

Athletics



Golf



T-ball



Tennis



AFL



The kids will learn/develop:

- Correct technique for hurdles, javelin, triple-jump, long-jump, discus, relays and sprinting.
- Enhanced gross motor skills

The kids will learn/develop:

- Correct grip to hold and technique to swing the club and hit the golf ball.
- Ability to putt the golf ball in a controlled manner.
- Enhanced fine motor skills.

The kids will learn/develop:

- Ability to hit a ball off a tee.
- Ability to field a ball.
- Ability to throw using a correct 'muscle man' action, simulating a 'pitching' motion
- Enhanced hand-eye coordination.

The kids will learn/develop:

- Ability to make contact between a ball and racquet (hit).
- Ability to control a tennis ball.
- Awareness of different tennis strokes (forehand, volley, backhand, serving etc).
- Enhanced hand-eye coordination.

The kids will learn/develop:

- Ability to handball correctly.
- Ability to kick the ball correctly.
- Ability to mark the call correctly
- Enhanced eye-foot coordination.

Basketball



Rugby



Soccer



Hockey



Cricket



The kids will learn/develop:

- Ability to catch and throw a ball.
- Ability to perform a basic dribble, chest-pass and shot for goal.
- Enhanced eye-hand coordination.

The kids will learn/develop:

- Ability to kick the ball correctly.
- Ability to pass the ball correctly.
- Understanding of how to carry the ball and score a try.
- Enhanced hand-eye & foot-eye coordination.

The kids will learn/develop:

- Understanding of different body parts used when playing soccer.
- Enhanced foot-eye coordination.
- Ability to kick and control a soccer ball using correct technique.

The kids will learn/develop:

- Correct technique to hold a hockey stick.
- Ability to make the hockey stick and puck connect.
- Ability to control the puck with the hockey stick.
- Enhanced hand-eye coordination.

The kids will learn/develop:

- Correct technique to hold a cricket bat and hit.
- Ability to throw using a correct 'muscle man' action.
- Ability to field and bowl a ball.
- Enhanced hand-eye coordination.

