



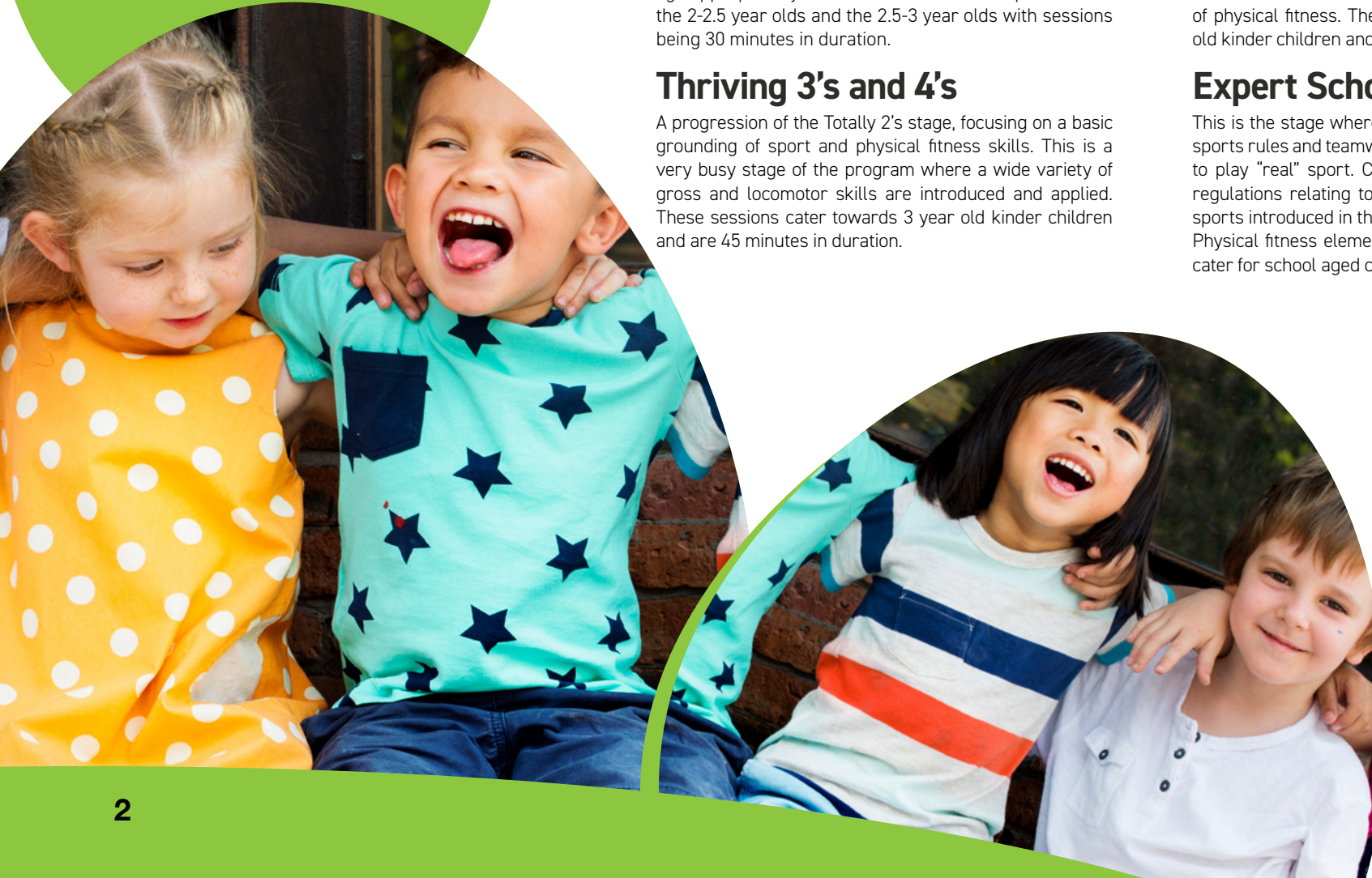
SPORTZ BUZZ PROGRAMS

thefernelc.com.au

Program

Information

**Sport is
more than a
game — it's an
Education"**



Totally 2's

An explorative introduction to general motor and fitness skills making use of creative sports related equipment. We offer 2 and 3 year olds an opportunity to discover and develop more formalised play with a distinct sport and physical fitness theme. Our sessions are grouped age appropriately and these sessions are separated into the 2-2.5 year olds and the 2.5-3 year olds with sessions being 30 minutes in duration.

Thriving 3's and 4's

A progression of the Totally 2's stage, focusing on a basic grounding of sport and physical fitness skills. This is a very busy stage of the program where a wide variety of gross and locomotor skills are introduced and applied. These sessions cater towards 3 year old kinder children and are 45 minutes in duration.

Fearless 4's and 5's

A fundamental introduction to specific sport skills, each week concentrating on a different sport. During this stage not only will children be exposed to our 9 different sports namely baseball, basketball, cricket, footy, hockey, netball, soccer, tennis, netball and volleyball, they will also be introduced to basic rules and essential elements of physical fitness. These sessions cater towards 4 year old kinder children and run for 45 minutes.

Expert Schoolies

This is the stage where skills are learned and mastered, sports rules and teamwork are applied and children begin to play "real" sport. Children are exposed to rules and regulations relating to a variety of team sports. All the sports introduced in the previous stage are extended and Physical fitness elements are enhanced. These sessions cater for school aged children and run for 45 minutes.

Program delivered by:

