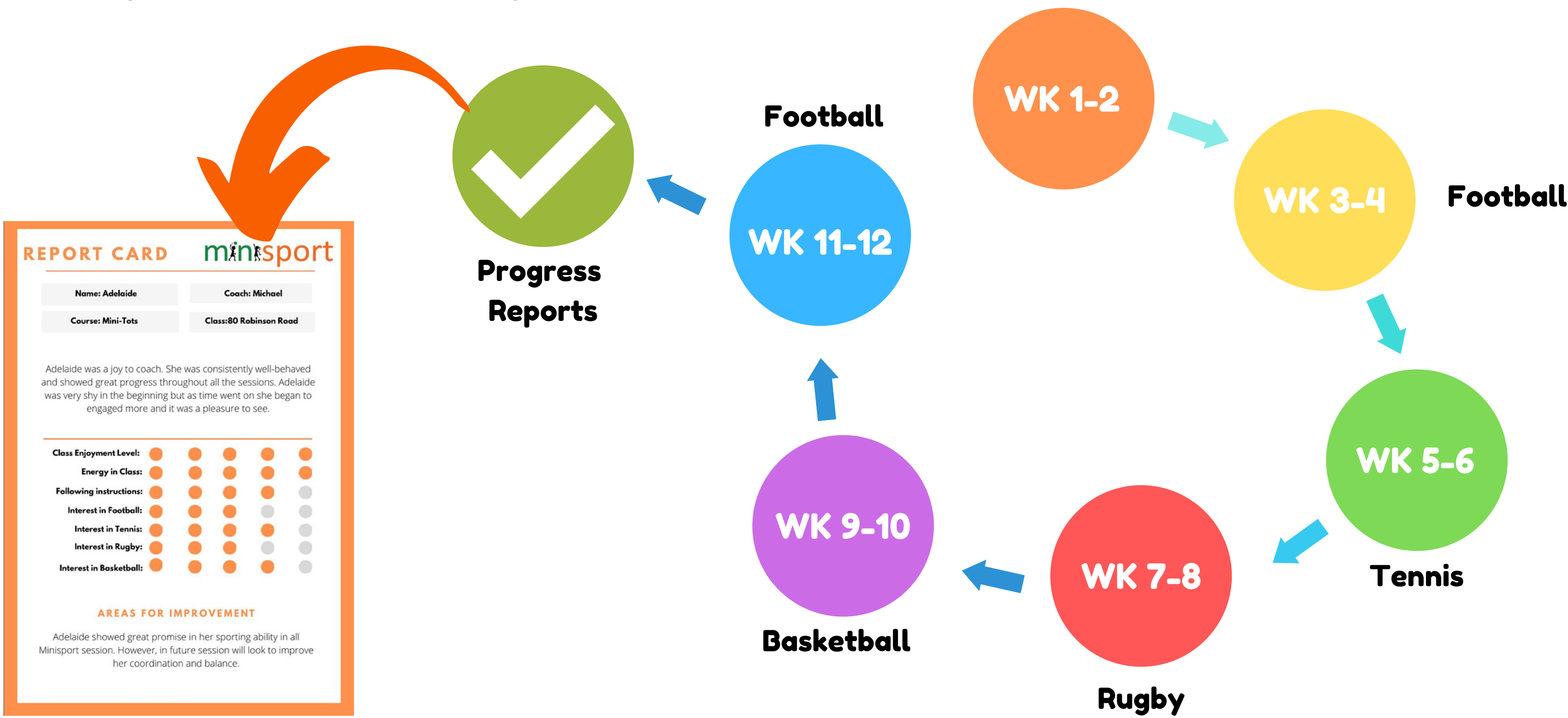
A range of obstacle courses and games build children's ability to move their bodies with confidence.



SPORTS FOCUS

Children are introduced to real sporting techniques involved in football, tennis, basketball & rugby.

Sample 12 Week Sport Rotation



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Course: Mini-Tots	Class:80 Robinson Road

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Mini-Tots Locomotive Skills



1

**LATERAL
MOVEMENTS**

The ability to move along the floor using all four limbs.

2

BALANCING

The ability to step over obstacles.

3

EVASION

Moving forward with acceleration.

4

AGILITY

Control of the feet and body to achieve stability.

Level 2 Course Content

**The many benefits awaiting your children,
aged 6-8yrs.**

TYPICAL CLASS FORMAT



PLAY

Children engage in small-sided modified games upon arrival. They are encouraged to have fun and experience the sport for themselves.



INTRODUCTION

Through guided questions, children give feedback about the sport they have just tried. The coach then introduces them to the goal of the session.



PRACTISE

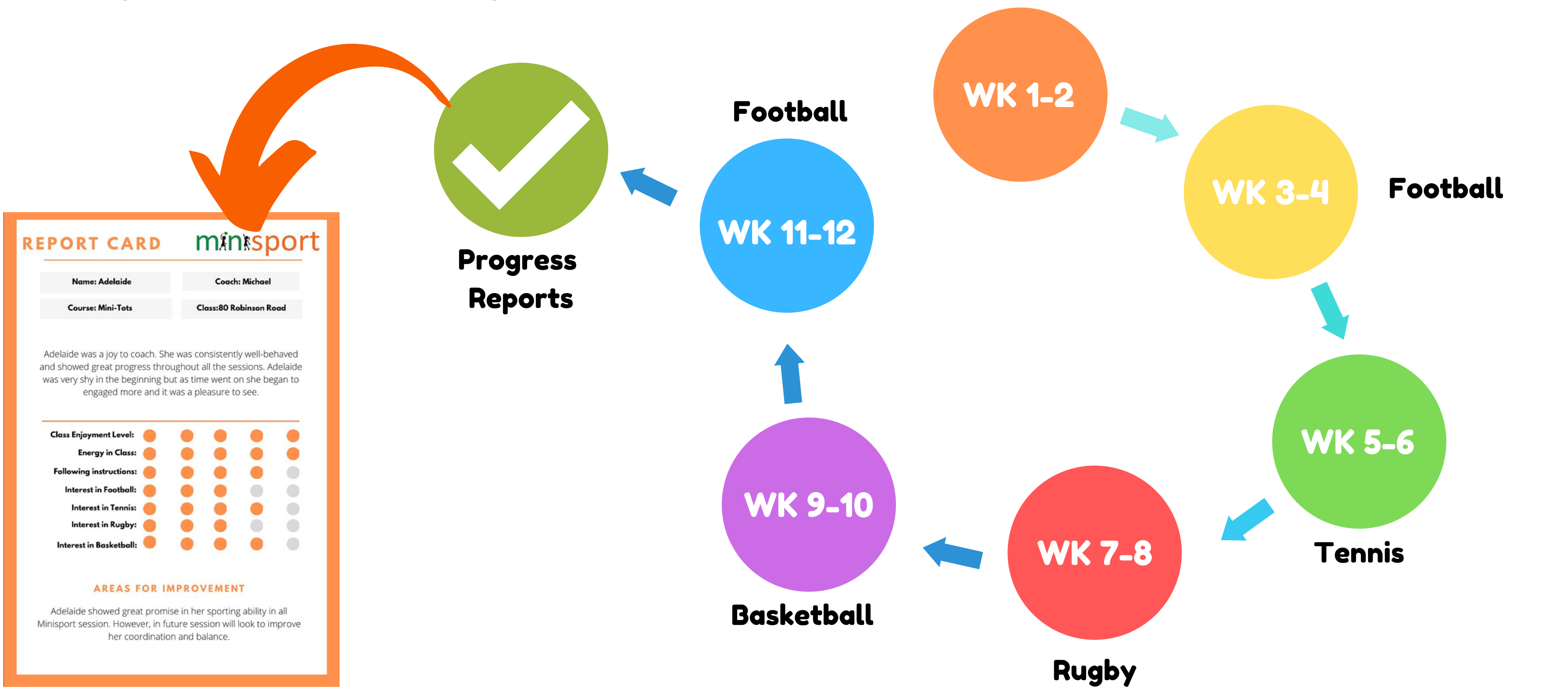
Children perform targeted learning activities that focus on teaching the session's goal. These activities involve players making decisions and allow for creative problem solving, whilst also resembling real sporting situations.



PLAY

Children return to the Play phase with new knowledge and skills learned in the Practise section. They are encouraged to demonstrate these in a game situation with coaches checking understanding.

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Level 2 Sports Skills & Knowledge

1

PRINCIPLES OF PLAY

Understanding the fundamental concepts involved in sports, i.e. Attack & Defense

2

SKILLS

Developing specific movement and ball skills relating to each sport

3

TEAMWORK

Learning how to play & work with others as a team

