

Teaching 2-5 year olds the fundamental movement skills of sports



**sparty
minis**

The **abc's** of Physical Development

Dear Nursery Manager;

A parent has recommended you to receive 2 FREE SportyMinis sessions to be delivered in you nursery :)

So just some qualifying questions :

1. Would you like an opportunity to improve the physical development activities sessions being delivered in your nursery?
2. Do you want to increase children's activity levels to be inline with the Government and Ofsted 3 hrs a day criteria?

Myself and my highly experienced early years physical development coaches will be able: -

- Deliver a weekly physical activity session for children in your nursery ages 2-4 yrs in any sized area.
- Give you a bespoke physical development programme for practitioners to easily deliver during the week.
- Add value for your parents by increasing activities levels for children, developing their children's passion for physical activity and most importantly exposing children to many different multi-sports skills.

This investment in the children's education is very affordable for parents and our recent reviews show parents are very pleased with the SportyMinis programme delivery available at their child's nursery.

- *"My daughter loves SportyMinis, one of the reasons that makes her go to the nursery. It's a lot of fun for her."*
- *"My 3 year old son attends sporty minis classes at he's nursery once a week. The classes are great and I'm so amazed at the diverse range of sports he has been educated on and had the chance to try out from tennis to basketball to yoga! It helps us decide which sports to pursue more (from what he tells us he likes) but the main thing is he thoroughly enjoys the classes. Thanks SportyMinis"*

Our Sporty Minis sessions are 30 minutes long with a ratio of coach to children of no more than 1:10 for 2-3yr olds and 1:12 for 3-5yr olds. We have a sticker reward system to ensure children are receiving motivational appraisal for their individual efforts during each session. Each child also receives a certificate of excellence at the end of each programme and every Autumn and Spring programmes they will receive a progress sheet to take home and show to parents. Here is an example of our 5 Week Introduction Programme.

| Week | Session | FMS Focus | EYFS Links |
|--------|-----------------------|---|--|
| Week 1 | Hoop Stars | Jumping/Running/Balancing/Throwing/Stretching/Walking/Landing/Collecting/Dodging | PSED (F/B), PSED (SC/SA), PD (MH), PD (HSC), CL (LA), CL (U), CL (S), M (N), M (SSM), EAD (BI) |
| Week 2 | Totally Target | Running/Jumping/Balancing/Walking/Landing/Turning/Throwing/Collecting/Dribbling/Stretching/Striking/Rolling/Kicking/Bouncing/Twisting | PSED (F/B), PSED (SC/SA), PD (MH), PD (HSC), CL (LA), CL (U), CL (S), M (N), M (SSM), EAD (BI) |
| Week 3 | Rob the Nest | Running/Jumping/Balancing/Walking/Landing/ Turning/ Collecting/Stretching/Dodging | PSED (F/B), PSED (SC/SA), PD (MH), PD (HSC), CL (LA), CL (U), CL (S), M (N), M (SSM), EAD (BI) |
| Week 4 | Skip Skip Away | Running/Balancing/Collecting/Stretching/Pivoting/ Turning/ Jumping/Hopping/Twisting/Galloping | PSED (F/B), PSED (SC/SA), PD (MH), PD (HSC), CL (LA), CL (U), CL (S), M (N), M (SSM), EAD (BI) |
| Week 5 | Big Balls Small Balls | Running/Walking/Throwing/Bouncing/Catching/ Collecting/ Stretching/Turning/Jumping | PSED (F/B), PSED (SC/SA), PD (MH), PD (HSC), CL (LA), CL (U), CL (S), M (N), M (SSM), EAD (BI) |

Parents book via our online class register ; <https://sportyminis.bookings.class4kids.co.uk/> and there is NO extra administration or chasing of money needed from Nursery Managers.

BOOK your 2 Free Taster sessions Now :)

I love to chat and help managers provide the best activity sessions for their children therefore please do get in touch and we can chat through how I can help and we can work together.

To find out more about SportyMinis, follow on us Facebook Instagram Twitter and LinkedIn @SportyMinis or check out our website www.sportyminis.com

Kind regards,

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