

# Sports In Preschool



On Fridays please ensure your children are clothed warmly and are wearing appropriate footwear. Packing a rain coat in their bags would be perfect!

What an exciting year we have had so far with so many exciting learning opportunities, excursions and events days in Preschool! We have another wonderful programme beginning soon and it is called "Sports in Preschool". This is an excellent opportunity for our children to be a part of a programme where they improve and develop many of the fundamental skills such as running, jumping, throwing, kicking and catching all the while working to develop and improve their balance, co ordination, agility, concentration, hand eye co ordination, team work and self confidence. The programme which I have designed is based around the TGFU (Teaching Games For Understanding) approach. The Teaching Games for Understanding (TGFU) approach was developed by researchers at Loughborough University in the United Kingdom to tap into children's inherent desire to play. Bunker and Thorpe (1982) developed TGFU around the concept of teaching kids games by playing games. We will be doing the sports days every Friday for six weeks beginning on the 24th of April.

Each session will involve a warm up, two main activities and then a warm down. The sessions will be planned around a set skill (for example kicking or catching) but will use a range of games and activities to teach these skills in order to keep the children interested and having fun whilst they learn.

Most sessions will take place on the field just next to the Community garden.

I am so excited to be starting this new programme with our Preschool children and I know they are going to really love having the opportunity to get out on the field and play some fun and exciting games to learn new skills and challenge their abilities.

Please if you have any questions about the programme do not hesitate to ask, with my degree in Sport and Exercise this is a field I am really passionate about and look forward to implementing some great ideas and activities for your children.

Through this programme your children will be developing skills such as:

- Gross motor skills
- Fine motor skills
- Balance
- Co ordination
- Speed and Agility
- Hand eye co ordination
- Self confidence
- Leadership
- Listening skills
- Following instruction
- Team work
- Co operation
- Problem solving
- Strategy
- Fundamental skills such as throwing, kicking, catching, jumping, running
- Spatial awareness
- Perseverance
- Relationships
- Stamina
- Communication
- Body awareness
- Risk taking
- Action/reaction
- Eye tracking
- And much, much more!