



*Super Star Sport*  
*Nursery Sessions*  
*Tigers Childcare*

**TIGERS**  
Childcare





# *Super Star Sport are proud to be delivering weekly sports sessions at Tigers Childcare*

Date	Times
Every Other Thursday	10:30 - 11:30



# *How Super Star Sport meets the guidelines for phase 1*

## **Football**

- ✦ Can kick a large ball.
- ✦ Runs skilfully and negotiates space, adjusting speed or direction to avoid obstacles.
- ✦ Awareness of boundaries set and behavioural expectations (Island).
- ✦ Is more outgoing towards unfamiliar people and more confident in new social situations.
- ✦ Can stand momentarily on one foot.

## **Gymnastics**

- ✦ Squats to play with steadiness and rises to feet without using hands.
- ✦ Understand equipment has to use safely.
- ✦ Recites some numbers in sequence.
- ✦ Can stand momentarily on one foot.
- ✦ Jumps off an object and lands properly.
- ✦ Travels with confidence and skill around, under, over and through balancing equipment.

## **Rugby**

- ✦ Runs skilfully and negotiates space successfully adjusting speed or direction to avoid obstacles.
- ✦ Can kick a large ball.
- ✦ Can catch a large ball.
- ✦ Beginning to be able to negotiate and solve problems without aggression, e.g. when someone has taken their toy.

## **Athletics**

- ✦ Moves freely and with pleasure and confidence in a range of ways, slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.
- ✦ Observing the effects of activity on their bodies.
- ✦ Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.
- ✦ Runs skilfully and negotiates space, adjusting speed or direction to avoid obstacles.

## **Tennis**

- ✦ May be beginning to show preference for a dominant hand.
- ✦ Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.
- ✦ Shows a preference for a dominant hand.
- ✦ Recites numbers in order to 10.
- ✦ Uses one-handed tools and equipment.
- ✦ Handles tools, objects, construction and malleable materials.
- ✦ Safely and increasing control.

## **Basketball**

- ✦ Catch a large ball.
- ✦ Shows a preference for a dominant hand.
- ✦ Recites numbers in order to 10.
- ✦ Observes the effects of activity on their bodies.

*Meet your child's favourite coach!*

**Meet Coach**

***Kai***



Kai's passion for working with children began back in 2015 when he left school to become a qualified P.E Teacher, since then Kai has developed his knowledge and experience to become a specialist working within the early years sector. He is now the director of Super Star Sport South East London.



## *Our EYFS sports curriculum*

Our Specially designed sports sessions develop children's physical and social skills through the use of our creative coaching style and engaging sessions.

All sessions have been designed around the EYFS and are OFSTED approved. We provide a fun and safe environment which encourages children to develop a range of skills.

### **Sport**

Football & Ball Skills

Athletics

Basketball

Tennis

Gymnastics

Rugby

Hockey

And more...



## Benefits of our classes

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### Benefits

- ★ Improved general fitness
- ★ Improved flexibility
- ★ Improved co-ordination
- ★ Enhanced gross & fine motor skills
- ★ Enhanced spatial awareness
- ★ Ability to work as part of a team
- ★ Improved listening skills
- ★ Improves confidence
- ★ Positive role models
- ★ Weekly certificates

