Motor Active’s – ‘Sports’ Skills’ program

<table>
<thead>
<tr>
<th>What is Motor Active ‘Sports’ Skills’ program?</th>
<th>Our Sports’ Skills program provides children 5-12 years of age, with an introduction to individual and team sports. This program is ideal for children who find school Physical Education a challenge, or who lack the motivation to join in physical activities with their peers. The program focuses on developing sports’ skills, knowledge of game rules and human anatomy, and confidence and motivation in a physical activity environment. The Sports’ Skills program provides children with an opportunity to experience success engaging in different sports and physical activities. The Motor Active ‘Sports’ Skills’ program provides a fun program in a non-threatening environment away from the sometimes intimidating setting of school Physical Education or mainstream extra-curricula sports.</th>
</tr>
</thead>
</table>
| Who would be best suited to this program? | • Children who have difficulty learning sports’ skills in a school environment  
• Children with poor confidence and motivation around physical activities  
• Children who often choose to not participate in physical activities with their peers  
• Children who would like to further develop their sporting skills |
| What is the key focus of the program? | The program focuses on developing and enhancing each child’s:  
• Sports’ skills and knowledge of game rules  
• Self-confidence in a physical activity and sporting environment  
• Motivation to participate, and to have fun, in a sporting environment  
• Social interaction skills  
• Gross motor skills  
• Awareness of body, space, and effort in movement and knowledge of the human body  
• Memory, language, problem solving and physical education skills |
| What does the program entail? | • Seven weekly sessions (per term), 60 minutes in length  
• One on one instruction with an assigned instructor with expert knowledge in exercise science  
• Individualised program introducing sports such as: soccer, cricket, basketball, netball, volleyball, t-ball, and athletics  
• Weekly home skill sheets individualised for each child’s requirements  
• Cost of $200 per term, including free adjacent parking |