

TOTS

AUTUMN TERM 2019



WHAT THE PLAYERS WILL LEARN

In Tots lessons the players will learn a wide range of athletic skills, plus how to rally, initially with a balloon or a big ball and progressing to pushing the ball along the floor or, for some, hitting over a low net.

Coaches will organise a variety of activities that will help the players learn:

- Running in different ways, jumping, hopping, skipping and obstacle courses always with awareness of space and with good balance.
- Activities with balloons, individually and with a partner.
- Rolling, and throwing over arm and underarm, with focus on control.
- Catching using hands or baskets, using different types of balls.
- Pushing the ball along the floor with a racket.
- Pushing a ball with the racket with an overarm action.
- Moving to a spot then hitting the ball over a low net with a short push action and a focus on control.
- Thinking activities which require working out how to perform a task, concentrating and counting.
- Playing with a partner in cooperative games.

There will be a story theme in each lesson and the children will take home a play sheet.

When players can listen and follow instructions, play cooperatively with others, understand what a rally is, and have some basic ball skills, they may be ready to move up to Red 3.

PARENT 'DROP-IN' WEEK

Parents are invited to drop into the following session 15 minutes before the end:

Week beginning Monday 9th December

Week beginning Monday 16th December

While the tots are playing, the coach will talk to you about what they have been learning and how they are progressing, and you can briefly ask questions about your own player.