

FAST FEET MODIFIED SPORTS PROGRAM



INTRODUCTION

Fast Feet Modified Sports Program is a branch of Fast Feet Football, where the fundamental goal is to create an enjoyable atmosphere, where the children improve their all-round ability not only in a variety of sports, where kicking, running, dribbling, catching, hitting, jumping, and throwing are the key components, but physical ability in balance, hand-eye co-ordination, foot-eye co-ordination, sequencing, and general fitness.

Fast Feet Football, in implementing the Fast Feet Modified Sports Program, educate the staff at each child care service. In doing so, the program can be replicated as frequently as each individual child care service desires, while keeping costs negligible for families. We will continually educate the staff on a variety of sports throughout the year, allowing for multiple sporting challenges to be experienced by the children.

The result is that the Fast Feet Modified Sports Program gives the children a head start in the demands and rigors of gross motor exercises, that when the children are of school age, they will be more than confidently aware of the basic requirements of most sports, to be able to participate with the peers with excitement, self-assurance, and poise.

ROUTINE

We follow a routine, so that the children can predict to an extent on the exercise schedule, which helps them feel comfortable with each session.

The children firstly complete a warm-up game or activity, that prepares the body's muscles and cardio-vascular system for the sports that will be taught.

The second part of the session is the teaching of the sport specific skills and techniques, that they need to learn in their attempt to both master the equipment to be used, and the sport at hand. This part can reinforced the next week, or become more complex depending on the children's ability, their progress in being able to successfully complete the skills required and the difficulty of the sport.

The third part of the session, the children need regular opportunities for "free-play" and will be given the opportunity to experiment, to gather experiences and become more independent with the sport.

Lastly, the children will be shown the basic stretching poses required to cool-down and relax their little bodies, while also creating good habits for the future.

Each sport will last for 3 weeks, so that the children can practice and reinforce what they have previously been taught, while at the same time they are not be kept on the one sport too long to limit any chance of boredom in that particular exercise or sport.

At all times the children will be allowed access to water and be kept sun safe.

FAST FEET, SPEED & AGILITY

To begin our exercise program, the children will be subject to fast feet drills and agility exercises, using ladders, poles and cones. This will improve their overall speed, balance and co-ordination, which is the requirement of any sport. By completing these exercises over a period of 3 weeks the children will feel confident in attacking the sports to follow.

FOOTBALL (SOCCER)

In learning the fundamentals of football, the children will greatly improve their foot-eye co-ordination, on both sides of their body. This sport also offers a great deal to the children in regards to developing balance, agility, and their aerobic fitness. Another great team sport that will hopefully create the fast feet of Ronaldo and Messi.

BASKETBALL

The children will be working on their hand-eye skills, of dribbling, passing and catching, while also focusing on shooting at targets. They will be introduced to aspects of team sports, as well as getting aerobically fit. Who knows, they may slam dunk their way to becoming the next LeBron James or Kobe Bryant.

GOLF

Golf is a sport that doesn't require the children to exert constant energy, but it demands the children to focus and concentrate. They will learn to put together the co-ordinated action required to swing and hit a small ball, while learning to control their speed and strength when doing so. Discipline is a word that comes to mind when trying to accomplish the hand-eye demands of golf.

GYMNASTICS

This is an introductory program to the sport with which the children will be asked to focus upon the sport's key skill of balance. This requires concentration and self-discipline.

TENNIS

Tennis is another sport that develops great hand-eye co-ordination skills for the children. The children learn the basics of how to hold a racquet, and learn how to control the power they need to return a ball. Being able to predict the line and the flight trajectory of the ball is something they will accomplish.

ATHLETICS

There is so many different exercises that the children will learn with Athletics. They will learn to run and hurdle, to crouch start, the throwing action of the shot putt, and many more. Not only will the children improve their timing and depth prediction, they will also work on their co-ordinated movements. A great all round gross motor activity, that hopefully we can find another Sally Pearson.

EQUIPMENT

Fast Feet Modified Sports Program uses equipment that is modified for the size and weight appropriate for children. Success and confidence will only be achieved by using equipment to scale with the children's body size. The equipment is of quality and designed to be repetitively used.