

Course Objectives:

The student will learn the basic fundamentals for Volleyball, Soccer, Golf, Basketball, Football and Baseball. Including balance, jumping, passing, catching, dodging, dribbling, and terminology.

(3yr class – Super Sports) (4yr class – Mighty Sports) (5 yr class – Big Kidz Sports)

Course Requirements:

1. Balance
2. Body and Space Awareness
3. Chasing, Fleeing, Dodging
4. Cooperative Learning
5. Jumping and Landing
6. Kicking and Punting
7. Pathways and Directions
8. Throwing and Catching
9. Transferring Weight
10. Basic Sports Fundamentals of the following:
 - Volleyball
 - Football
 - Soccer
 - Baseball
 - Golf
 - Basketball
11. Sports Terminology and a general idea of how to play the game.

At Home:

To help maximize the class experience it is helpful to practice some skills at home:

- Bear Walks, Crab Walks, Dinosaur Walks, Flamingo Walks
- Jumping Jacks
- Skipping
- Tossing and Catching
- Right/Left gallop
- One foot Hops





Benefits of Sports Fundamentals

BALANCE AND STABILITY

Balance and Stability are two of the most important elements of any successful athlete. Simply watching a toddler take his first step is evidence that we all have balance. Having a strong sense of balance and stability is the key to success in any sport.

BODY AND SPACE AWARENESS

BODY AWARENESS

This consists of an awareness of the whole body and the relationship to its parts. A key to body awareness is awareness of center. The relationship of hips to feet (base of support) and hips to shoulders as well as eye to hand and eye to foot coordination. Crucial to all movement and an integral part of body awareness is opposition. In gait it is the arms swinging in opposition to the legs. It is not something we should have to think about, but it is something we can train and take advantage of.

SPATIAL AWARENESS

This is awareness of the position(s) our body occupies in space. It is a sense of where you are in your environment. On the court or on the field it is sensing where you are in relation to the other people around you, even though they may not be in your direct sight. It is also a sense of where you are in tumbling, falling, and acrobatic skills that allows you to control your body.

CHASING, FLEEING, DODGING

Each of these skills are important in creating space, avoiding an opponent or preventing forward movement of an offensive player. To be successful in these activities you need to be able to combine relationships, levels, speed, direction, and pathways.

COOPERATIVE LEARNING

this allows each student to gain confidence when learning new skills! In addition they learn how to cooperate with others and begin working as a team.

BOTTOM LINE

A good solid foundation will benefit any student who wants to participate in sports as they grow up. In addition sports activities help to build self confidence, social skills, focus and attention to detail. Research can attest, exercise and sports are rare institutions that offer tremendous social relationships, physical challenges, and honest competition. There is even evidence that sports can increase a child's self-esteem and academic performance. To the child, all of these attributes equal just one desirable characteristic - fun. That is goal to teach fundamental sports while having a BLAST!

