

Sports & Games Club



Optimise your child's fitness!

(For Pre-School children up to 7 years)

Join us at the brand new Kids In Motion Club this school year! In order to play any sport children need to build a foundation of fundamental skills. Exercise has been found to have numerous beneficial effects on physical development and psychological health benefits in children. During our programme children will develop their fitness levels all in a fun, interactive way - building strength, flexibility and endurance. We will participate in some active board games too!

Your child will develop skills such as:

- balance, co-ordination & agility skills
- physical strength, flexibility and endurance
- ball skills - throwing, catching, kicking & dribbling
- co-operation skills including teamwork and sportsmanship
- understanding of the importance of healthy eating & hydration