

FUNdamentals First

FUNdamentals is our new and exciting program for young boys and girls of pre-school age which encourages them to explore their bodies ability's and reactions to certain exercising styles and deliveries. What is FUNdamentals First? It follows the basic ABCs of sport:

- Agility
- Balance
- Co-ordination
- Speed

"FUNdamentals is multi-skill not multi-sport" Activities based on skill development: games based on running, striking, catching, leaping, kicking, power, strength, agility, balance and hand/eye co-ordination. Example activities: Exercises

- hand/eye co-ordination net/wall games and activities
- speed and agility dynamic movement exercises
- movement dance, gymnastics and trampolining
- teamwork orienteering, problem solving, raft building
- fitness testing Multi-skill clubs - The principles
- Fully inclusive - gender, disability and ethnicity
- Positioned at FUNdamentals Stage of LTAD
- Development of Core Physical Skills
- Relationship with National Curriculum, up to Key Stage 3:
- acquisition and mastery of generic skills useful for all activity
- helping children understand the benefits of activity
- helping children discover their potential All practices are fun, dynamic, safe and based on the multi skills approach.

This is the building block stage of the Long Term Athletic Development Program which states "To get to their top of their field an athlete must have undergone 10,000 hours of top quality training". FUNdamentals First is the first stage on the participant's pathway to a sporting future. All we are trying to do at this stage is to implant the skills required later; running, throwing, catching, and changing direction, space awareness and decision making. All this is done through non-specific sports training and individual goal setting. By keeping records of achievement and always setting new goals we can make each session group orientated and within that specific for each individual. Multi-Skills This program is for children of primary school age and is designed to keep working on the fundamentals of ABCs and to start building in small-sided team games. This program although still non-sport specific starts players working as a team in fun games that test all the skills they have been learning in previous sessions. Winning is not the key at this stage the fun is in taking part and supporting your team to do its best. Warning! We will always be happy to show you our coaches RFU qualifications, referee certificates and any other documentation you may require in advance of any training sessions. These are a must to back up your school's insurance cover.