

**Kelly**



**Sports**

# Fundamental Skills Programme

## Teaching children the fundamentals of sport:

**running – jumping – catching – throwing – passing – kicking - striking**

Kelly Sports runs programmes to teach children the fundamentals of sport. The programme is all inclusive with high participation. Our key aims are to develop and enhance the following skills – running, jumping, catching, throwing, passing, kicking and striking:

- Kelly Sports coaches can run sessions for your classes once a week which teachers would observe. These sessions are designed to teach children basic sporting skills.
- Teachers are then given a summary of the ‘coaching tips’ from that week’s session. They can take their children out to practise the same skills during the week.
- Once all the skills have been taught over seven weeks (one skill covered each week) the Kelly Sports coaches come back to run an assessment session with the children where they work with the teacher to see where they are at with the skills they have been taught. A teacher assessment sheet is provided for this session.
- There is also a self-assessment sheet where the children can mark off each of the various steps they have achieved in working on a particular skill.
- The teacher and self-assessment sheets are useful to include in children’s individual folders to show what they’ve achieved throughout the year.

### For a quote or more information contact:

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***Kelly Sports – Giving Kids a Sporting Chance***

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