



# MotorActive

## Motor Active's – 'Sports' Skills' program

<p><b>What is Motor Active 'Sports' Skills' program?</b></p>	<p>Our Sports' Skills program provides children 5-12 years of age, with an introduction to individual and team sports. This program is ideal for children who find school Physical Education a challenge, or who lack the motivation to join in physical activities with their peers.</p> <p>The program focuses on developing sports' skills, knowledge of game rules and human anatomy, and confidence and motivation in a physical activity environment. The Sports' Skills program provides children with an opportunity to experience success engaging in different sports and physical activities.</p> <p>The Motor Active 'Sports' Skills' program provides a fun program in a non-threatening environment away from the sometimes intimidating setting of school Physical Education or mainstream extra-curricula sports.</p>
<p><b>Who would be best suited to this program?</b></p>	<ul style="list-style-type: none"> <li>• Children who have difficulty learning sports' skills in a school environment</li> <li>• Children with poor confidence and motivation around physical activities</li> <li>• Children who often choose to not participate in physical activities with their peers</li> <li>• Children who would like to further develop their sporting skills</li> </ul>
<p><b>What is the key focus of the program?</b></p>	<p>The program focuses on developing and enhancing each child's:</p> <ul style="list-style-type: none"> <li>• Sports' skills and knowledge of game rules</li> <li>• Self-confidence in a physical activity and sporting environment</li> <li>• Motivation to participate, and to have fun, in a sporting environment</li> <li>• Social interaction skills</li> <li>• Gross motor skills</li> <li>• Awareness of body, space, and effort in movement and knowledge of the human body</li> <li>• Memory, language, problem solving and physical education skills</li> </ul>
<p><b>What does the program entail?</b></p>	<ul style="list-style-type: none"> <li>• Seven weekly sessions (per term), 60 minutes in length</li> <li>• One on one instruction with an assigned instructor with expert knowledge in exercise science</li> <li>• Individualised program introducing sports such as: soccer, cricket, basketball, netball, volleyball, t-ball, and athletics</li> <li>• Weekly home skill sheets individualised for each child's requirements</li> <li>• Cost of \$200 per term, including free adjacent parking</li> </ul>



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